



SHAPING YOUR WORLD...

4th Edition—January 26, 2017

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Congratulations to Langley City for winning this weeks highest % of Weight Lost!



This week between Langley and Abbotsford over 220 pounds of weight was lost! That's at least 1 adult! You all deserve a big high five!!!!

Thank you [Gina from Herbalife](#) for sharing such valuable nutritional information!

QUOTE OF THE WEEK

"And one day she remembered that the only person who could make her happy was herself..."

So she took back her Power, reclaimed her place in the world and shined like never before."

-Life's Ink



200st
LANGLEY
DENTIST

Thank you to our Diamond Sponsors for making the Total Makeover Challenge 2017 possible!

200st LANGLEY DENTIST

Frock Off

200St Langlely Dentist is in your Langlely neighborhood. Located on the corner of 200th Street and 72nd, the clinic is in a rapid growth area. If you have just moved in and are looking for an experienced and up to date dental clinic, 200St. Langlely Dentist stands out for their Family oriented Dental practice and has been serving the community at this Langlely location since 2003. The team here understands the needs of high fear patients and provides an anxiety free environment. Perfect for families too, this office has it all. They offer a wide range of services including Sedation, Cosmetic Dentistry, Invisalign and convenient late and weekend hours. Always conscious of young families needing a hand, they offer a \$1 first check up for under 4 years old. They believe that starting children young in a positive dental environment is the best way to love your teeth and love your dentist

The clinic specializes in sedation dentistry and is known for the team's experience working with TMJ, snoring guards and mini implant dentistry. Dr Vigneault is active in his community, teaching the next generation of dentists and working with several local charities to raise awareness of oral cancer and giving back by offering free oral Cancer Scans during the Cancer Awareness month of April.

200th Street Dental is also a proud member of the 123 Dentist community network of dentists and welcomes new patients. They offer a 24/7 emergency inquiry line 604-805-2500. For more emergency tips go to their website at www.123dentalemergency.com. Make an appointment, call today or book online!

Jo Dibblee
on the
beach in
Mexico
learning to
Boogie
Board!



I have found that life consistently provides us all with **endless opportunities to say 'yes'**, even in the absence of proof. Some opportunities are easy to say yes to, and others are not. Such was the case this past week.

I was in Mexico with my husband, and **decided to learn how to boogie board**. As I stood in the water, waves coming in a steady flow with my board, **all of a sudden the fear washed over me** and the little voice in my head was screaming - **WHAT ARE YOU DOING?** Maybe you know the one. I bet you do - we all do. I call this a Frock of Fear moment.

I stood there weighing it out. **I had two choices** - to do, or not to do. And then it hit me - I had control to make that choice. So really what I was determining was which choice would I regret?

1. Would I regret boogie boarding? What if a wave pummeled me and I was hurt?
2. Would I regret not boogie boarding... because of fear?

In less than a minute **I decided I would regret not doing it**. So deeper into the water I went.

That frock of fear is sneaky, and can be so debilitating at times; it can stop you dead in your tracks! I know this because I have donned it so many times.

So I decided to say yes in the absence of proof!

I would love to tell you I was fearless, or that it was easy, and in no time I was riding each wave like a pro, but that would be BS! In fact, **I was dumped in the drink so many times that I lost count, but I didn't give up**. And then it happened! I caught my first wave, and to my utter astonishment and glee, I rode that wave right to the shore. It was glorious!

Over the next few days, **I learned a few things about the waves**. They are not all the same. I even named them (well two of them anyway).

1. **Pretty Paper** – This one looks promising and powerful, yet crashes and leaves you standing in the same place searching for another.
2. **Comme ci, comme ça** – "Like this, like that". This one has momentum and will carry you, but then stops short of the destination.
3. **The Big Kahuna** – The name says it all. This wave carries you in with speed. There is a connection with the wave.

So today I wish you BIG Kahuna's all day long! Hang Ten!

Jo - Breakthrough Expert

UPCOMING EVENTS

The Amazing Race—February 25, 2017 at the Phoenix Lounge in Abbotsford.

The Amazing Race—February 25, 2017 at Douglas Park in Langley.

(Press Ctrl and click for link)

MAKEOVER CHALLENGE

By Shape Your World Society

Meet and Greet—January 15, 2017!

What an amazing evening of getting to know the Top 30 Challengers in both Langley and Abbotsford as well as to meet all of our wonderful sponsors!

If you would like to volunteer, become a sponsor, or donate to Shape Your World Society, please see our website www.totalmakeoverchallenge.com or send an email to info@shapeyourworldsociety.com.



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