



Dr. Judith B O I C E

Skinny Jeans at 40+

Create YOUR VISION for your health

Knowing where you want to go is one of the most important steps in fitting into your skinny jeans. As my dear friend Phyllis Rodin (who died at 100) used to say, “You can’t just go to the bus station and buy a ticket. You have to tell them where you want to go. That’s the ticket!”

People who successfully fit in their skinny jeans know where they are going and how those skinny jeans fit with the rest of their lives.

1. Describe your destination (the state of health you desire, i.e. what will your life be like when you are wearing skinny jeans?)

2. Accurately describe your current location (your current state of health).

3. Notice the difference between where you are and where you want to be.

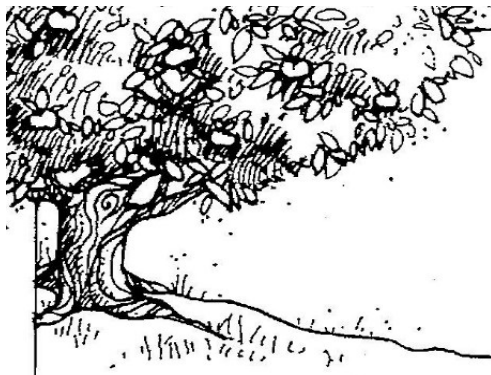
4. Simultaneously hold an image of your desired state and your current state of health. Notice the structural tension generated by the disparity between the two pictures.

5. Ask yourself, “If I could have my desired state of health, would I take it?”

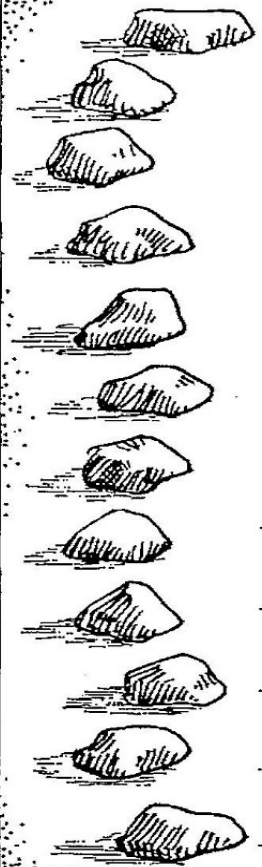
6. If the answer is “Yes,” then CHOOSE that state of health. “I choose . . .” and describe what you desire.

7. Fill in action steps that will move you toward your destination.

- _____
- _____
- _____
- _____
- _____
- _____



Vision: desired state of health



Four horizontal lines for writing, with two dashed lines in the middle.

Current location: present state of health

