

## Flabby Thinking vs. Mental Muscle

May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it! 1 Thessalonians 5:23-24 MSG

*By Crystal*

We were not meant to live faint and fearful. We were designed to model a life of Moxie: a force of character, determination, and nerve (Godly cheeky). The problem is ... flabby thinking. Our thoughts have been taken captive by the world's system. To break free ... we must choose sides. God or the world. Faith or fear. Heartbreak and pain are chains that have us bound, but freedom is possible. We can change our life when we change our thinking ... Mental Muscle.

To tone up flabby thinking and develop Mental Muscle we need a plan of attack, and the weapon is our mind. A disciplined mind; one thinking on the right things and filled with a sustained flow of faith. The result: razor sharp clarity ... that brings health and peace to one's mind and body.

We say no to the world's way of thinking and align as soldiers of Christ. We are restored, redeemed, and renewed. Throw your shoulders back. Feel confidence radiate from your eyes. Joy bubbles over like fresh-baked Mac and Cheese. Step into your new life, and live strong: spirit, soul, and body.

**Mental Muscle Challenge:** Any thought not aligned with God's Word is wrong. Set out to change your life today. Start thinking about what you're thinking about.

## God is Not Our Problem, He's the Answer

...[God] Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)! [Assuredly not!] Hebrews 13:5 AMPC

*By Jody*

Many are asking this question ... "God, if you loved me, why is this happening?" Sound familiar?

In Mark 4:37 Jesus and His disciples were traveling by boat when a violent storm arose. In verse 38 it says, "And he (Jesus) was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?"

What kind of question was that?

Jesus healed Peter's Mother-in-Law, cast out devils, and taught them the importance of keeping their hearts right. The Bible says, "How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing GOOD and healing ALL that were oppressed of the devil."

Friends, the worst thing we can do is question the love the Father has for us. We accuse him of being unfair or unjust because something didn't turn out the way we hoped.

We must settle one thing. God is NEVER our problem ... He is our answer. We are to believe in God's promises, despite how the situation looks, or how hard it gets. God's promises are true, and He will see us through. He will never forsake us or ever relax His Godly grip.

**Mental Muscle Challenge:** Make a list of all the good things God has done for you.

## Be Prepared or Live Scared

Those too lazy to plow in the right season will have no food at the harvest. Proverbs  
20:4 NLT

*By Crystal*

I spent 22 years in education and observed the real phenomena ... test day. The students stream into the classroom and you can feel the emotional battle in the atmosphere. The students who are prepared are covered by a cool sense of confidence. The unprepared students scratch their necks and whisper; an excuse on their tongue.

Nothing changes. Life is a series of tests, and your grade is determined by your preparation. Preparation gets the job done, as NCAA championship coach John Wooden says, "When opportunity comes, it's too late to prepare."

Being unprepared leads to missed opportunity. What are you preparing for? Our daily habits are constructing our future. What we do today will impact our tomorrow. Leadership guru, John Maxwell's father would say to him, "You can pay now, and play later, or play now and pay later." The idea infers, if you play now, you spend most of your time kicking it on the couch. There's your reward. If you pay now, you sow the seed that rewards you later. Start preparing today.

**Mental Muscle Challenge:** Set a goal and prepare to achieve it.

# Body Battle

For as he hath thought in his soul, so [is] he ... Proverbs 23:7 YLT

*By Jody*

I have been involved in the fitness industry for the last thirty years, and my heart goes out to people who are in a constant battle with their bodies. The shame and condemnation associated with losing 50 pounds only to gain 60 back make for a frustrating life on the fitness rollercoaster.

I've trained people, wrote nutrition plans, and argued about the "perfect pant size." The difference between winning and losing the body battle lies in one's self-image. Do you see yourself overweight, out of shape, and weak? You might be thinking I can hardly look at myself in the mirror. Your reflection is the mirror is the reflection in your mind. If the picture on the inside of us doesn't change ... neither will the outside.

The Scripture says, "For as he thinks in his soul, so is he." We must become aware of the thoughts we have towards ourselves and listen to the tapes running in our head. The words we say about ourselves can sabotage our success. All the exercise and dieting in the world will not change the image you have of yourself. When you close your eyes, who do you want to be? Hold that picture in your head, and your outside will soon match your inside.

