

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 _____ Plural noun _____ on a regular basis.

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

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

The program I would like to be on would have _____ Number _____ minutes of exercise. Since I am interested in new horizons, I will now start doing _____ Number _____ 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.