



Steve Jobs or anyone else who has lost their health

Have a vision for how you want to move your body in your 70's and 80's

Health story – old story

I don't have time

New story

Health is a priority for me

Last night I ate after 10 pm – even though I did it, I was consciously aware I was doing it.

Most nights I don't

If you don't have the intention to stop eating after 8 you could develop a habit of consistently eating after 8.



If the intention of not eating after 8 improves your eating habits in any way that is a good thing.

Most people probably focus on not following through

Intention changes what you choose.

What got me to the finish line of my weight loss goal.

Higher level of concentration and commitment

I essentially said "I am getting this done!"

What walking steps does for me – Build self esteem

GSA applied to Health

Level 10 Exercise

Bonus Video – <https://ericlofholm.lpages.co/eli-health-coaching-program/>