**Mental Muscle Challenge:** Put up a vision board. Get a picture you can look at that will remind you of your goal to get fit once and for all.

"We cannot truly live for God or transform our societies if we hate what we see in the mirror." Dr. Caroline Leaf

## What's the Story?

Good sense makes one slow to anger, and it is his glory to overlook an offense. Proverbs 19:11 ESV

*By Crystal*

You baked a gooey batch of chocolate chip cookies, boxed them up, and rang the doorbell. You hand them to your neighbor who whispers, "thank you" and shuts the door. You're stunned: a resentful tug on your lip. You storm back to your house—indignant about her ungrateful attitude. Your neighbor crawls into her bed, holds your box in her arms, and weeps. Everyone has a backstory.

The opportunity for the offense will come, but we don't have to bite. Psychologists call slights 'narcissistic injuries.' Our egos get bruised and make us feel belittled. All types of slights boil down to the same basic feelings of being devalued or disrespected.

The sting of offense is so personal, and often costly. We watch news reports of disturbing acts of road rage. Shots are fired, cars run off the road, and people die. For what? Scripture reminds us to honor others above ourselves. We criticize others for their behavior, but we want to be judged by our intent. Remember, no one acts like a jerk if everything is okay. Pause and give the benefit of the doubt.

**Mental Muscle Challenge:** When someone's acting a fool, stop and think about a their backstory, and let them merge for heaven's sake.

## Big Mistake

Most of all, love each other as if your life depended on it. Love makes up for practically anything. I Peter 4:8 MSG

*By Jody*

I've had my share of negative experiences, but the worst was divorcing after seventeen years of marriage. Pre-divorce, I gave tons of advice on marriage, relationships, and family.

While married, I would not have taken too much advice about relationships from a person who had been divorced. Just keeping it real. Skip this devotion if you choose ... I won't know. But, if I can help one marriage, it's worth it.

I walked through this brutal period of grief and took a whoooooole lot of time to reflect, cry, and pray. I asked myself some extremely tough questions. One of the most important lessons I took away from the ugliest point in my life was, when your spouse says they need something from you—DO IT!

My former husband hated the way I loaded the dishwasher. I didn't rinse the food off and it would get plugged ... leaving him to fix it. I thought, "What's the big deal? It's a dishwasher for heaven's sake!"

I claimed to love this person, yet I acted like his needs were irrelevant. Why? Because it wasn't important to me, so why should it matter to him? Wrong! You don't have to understand the need. Avoid a painful divorce, years of resentment, and just do it.

**Mental Muscle Challenge:** Find one thing you have been resisting to do for your spouse and do it. Watch the reaction and enjoy the peace in your relationship.

## The Party's Over

Give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1  
Thessalonians 5:18 NIV

*By Crystal*

Charles Manson, a serial murderer, was considered "the ultimate victim of society." He wrote songs, played guitar, and never achieved the success he believed he "deserved." He grew bitter and rallied a group of young followers to commit horrendous acts of murder.

Good news, most of us won't become serial killers, but we can become serial whiners. Who hasn't thrown themselves a pity party? Self-pity is excessive personal absorption over one's own troubles. The enemy of our soul lures us down the "woe is me" road: we feel entitled to stew in our sorrows. We fixate on our pain, disappointment, and injustice and lose sight of the goodness of God.

The media and advertisers remind us every day about what we don't have, and how we "deserve" a better life. We look around and compare our bodies, marriages, homes, and careers. If we look long enough our neighbor's kids are even cuter than ours. The profound truth acknowledges that life is not fair. Sin made sure of that. We cannot choose what happens to us, but we can choose how we handle it. Declare today that the party's over.

**Mental Muscle Challenge:** Start a gratitude journal. It will help keep your eyes on the right things.

## Rest

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me; for I am meek and lowly in heart: and you shall find rest unto your souls. For my yoke is easy, and my burden is light. Matthew 11:28-30 KJV

*By Jody*

Have you ever come home from vacation exhausted? That's because what you were trying to escape, you packed up and took with you. How am I going to pay the bills? What am I going to do with these kids? Is my marriage going to make it?

