

superlife: how far you've come^{••}

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1. WHERE WERE YOU WHEN YOU BEGAN THE SUPERFASTDIET AND SUPERLIFE PROGRAM? WHAT WERE YOUR GOALS? WHAT WERE YOU HOPING TO ACHIEVE?

2. WHERE ARE YOU NOW? HOW MANY CHANGES HAVE YOU MADE? HOW MUCH PROGRESS HAVE YOU MADE?

3. WHAT OBSTACLES HAVE YOU OVERCOME? WHAT SETBACKS YOU'VE DEALT WITH OR OVERCOME? HOW HAVE THESE MADE YOU STRONGER?

4. WHAT STRATEGIES HAVE YOU DEVELOPED? WHAT HAVE YOU LEARNED? HOW ARE YOU DIFFERENT NOW AS OPPOSED TO BEFORE?

5. NOW, FOR THE FUN PART! PLAN OUT SOME REWARDS FOR ALL THE EFFORT YOU'VE PUT IN AND FOR EVERYTHING YOU'VE ACHIEVED AND LIST THEM BELOW:
