

TODAY, I GIVE THE JOB OF BEING FAT TO SOMEONE ELSE

**I'm tired of being the "fat person"
I give that job to someone else!**

**As I pass by fats and sweets, seconds and nibbles,
I remember that someone else can eat them and
take on the job of being the "fat person"**

**I want to become the "lean, healthy person".
I want to look good and feel good!**

**I will do my very best to lose weight and to no
longer be the "fat person"**

I CAN DO IT!