Even though these situations are legitimate, the Word of God tells us in Proverbs 3:5-6, "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him and He shall direct thy paths."

Trust is where rest is found. Rest is a foreign concept to many and considered an excuse for the weak in a culture that values passionate go-getters. I am not saying we shouldn't go looking for answers by researching, reading, or contemplating our next move. However, rather than staying up all night, go to bed and rest. God has your answers, and He will show you what you need to know.

**MOXIE MINDSET:** Take time out of each day for complete quiet. No music. No television. No family. Complete silence. Just you and God. Watch peace begin to flow.

# I Love Mondays!

For God's gifts and his call are irrevocable. Romans 11:29 NIV

*By Crystal*

I grew up in South Dakota, and the frigid cold made me appreciate the winters in ... Las Vegas. On a glorious February afternoon, I roamed the aisles of a funky boutique and spied the prettiest ice blue shirt. I flipped it around and read, "I hate Mondays!" I was bamboozled by a blouse. How do you hate an entire day? The loss of productivity doesn't only affect Monday, but the certain dread sets in on Sunday for millions of people. What a waste.

I've been there, but life is too short to live uninspired. It's time to wake up Monday morning feeling energized. How? Discover your calling. Some may say purpose, or your "why?" It answers the age-old question, "What am I doing here?" What does it mean to be called? Is your job your calling? What if you lose your job or retire? Our calling is about who we are, not what we do, but it's super awesome when the two intersect. Purpose is met when we honor God with our unique gifts.

When a person operates within their gifting, there is an anointing on their life and work. This anointing comes from the energizing power of the Holy Spirit, and it enables, sustains, and produces fruit. Living life in God's overflow is fun. God's anointing brings boldness and a conviction that makes even the mundane worthwhile.

Have you been using your gifts? We tend to take them for granted because they come so naturally. If you've lost time, or haven't been exercising your God-given talent, it's not too late. God's gifts and His call are irrevocable. Start operating in them today and be a person who says ... I love Mondays!

**Mental Muscle Challenge:** Take a spiritual gifts test. Ask the people closest to you what you're good at and start putting your gifts to use.

## Don't Take Anything or Anyone for Granted

Now thanks be to God for His Gift, [precious] beyond telling [His indescribable, inexpressible, gift]! 2 Corinthians 6:15 AMPC

*By Jody*

I've noticed the unhappiest people are the most ungrateful. For example, watch the *Housewives of ...* reality franchise. These women are glamorous, have successful careers, and run in the so-called "right circles." They have beautiful homes, cars, and kids ... but it's still not enough.

I laughed during an episode when one of their children on her sixteenth birthday said, "I didn't get my new Mercedes. You said I was going to get the 2017 GM 4 cam with the chrome exterior highlights and black leather seats!" Ok, I made that part up. I know nothing about cars. But I have watched similar breakdowns to what I described. My point is ... do you hear an ounce of gratitude?

We find it easy to point out the ungratefulness of the rich and famous, but how about our own lives. I am realizing everything I have and everyone who is a part of my life is a gift, and I need to be grateful. No one is forced to be in my life. Think about it. Your friends do not have to be your friends. They choose you. Your spouse does not have to be your spouse. Your spouse chooses. Be grateful for the people who stick with us, while knowing our flaws, our secrets, and our turdy little ways. I am thankful for those who have stuck with me.

Focus on what you have instead of what you don't have. Life gets sweeter, and we are much easier to get along with. There is so much to be thankful for: our health, a home, our car, and family. Most importantly, a God who loves us.

**Mental Muscle Challenge:** Look at your life and see the countless blessings.

## Burn Baby Burn

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. 2 Timothy 1:6 NIV

*By Crystal*

What gets you up in the morning? What throws your butt out of bed when you're snuggled in warm and cozy? Money, necessity, a sense of responsibility? While noble, they hardly make for an exciting life. That comes with passion: getting up because you love what you do, feeling a greater sense of purpose, and knowing you are working in your mojo.

Here are a few signs you are not burning with passion. You complain, whine, and feel sorry for yourself. You are annoyed, have a sense of dread, and are ungrateful. No worries. Like any fire, it needs to be stoked. You have a gift, start using it, and feel the embers of passion start sparking.

