



BLISS FOCUS Cards

The 8-Week BLISS™ Body Makeover Program

Write down one statement per card. Re-write new Beliefs that are empowering, and write down specific Goals for the end of the 8 week Program on your FOCUS Cards. For example: "I am losing 10 pounds by the end of the 8-weeks." "I am creating a strong, healthy body for life because I deserve it and I love and care for myself."

Read your FOCUS Cards often. Carry them with you or post them on your fridge. Read them first thing in the morning and before sleep. *Feel* as if their truth is seeping into every muscle in your

BLISS™ FOCUS Card



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