

The Ranting Weight Watcher Core Values

1. I will, check the items of the to do list every day no matter how I feel.
2. The only guarantee I will ever receive is the guaranteed opportunity to do the work. The result I am looking for is not, nor will it ever be guaranteed.
3. Consistency is more important than perfection. If I do everything, I know needs to be done with 97% accuracy, the other 3% will not matter.
4. When things become stagnant and I don't know why, I will figure out what I don't know and make it my mission to know more about it than anyone I know.
5. I will treat every meal I eat as if I execute that meal successfully that success will change my life because every choice I make matters.
6. I cannot walk backwards into the future. Who I was, what I accomplished, how I've failed, and where I've been only matter to learn the lesson needed in order to move forward in my journey.
7. If I can become as obsessed with the process as I am with the result, I will transform my life.