



Welcome fellow travelers on **The TOPS Road to Success!** For some, the Beatles remind us, “It’s a long and winding road” but it will take us to where we want to be if we keep traveling. Each of us must find, pave and travel a personal road to individual success and it probably will not always be a smooth, uneventful trip!

It is wise to keep in mind that no success or failure is necessarily final.
~Author Unknown

There will be obstacles, detours, backtracking when lost, needed maintenance, repair and vigilance to the signs to guide us safely along our paths. Some of us have shorter distance than others. Some will take longer longer to find the right way to go. Be certain to set some points along the way to take time to appreciate and celebrate the trip. Some may almost give up in despair of completing the course. But, in the end, we will arrive if we just keep traveling.

Always bear in mind that your own resolution to succeed is more important than any other one thing.
~Abraham Lincoln

Get help from fellow travelers and help each other stay on track. Spend some time personally talking with fellow members about what it takes to go the distance.

Encourage each other to plan a short “road trip”, complete it and then plan another and another and another.

- BEGIN
- Check your equipment and provisions
- Assemble your crew
- Note the travel signs that will guide you
- Identify the landmarks of your progress
- Celebrate each milestone reached
- KEEP GOING



To lead a healthy lifestyle, we must STOP doing certain things. We STOP mindless munching. We STOP being couch potatoes. We STOP overfilling our plates. What should you stop?



Since we’ve stopped some habits, let’s press the accelerator and GO toward new ones. GO plan healthy meals. GO shopping with a list when not hungry. GO up and down the stairs more often. GO to the TV to change channels. GO for a walk. Where will you go?



The YIELD sign warns us to slow down, look carefully, be aware and proceed with caution. We often find ourselves in situations where the

bright yellow YIELD SIGN should be posted. Change of schedule, unexpected company, salad bars, buffets, pot lucks and parties are circumstances requiring us to make considered choices, to be flexible and to adapt.



Here's a common sign on mountainous roads. This sign means the road twists and meanders... sometimes sharply... often uphill and down. The Road to Success isn't always in a straight line or a flat road. This sign reminds us to pay attention and watch where we are going.



This sign warns us to not go the wrong way on a one-way street. It definitely applies to our TOPS journey. It says, "DON'T GO THERE." We all have danger areas. It might be a trigger food that leads to a binge, a situation that leads to stress eating, a friendly enemy that enables choices that don't help. Each says clearly DON'T GO THERE... NO ENTRY. Try to avoid such circumstances. Find a different route. Travel another day. Practice saying "no".



Life throws lots of potholes, road blocks, bridges out and other challenges in our way. When we face these, we develop ways of coping, standing firm, saying "no," or whatever it takes. That's quite an adjustment. And it calls for a sign...WORK AHEAD
We've got our work cut out for us. None of this happens by accident. Anything worth having takes effort. Taking and keeping off pounds sensibly requires effort. We can't go the distance if we aren't willing to do the work. It is a huge help to travel along with others who are there when problems arise and can help you get back on the road. But it's worth it. It's the reason we're here together each week.

Success will never be a big step in the future, success is a small step taken just now.
~Jonatan Mårtensson

One of life's pleasures that I have always relished is a "road trip". My father started me on this fun adventure when he would pile all of us into his Buick and set out for some fun destination with map in hand. "Are we there yet, Daddy?" I passed along the love of adventure to my three sons and built wonderful memories along roads less traveled. "Are we there yet, Mommy?" In fact, I am still enjoying the journey. "We are on our way!"

As the New Year dawns, I challenge you to take a road trip.

Plan a short road trip for the current month that heads you toward success. Select the tools needed, the distance to travel and the personal reward when this month's destination is met. At the end of the month, mark progress on a map of the country. Remember your cut and burn strategies... small changes keep you going forward! (For example, my first road trip could be to go to my favorite Holiday Exhibit... mine is in

Williamsburg, VA. To get there, I decide to not eat after dinner, walk at least 20 minutes a day three days a week and have a loss for the month. My personal reward would be a small ornament.) Set a new short trip for the coming month.

I am thinking about my destinations for this year and the many delights that are waiting along the way. Let's enjoy the journey, together!

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. ~ Dr. Seuss

You cannot travel the road to success unless you begin. You will keep going as long as you refuse to quit trying to get to where you want to go.

So, as Willie Nelson says, we are "On the Road Again". The most important thing to remember is that you are the one who must decide that now is the time to head out and take action. So, start your engine, wind the key, set the sail, lift anchor, put the oar in the water, clamp the skis on tight and keep moving forward. The road to your success is ahead of you and there for the taking

Hugs and Happy Traveling, Barb

