



Hi Amy,

Welcome to your COUCH to ACTIVE Monthly Momentum e-mail. It's time to do the Month 1 review in your Two Year Workbook.

Month 1 Theme
I am worthy.

Look, let's get real. You wouldn't put a price on any other person's value. Why would you put a price on your own?

You know you should exercise. You want to cook better meals. You are determined to finally start getting to bed at a reasonable hour every night. But when it comes down to it, you allow other things to jump in line in front of the healthy habits you want to establish. You spend afternoons in the car ferrying kids all over town, or you stay late at work to catch up—again—or you find a dozen little tasks that scream loud enough to leap to the top of your "to do" list.

And once again, you reach the end of the day and realize you decided that you were less worthy than all those other things.

It's time to flip that process on its head.

I'm not telling you how to order your time. I'm just here to give you permission to put your health at the top of the list. Take the time to exercise today. You are worth it.

Remember to schedule an appointment with yourself to complete your monthly reflection sheet on the first day of the upcoming month!

Sincerely,

Lyn Lindbergh
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Hi Amy,

Welcome to your COUCH to ACTIVE Monthly Momentum e-mail. It's time to do the Month 2 review in your Two Year Workbook.

Month 2 Theme
I am empowered.

This life is bananas. You know that. You move through your day at breakneck speed. You deal with dozens of tasks, small and large, that come across your desk or sit down in your car or show up at your door. It's easy to feel like you're at the mercy of everyone else. By the end of the day, your determination to exercise can disappear like smoke in the wind.

It doesn't have to be this way. You have the power to take control of your time. You can look at your crazy-as-bananas life and carve out time to take care of yourself. No one is going to give you the power to take charge of your health, because you already have it! You are empowered.

Remember to schedule an appointment with yourself to complete your monthly reflection sheet on the first day of the upcoming month!

Sincerely,

Lyn Lindbergh
lyn@couchtoactive.com
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Hi Amy,

Welcome to your COUCH to ACTIVE Monthly Momentum e-mail. It's time to do the Month 3 review in your Two Year Workbook.

Month 3 Theme
I am Confident

When it comes right down to it, it's not billions of dollars, cool gadgets, or mystical super powers that really set the superhero apart from the average Joe.

It's confidence.

Tony Stark can build the best Iron Man suit he's ever built, but it does no good if it sits in his garage. Clark Kent can duck into the phone booth all he wants, but if all he does is make a phone call, he'll never be Superman. Diana Prince is just a smart, pretty girl if she never draws her sword.

The heroes among us are those who shake off inhibitions and step out with boldness. They quake on the inside, sometimes, but they stretch, grow, and become stronger. And every time they step out, they grow more confident.

What do you want to do today to be confident? Take a dance lesson? Try a new machine at the gym? Jog around the block?

We all have a little Tony Stark, Clark Kent, or Diana Prince inside of us.
Put on your cape and go boldly!

Remember to schedule an appointment with yourself to complete your monthly reflection sheet on the first day of the upcoming month!

Sincerely,

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