

Ali Vincent Quotes

*Health, Goal, Want, Giving, Loss, Winning, Clothes, Track, Decision, Telling
The Truth, Believe, Healthy, Self, Resistance, Sleep, Effort, Utensils, Reason
Why, Hiding, Beautiful*

Stop seeing the obstacles you face as reasons why you can't do something. See them as a reason why you can. And celebrate your accomplishments on a daily basis.

~Ali Vincent

Getting enough sleep can be just as important as working out.

~Ali Vincent

Big, sweeping life changes really boil down to small, everyday decisions.

~Ali Vincent

In order to truly give to others, you have to give to yourself first.

~Ali Vincent

You just have to start putting one foot in front of the other, making an effort to get healthy every day.

~Ali Vincent

It gets a lot easier to deal with life's curveballs when you're not hiding under layers of fat.

~Ali Vincent

The only battle to win is the battle within, that place where we realize that we deserve to have and create all that we want in our lives.

~Ali Vincent

When weight loss becomes a goal in your life, eating right and exercising are just two pieces of the puzzle. Figuring out why you've put on the extra weight is the hardest part.

~Ali Vincent

You have to track every single thing you eat if you want to keep posting big numbers on the scale each week.

~Ali Vincent

Making excuses is not going to get me any closer to my goals.

~Ali Vincent

Resistance is never the agent of change. You have to embrace the actions that are going to get you closer to your goal.

~Ali Vincent

There's something fundamental you have to understand about yourself before you can change your life for good.

~Ali Vincent

The universe holds enough happiness and success for everyone.

~Ali Vincent

Chicken exits are self-sabotage. They give you a false explanation for why you don't have something you want.

~Ali Vincent

When you have the courage to tell the truth about what you're really afraid of, fear doesn't have control over your life.

~Ali Vincent

All my serving utensils are measured. It's not obvious, because they're really beautiful, but I have the option of tracking what I'm eating. That helps me be smart about it.

~Ali Vincent

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