

CHANGE

"It's not that some people have willpower and some don't. It's that some people are ready to change and others are not." -- James Gordon

If I had read that one year ago, I would have disagreed with it wholeheartedly. Then came January 2005 and my sun and moons lined up -- and I was ready for some massive changes in my life. It's hard to admit the many things that were not working in my life that I was ignoring. On January 1, 2005 I weighed 311 pounds. I was also in a marriage that I knew hadn't been working for years, but continued to gloss over the reality so everyone else would think it was. I had known for some time that I needed to change things if I ever wanted to have the life of my dreams. Then it happened -- I was ready. It wasn't one big event that made me ready for change -- it was a lot of little things piling up month after month, year after year. But when it was time, I did know it. I've got to tell you, even though I knew it was time to change, it was still very hard. I moved out of that brand new mortgage free house with no place to move to. At 42 years old, I packed up six month old Lydia Mae and moved in with my Mother. Talk about humiliating! I started a journal that day and it makes me smile when I go back and read it now. The one word that summed up what happened at the time was not humiliating -- it was relief. I knew I had done the right thing. I wavered a couple times shortly there after, but never moved back in. We were officially divorced in July. After moving in with Mom in January, her and I decided to challenge each other to lose weight. We had both done many diets before but never kept any significant amount of weight off in the long term. This time felt different. We both could feel it. I think we both were ready for a big change. We signed up online for Nutrisystem and went back to Curves three times per week. Now that we were sincerely ready for the change, the changes started happening. A few pounds started coming off and then it was 10, 20, 30 -- and it kept coming off. This morning I weighed 223 pounds. Mom has lost just as much! We get the biggest kick when we run into people who don't recognize us! These changes brought other changes along with them. More confidence. I even got a new hair style! (much needed!) On November 10th I closed on the purchase of the Curves franchise location in my home town of Weare! I'm very excited to add Curves to my business portfolio of companies. (along with Avon and The Winner In You) So many changes. I will always remember 2006 as the year of changes, or should I say the year I finally was ready for the changes. A lot of the changes in my life are still works in progress. My goal weight is 165, so I still have 58 pounds to go; but I have a goal of making it by May 19th -- the first day of the Boston Avon 2 Day Breast Cancer Walk. Yes, I've signed up to walk this year for the first time. Another change. (Every

walker needs to raise \$1,800 to be eligible to walk, so if you'd like to donate and help me reach that goal, go to www.avonwalk.org and put in my walker number 721549. All donations are sincerely appreciated.) For me, it isn't just about raising money for a great cause. For me, it's about celebrating reaching my weight loss goal and conquering a 39 mile walk. (I don't think I've even walked 2 miles in a row on purpose before!) I'll be celebrating change. Why am I telling you all this? I want you to know that you shouldn't beat yourself up if you aren't ready for the changes in your life that will bring you closer to your dreams. Change IS hard. Change IS risky. Change IS uncomfortable. I also want you to know that when you finally do feel that the time is right -- go for it! Don't hesitate. Don't let the feeling pass you by. Change is also GOOD. I love my life now. I love being a Mommy to Lydia Mae. I love the fact that I am making changes now that will bring me closer to my goals and dreams. I wish the same for you.

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2007 SEMINARS. Currently on the schedule:
January 6, 2007; COLUMBIA, SOUTH CAROLINA. To purchase tickets for this seminar, contact Pam Heller at Avonbysell@aol.com.

2007 seminars -- dates and locations to be announced:
NEW MEXICO, FLORIDA, ILLINOIS, CALIFORNIA -- more to be added.
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What I'm currently reading: "Shut Up, Stop Whining & Get A Life" by Larry Winget

Thank you for taking the time to read my messages -- knowing that you are there helps me get through tough times. I hope that my ideas bring value to your business and to your life. I appreciate you!

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