

WarriorsOfWeight.com - Fill-In-The-Blanks:One

1. Noun _____

2. Verb _____

3. Noun _____

4. Verb Ending In Ing _____

5. Verb Ending In Ing _____

6. Event _____

7. Event _____

8. Plural Noun _____

9. Verb _____

10. Verb _____

11. Verb _____

12. Event _____

13. Noun _____

14. Verb _____

15. Number _____

16. Event _____

17. Verb _____

18. Event _____

19. Adjective _____

20. Plural Noun _____

21. Plural Noun _____

22. Number _____

23. Plural Noun

24. Plural Noun

25. Noun

26. Adjective

27. Number

28. Plural Noun

29. Noun

30. Event

31. Event

32. Plural Noun

33. Number

34. Verb Ending In Ing

35. Plural Noun

36. Number

37. Number

38. Number

39. Number

40. Number

41. Adjective

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I am a mom and have just joined WarriorsOfWeight.com. Not being able to communicate with my daughter about her weight issues is my biggest priority. Now, using articles and tools from this site and inbox magazine, I am getting more in tune my daughter about her fitness vision, and I am a better listener. Since she is in a position where her weight is getting in her way, I am giving her this fun exercise below. Of course, I understand, now, that it might not be for her, and I will not force it on her because I think it is a good idea, as I have in the past.

To my daughter: if you choose to do this fill-in-the-blanks exercise, I hope it will make you laugh.

When I get up in the morning, I think about _____ Noun _____. I can hardly wait to _____ Verb _____ so that I can have enough energy to accomplish _____ Noun _____. My priority goal today is _____ Verb ending in ing _____. This goes along with succeeding at _____ Verb ending in ing _____. My priority goal every day is the _____ Event _____.

What my biggest challenge is is the _____ Event _____. When I see _____ Plural noun _____ I have to _____ Verb _____ so that I do not _____ Verb _____. In the past, I used to _____ Verb _____ when I was in this situation. Now, I am focused on

the _____ Event so that I achieve _____ Noun. It is easier to control this habit when I _____ Verb.

During my day, I spend _____ Number hours on _____ Event. I _____ Verb what I do. I plan to do the _____ Event in the future.

I know it is lunchtime when I feel _____ Adjective. If I did not use restraint, I would eat _____ Plural noun.

Because I am using restraint, my favorite lunch food is _____ Plural noun.

Throughout the day, I have _____ Number snacks. My favorite is _____ Plural noun. If I weren't learning to control my urges, I would eat _____ Plural noun. But, I have found a good substitute that complements the path I would like to be on. It is the delicacy of _____ Noun.

It makes me feel _____ Adjective to use self-control. That is because the progress I want is only _____ Number week(s)

away if I put off eating _____ on a regular basis.

If I were to eat my favorite dinner, it would be _____. However, I value the _____ more than I value the _____. So, I will choose _____ instead, to think of my fitness.

As my day winds down, I usually spend _____ minute(s) doing _____ which is great for letting go and relaxing. I want to eat _____ afterwards. Instead, I drink _____ glass(es) of water.

The program I would like to be on would have _____ minutes of exercise. Since I am interested in new horizons, I will now start doing _____ minute(s) of exercise before sleep.

I will take _____ Number seconds to count how many times I breathe. This will make me calm and satisfied.

When I go to sleep, I want to have accomplished _____ Number things that relate to my _____ Adjective joyous priority goal mentioned before. When calculating, I can include the breaths I take during the day to arrive at my number.

I will appreciate myself, no matter what.