

FFF Guides & Reminders

1. **Resistance isn't a bad thing. It's progress: notice how your body feels. What are you resisting? Why?**
2. **Building self-love, self-confidence, self-worth is a process. Remember change takes time.**
3. **Find ways to make things as easy for yourself as possible. Make this process realistic for you, where you are now, your current lifestyle.**
4. **Remembering your why will help you to keep making progress and stay committed to your journey**