Passion brings the "oomph" that casts a vision for your life. Vision is seeing a preferred future. I was overcome with emotion watching the *Passion of the Christ*, depicting the last hours of Jesus' life. This time is referred to as "The Passion" because of the example of Jesus sacrifice and suffering. One would never submit themselves to such savagery, humiliation, and separation with God ... without passion.

Passion is the force of persistence and makes the mundane seem like necessary steps on the path of perpetual growth. Passion brings staying power, when everyone says, "it's time to quit." Jesus saw that His sacrifice would give us the reason to get up in the morning. It's time to burn baby burn!

**Mental Muscle Challenge:** Time to envision a better future. Stir up your gifts.

# Faith in God

"Have faith in God," Jesus answered. Mark 11:22 NIV

*By Jody*

Have faith in God. Sounds simple but think about it. Where is your faith? Is it in your spouse? Is it in your job? Is it in the government? Here's a sobering Scripture: "Thus saith the Lord; Cursed be the man that trusteth in man and make the flesh his arm." No one is worthy of our complete and utter dependence, reliance, and trust more than the Almighty God.

Have you come to realize people will fail you? Yet, why are we shocked when they do. Because our faith was in a person. The older I get, the looser my grip is on people, and my demand for them to come through for me. My life is filled with greater peace.

When doctors, lawyers, or the best of the best don't have an answer, God does. That's why we put our faith in Him and only Him. Our friends, family, and co-workers are well-intentioned, but they are limited in their understanding. God does use people to help us in our quest for answers and truth, but He is our source. He will see you through every problem and every obstacle you face. No one else can do that for you. Have faith in God.

**Mental Muscle Challenge:** Do a little analysis. What or who are you depending on? Begin to release them from being God in your life. When faced with challenges, learn to run to Him rather than people. He knows you, and He loves you more than anyone possibly could.

## 10,000

Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. Ephesians 4:14-15 NIV

*By Crystal*

I took up the cello in the 5th grade, not for my love of music, but because it was the biggest instrument offered at my school. My adolescence blinded me to the realization that I would have to lug this instrument home every day. I was excited, attending class and practicing daily; becoming a cellist was going to take a lot of work. The evening of my first concert arrived. The screeching and piercing of missed notes shot through the crowd. Instead of working harder, I practiced less and eventually stopped playing.

Whether it's music, math, athletics, relationships, or parenting; a halfhearted attempt justifies a mediocre outcome. Success is a derivative of persistence—there are no shortcuts or substitutes.

A study conducted on musicians by Anders Ericsson suggests it takes 10,000 hours to master something. This study has been replicated on composers, basketball players, fiction writers, ice skaters, concert pianists, chess players, and even ... master criminals. The brain takes this amount of time to carve out all it needs to know to achieve true mastery.

So, is our spiritual life any different? Our spiritual maturity is an ongoing process and requires habitual practice. As we move through life's challenges, we learn to apply God's Word to every situation. Start your journey today and watch the Holy Spirit accelerate the time.

**Mental Muscle Challenge:** Identify a problem you are dealing with and find a Scripture that will help you solve it.

# Choose What to Think

...Think on these things. Philippians 4:8 KJV

*By Jody*

Your mind is "your" mind. You do not have to think anything you choose not to. God does not control your mind; He told you to do it. The devil can't force you to think evil thoughts. You choose. We are free-will ambassadors.

We need to develop a desire to control our minds. We despise the thought of being "loose" physically ... allowing our bodies to indulge in whatever craving is in front of us. Well, we must despise the thought of being loose mentally. Allowing our minds to feast on any imagination that pops into our head and pondering reckless thoughts that are contrary to the Word of God.

Romans 8:5 says, "For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit." As born-again believers, we have a choice to only be aware of the fleshly, material, things of the world. Or we can choose to look at the Spirit world and live by our faith in the Word of God.

**Mental Muscle Challenge:** Throughout the day take an account of what you are thinking about. The first step to being spiritually aware is recognizing the thoughts passing through our minds.

