

The Ranting Weight Watcher Accountability Creed

Nothing can stand in my way,
Because I choose to be unstoppable.
My challenges crumble in my presence,
Because I choose strength when I am weak.
My insecurities have no power over my life,
Because I choose confidence in the face of fear.
I own every last one of my mistakes,
Because I choose growth over mediocrity.
The mirror and scale are powerless,
Because I move forward in spite of the result.
Circumstances are not obstacles,
Because I see solutions, instead of problems.
The demons of my past can no longer torment me,
Because I choose to renew my mind daily.
All things are possible as long as I believe,
Because if God is for me, who can be against me?

This is the creed I declare each day,
It is about what I do, not what I say.
I will learn the work that needs to be done,
I will never stop even when I've won.
I will work consistently no matter the cost,
I refuse to believe that all hope is lost.
I will work when I want to, I will work when I don't,
I will work when they're cheering, I will work when they won't.
I will work when it's easy, I will work when it's hard,
The atonements that I make are made with no regard.
I will work when it's cold, I will work when it's hot
Because Choices have consequences, justified or not.
When I think I know it all I'll start back at one,
Regardless of what I think, the work is never done.
From this moment forward when times are tough,
I choose to believe that I am enough!

Donato Russo