

What we ponder and what we think about  
sets the course of our life.

Any day we wish,  
we can discipline ourselves to change it all.  
Any day we wish, we can start a new activity.

Any day we wish,  
we can start the process of life change.  
We can do it immediately, or next week,  
or next month, or next year.

We can also do nothing.

We can pretend rather than perform.

And if the idea of having to change ourselves makes us  
uncomfortable, we can remain as we are.

We can choose rest over labor, entertainment over education,  
delusion over truth,  
and doubt over confidence.

The choices are ours to make.

We created our circumstances by our past choices.

We have both the ability and the responsibility  
to make better choices beginning today.

~ Jim Rohn ~



**WEIGHT ★ NO ★ MORE**  
**DIET CENTER<sup>SM</sup>**

*No one does what we do!*

<b>Brick</b> 732.903.7700	<b>Marlboro</b> 732.536.2027	<b>Oakhurst</b> 732.663.0222	<b>Brooklyn</b> 718.998.8898	<b>Cedarhurst</b> 516.569.6400
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