## Do it Afraid

For God did not give us a spirit of fear, but of power, and of love, and of a sound mind.  
2 Timothy 1:7 YLT

*By Crystal*

My mom was a tireless fighter in the battle against fear. I heard her quote 2 Timothy 2:7 more than any other scripture. She determined, as a young mom, fear would not cripple her children, as it had her. Fear is faith in the negative dimension. A life of fear is a life of uncertainty. It steals our joy and robs us of peace.

However, the opposite is true. Faith moves the hand of God, just like gas moves a car. Hebrews 11:6 says, "without faith it is impossible to please God. Living fueled by faith leads to boldness and certainty ... regardless of circumstances.

I have not been spared from my share of fear, but my mom taught me to fight. I became a Christian school principal at an early age, and I was about to deliver my first address to a packed house of parents. The fear was visceral. Minutes before my debut sweat was running down my back. I held onto a table to prevent my legs from buckling.

My mother etched the phrase "do it afraid" into my psyche, and I muttered, "God has not given me a spirit of fear." I repeated this promise, walked down the middle aisle, and onto the stage. I delivered my speech and spent the next twenty years at my school.

We don't wait for fear to release its grip before we act. We stare fear in the face and resist it. My beautiful mom passed away in 2009, and I promised to be a soldier in this fight.

**Mental Muscle Challenge:** What have you been afraid to do? Do it!

## Clear Out the Clutter

He will keep the salvation of the righteous and protect them that walk in simplicity.

Proverbs 2:7 DRA

*By Jody*

I grew up living in clutter. A cluttered bathroom, closets, and school locker. I became accustomed to my mess and didn't realize the disarray around me ... had gotten in me.

I entered the workforce after being a stay at home mom for 16 years. The challenge of getting me and five children ready for school was a daunting task. I did this for a year and couldn't understand why it never got any easier. Then it hit me—nothing is ever where it is supposed to be. We were on the hunt for socks, clothes, and backpacks ... every morning.

I thought, "What if everything was ready and in its place every morning?" I know, simply genius. My frustration level would drop significantly, and my day would start on a much more peaceful note.

I believe order is from God. He wants us to declutter our lives, so there is more peace in our hearts and minds. He wants us to be ready for our day. There are enough challenges in life without adding to the complications a day can bring. So, clean it up, clear it up, and watch how much easier life can be.

**Mental Muscle Challenge:** Look around. Where could you simplify your life to make your day less stressful?

## Expedia

Yours, Lord, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, Lord, is the kingdom; You are exalted as head over all. 1 Chronicles 29:11 NIV

*By Crystal*

The day the pastor pronounced us husband and wife I knew I was going to see the world. I married a man of adventure and a geography major; who happened to be a chef.

For the last fifteen years my husband and I have traveled the world; not kicking it in first class, but with groups of high school students. Don't get me wrong, we loved our teenage companions, but student travel moves fast. It's designed to give young people a taste of the culture, in hopes they will return.

These trips have afforded us the opportunity to snorkel the Great Barrier Reef, ascend the Great Wall of China, and gaze across the Mediterranean ... seated on the patio at Chateau Eza. The soft chocolate cake flavored with Jasmine was not offered on the student travel menu, but I'll be back.

The beauty of God's creation is awe-inspiring. You don't realize how small your world is until you're immersed in another culture, eat new food, and sleep in accommodations that make you appreciate your own bed. My life has been enriched by the places I've seen, the people I've met, and the perspective I have exchanged. Rekindle your sense of wonder ... get out and explore!

**Mental Muscle Challenge:** Get your passport. The process can take a while so get going.

## Don't be the Devil's Lunch

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour. 1 Peter 5:8 KJV

*By Jody*

Notice the previous Scripture says, "whom he may devour." Some people can be devoured. Jesus is an example of who the devil could not devour. Why? When the enemy came to Him, suggesting something contrary to what His Father God had told him, He refused to listen, and went on the attack saying, "It is written." He fought with the faith He had in the Word of God.

