

superlife

living as though your why is your rally cry[™]

WHY ARE YOU STARTING SUPERFASTDIET? WHY DO YOU REALLY WANT TO LOSE

WHAT MEASURES DOES YOUR BEST-SELF USE TO DETERMINE SUCCESS AND

IF YOU COULD SUM UP YOUR “WHY” IN ABOUT 3 WORDS, WHAT WOULD THEY BE?

NOW MOST IMPORTANTLY, HOW CAN YOU REMIND YOURSELF OF THESE
KEY VALUES AND MOTIVATORS EVERY DAY?