

*I am worth it.*

**I AM**

**LOVED**

*Challenges are worth the  
sweat for long term  
changes.*

*Countess of Low Carb*

[www.countessoflowcarb.com](http://www.countessoflowcarb.com)

*My mind changes as my  
body changes.*

*I can do hard  
things.*

*It is who I become in  
the journey.*