

Laaine's Chatter

May 2011



Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals and values are in balance.

~Brain Tracy~

What happens when your car is out of alignment? The ride is bumpy and rough and a lot of vibration is going on! Not to mention, you will wear out your tires quicker requiring the extra expense and time it takes to replace them.

It is the same way in our weight loss journey, if we allow our thoughts, feelings, emotions, goals and values to become out of alignment. We will experience more difficulty on our road trip when these things are not in proper balance with each other. Just as you would take your car in for an alignment periodically, we need to stop and re-evaluate our weight loss journey. Have we allowed thoughts and self-talk to become negative? Are we allowing our emotions to control us, instead of being in control of them? (Remember your TOPS pledge) Are we still actively pursuing our goals we set at the beginning of the year? Do we need to re-evaluate or re-state our goals? Check out your alignment and have a safe trip!



The road sign for May is "WORK AHEAD".

It is time for us to put in some extra effort to reach our goal or stay at goal! You are worth the effort!

Kay's Road Trip Challenge

How is your chapter progressing on the "Road Trip Challenge"? Are you even doing the Road Trip Challenge" in your chapter? You can find the rules and forms you need at www.topwonders.com in our states section. Happy motoring to you!



Encouragement from Elaine

If you have internet access and want to be included in my weekly group that I send encouraging email too, please let me know by emailing me at ke.luce@att.net; send your name, email address and chapter number. I will be happy to add you to the group.

Support and encouragement, that is what TOPS is all about! I hope each of you are giving and receiving support from your local chapter. It means so much to encourage, uplift and support each other as we Take Off and Keep Off Pounds Sensibly!

I will close with the quote below that came to me via email just this morning.

The best way to inspire people to superior performance is to convince them by everything you do and by your everyday attitude that you are wholeheartedly supporting them."

~Harold S. Geneen~

Love you all bunches,

Elaine



**SAN ANTONIO AREA...YOU ARE THE SUNSHINE OF MY
LIFE!**