I Timothy 6:12 says, "Fight the good fight of faith, LAY HOLD on eternal life" Once you decide to lay hold of what God promised, the fight is on. God promised the children of Israel a land flowing with milk and honey. Once they set out on their journey, they encountered a whole lot of resistance. They underestimated what it would take to lay hold of their new and better life—resisting the voice of discouragement and fighting the fear of death. A dogged determination would lead them to take hold of what God had promised. The same is true for us. We must lay hold of the promises of God and never let go. God's promises are real. If He said it, expect the manifestation in your life.

Never believe the lies of the enemy. He tells us were too old, that life has passed us by, or we've made too many mistakes. LIES! Don't let the devil devour your dreams. Believe God and live in your Promise Land.

**Mental Muscle Challenge:** Recognize the lies of the enemy. If you are discouraged or weighed down, that is the enemy trying to get you to quit. Resist him!

# Limitless

Our Lord is great, with limitless strength; we'll never comprehend what he knows and does.  
God puts the fallen on their feet again and pushes the wicked into the ditch.

Psalm 147:5-6 (MSG)

*By Crystal*

Limitless ... having no limits, unrestricted, and boundless. To have a true vision we need to remove the limits from our life. Do you think you're too young or too old? Do you lack an education? Does your past sin disqualify you? Limitations ... real or imagined, decrease our ability to dream big, take risks, and pursue a Limitless God.

God's LIMITLESSNESS named the stars, counted the hairs on your head, and carved out your unique fingerprints. Yet, His limitlessness will be impossible to comprehend if we see Him through our own failings, fear, and insufficiency. So, we worry, hoard, and extreme coupon just in case God won't provide.

Doom and gloom are the voice of the age, but we cannot lose sight of Him. We can grasp our LIMITLESS GOD when we look at the abundant gifts around us: a soft rain, a reconciled relationship, and ... puppies. We can enter God's superabundance with courage and confidence. We are called to go places we've never been, to do things we've never done, and to step into His LIMITLESSNESS!

**Mental Muscle Challenge:** Set your mind on His limitless power and dream bigger!

# The Abundant Life

The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows]. John 10:10 AMP

*By Jody*

Jesus purpose for coming to the earth was for you and I to enjoy our lives and live in abundance. I don't know about you, but I've had enough of the stealing, killing, and destroying part going on in my life. If Jesus' purpose was to give me this life, then it's my obligation to take it.

The big misconception among many Christians is that they don't play a part in attaining their abundant life. Deuteronomy 30: 19 says, " I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live."

We have a choice. Throughout the Bible, people were faced with the choice to either obey or disobey God. When people obeyed, their lives were spared, their children were saved, and they were blessed.

The life Jesus purchased for us is not going to fall on us like apples off a tree. We must understand the life we live is up to us. God did what He needed to do and sent Jesus. Our job is to appropriate our rights as Christians. Resist sin, sickness, and fear. Live your abundant life!

**Mental Muscle Challenge:** Living the abundant life is our choice. Have faith in what God has already done.

# Drop and Give Me 10

Do not be deceived: God cannot be mocked. A man reaps what he sows. Galatians 6:7

*By Crystal*

The temperature in Las Vegas soared to 115 degrees. The oppressive heat trapped me in my house. I grabbed a soda and flipped on Oprah. I listened to fitness guru Bob Greene, say, "If you haven't gotten on a scale in a long time, you probably weigh at least ten pounds more than you think you do." My lips curled.

I accepted the sting of conviction and purchased my first scale in twenty years. The day of reckoning arrived. I inched my feet onto the scale, cracked open an eye and ... wow. At 5'1, on a good day, I wasn't even close to my driver's license weight. I changed my mindset, cut out my weekly *McDonalds* run, and got back into the gym. The evil scale became my accountability partner.

If you haven't been on the scale in the last decade ... it's time. The benefits of weight loss aren't reserved for those who lose 25, 50, or even 100 pounds. Here are ten reasons, to drop ten pounds, and live your life as a 10:

1. Lower cholesterol
2. Lower blood pressure
3. Reduced risk for heart attacks
4. Reduced risk for dementia
5. Reduced risk for sleep apnea
6. Reduced joint pain
7. Reduced risk for cancer
8. Reduced risk for diabetes
9. Improved sex life
10. Take less medication

**Mental Muscle Challenge:** Be honest with yourself. Step on the scale.

