

GOODBYE TO THE WEIGHT

[CHORUS]

**I LEAVE THE PAST IN THE PAST
MY FUTURE IS BRIGHT
FEELIN' SO LIGHT
OH YEAH, I SAY GOODBYE TO THE WEIGHT
AND I'M FEELING GREAT
OH YEAH, I SAY GOODBYE TO THE WEIGHT**

**HEALTHY FOODS ARE ON MY PLATE
I NOW RELEASE THE WEIGHT
IT'S NOT COMING BACK TO ME
THIS I CAN GUARANTEE**

[REPEAT CHORUS]

**EATIN' PERFECT PORTION SIZE
LOVIN' DAILY EXERCISE
HEALTHY AND GUILT FREE
I CELEBRATE THE NEW ME**

[REPEAT CHORUS]

**LEAVIN' STRUGGLES BEHIND
USING THE POWER OF MY MIND
NOW'S THE TIME TO LOSE THE WEIGHT
BEING HEALTHY IS MY FATE**

[REPEAT CHORUS]

BRIDGE

**HEY THERE GOOD LOOKING
I ACCEPT YOU AS YOU ARE
YOU CAN DO IT
I BELIEVE IN YOU**

[REPEAT CHORUS]



MINDFUL MOMENTS

MY JOURNAL



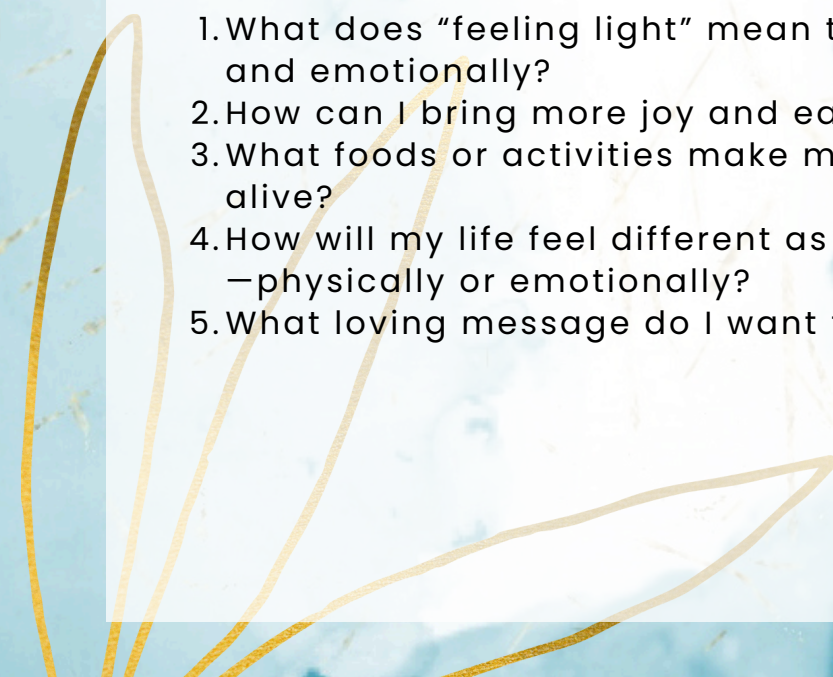
Why Journaling Helps You Heal & Shift Your Mindset


Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for Goodbye Weight

1. What does "feeling light" mean to me—physically, mentally, and emotionally?
 2. How can I bring more joy and ease into my health journey?
 3. What foods or activities make me feel energized, happy, and alive?
 4. How will my life feel different as I continue releasing old weight—physically or emotionally?
 5. What loving message do I want to tell my body today?
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I lovingly
release the
weight—
physically,
mentally, and
emotionally..

I love and
accept my
body at every
stage of my
journey.

I am proud of
my progress
and excited
about my
future.

I trust myself
to make
choices that
support my
health.

I feel lighter,
freer, and
stronger every
day.

I enjoy
moving my
body and
celebrating
my strength.

I let go of
guilt and
honor my
body with
kindness.

I fuel my
body with
foods that
energize and
heal me.