

## **Non-Scale Victories**

The scale can only give you a numerical reflection  
of your relationship with gravity.

**THAT'S IT. IT CANNOT MEASURE**

beauty, strength, purpose, possibility, talent, or love.

It's easy to get caught up in the numbers when you are weighing in.

You worked so hard!

You want that scale to say your hard work is ...well, working!

So often we forget all the "little" yet HUGE victories to be celebrated!

**Be inspired by your "I did it" moments!**

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*"I'm able to ride a bicycle 26 miles!" - Steven*

*"My granddaughter can give me a (all the way around) hug" -Robin*

*"I can mount my horse from the ground now, riding is easier." – Tiffany*

*"I can sit cross legged on the floor without my legs feeling stretched and hurting" – Sue*

*"I reached my goal of getting off my diabetes meds" – Traca*

*"Flying without asking for an extension belt." – Joe*

*"Countless things are just easier! I have my life back again and enjoy doing things I used to avoid. Thank you GHP" - Jamie*