



Shape
YOUR WORLD

Total Makeover
challenge
GROW.EVOLVE.EMPOWER

SHAPING YOUR WORLD...

7th Edition—February 17th, 2017

In this issue:

- Naomi's Journey
- Video-Self Esteem
- Coming Events

Congratulations to Langley for being the biggest loser this week!



This week, Langley and Abbotsford together lost over 143 pounds! That's equal to the weight of a 423 Guadeloupean Banana's! The perfect birthday gift for a monkey! Way to go Ladies!

QUOTE OF THE WEEK

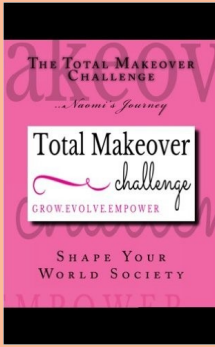
They always say time changes things, but you actually have to change them yourself.

- Andy Warhol



200st
LANGLEY
DENTIST

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



To order your copy of Naomi's Journey click: [Naomi's Journey](#)

PROLOGUE

It was early in the morning and I stumbled out of bed – time to get the kids ready for school. As I got up I couldn't help but notice a few new jigglers in my body, "Is this what being in my forties means – weight gain and wobbly bits?" I said to myself. "This has got to stop, but how?" I didn't feel like I had the strength to fight this. "This isn't me," I thought. I sauntered to the kitchen, to make the kids lunches, sleepy and unmotivated. "Where has my drive gone?" I questioned myself. I was recovering from an accident 2 years previous – but I should have more energy now!" I had been pondering this for months now, "why is my body not cooperating with me? Why do I crave chips and all things junk? And why don't I run anymore?" I remembered the days when I would run five to ten Km's four to five times a week, dance, and walk all the time. I stared out of the rain splattered window as my kids got their jackets on. "There must be a solution, surely I'm not the only woman going through this!" I thought to myself.

The drive was loud, driving 5 kids to school is never quiet, yet my thoughts were louder: "I need help!" "I need to do something about this weight gain and unmotivated life style!". The realization of my need was shocking to me, I didn't usually ask for help. "I'm a strong capable woman" I said to myself. "What's wrong with me?" I dropped off the kids, and headed home.

I pulled into the driveway and dragged myself out of the van, to begin to mentally plan my day, clients were in need, and my husband was out of town. As I walked up to my front door out of the corner of my eye I spotted the by-weekly newspaper. I picked the paper up – a little soggy from the rain. "Tea time, and paper time", I thought.

I settled in with my delicious earl grey tea and flipped through the papers. Suddenly I saw it - an ad that shouted out to me!! The ad read "Apply today to be in The Total Makeover Challenge!" Immediately I was intrigued. "A Total Makeover here in Abbotsford? It sounded like a TV show!" I thought excitedly. A local gym was holding a contest - this could be the very thing I needed! I remembered how a contest had motivated me in the past! I decided to apply. I was in!

Two hours later I had written my passionate answer to their question of "Tell us why you think you need a Total Makeover" and drove straight to the gym and dropped off my story, hoping that I would be chosen. One week later I got the phone call... And that is how I joined the very first Total Makeover Challenge in 2009.

The Challenge started in January 2009, and wow, the transformation I saw in all the ladies was amazing! We received nutritional training, gym memberships, weekly guest speakers to help us in our transformation, and fun personal growth activities. This was a challenge all right, somewhat like the TV show "Survivor", with top ten chosen through public voting and results. These ten received more incredible training and awareness, and then the Top Five were chosen through public voting and results again. I was thrilled when I made it to the top five as this segment included modelling lessons and I really wanted to learn how to be graceful and be in a fashion show! Five weeks later at our fashion show the winner of the Challenge was announced... I didn't win, but in reality – I did win! The jigglers and wobbly bits were gone and I lost 22 pounds and 22 inches, putting me in a size 6! (unofficially I made 2nd place).

As soon as the Challenge was over four months later I approached the founder of this challenge, Jenny Clough, and I asked her if I could help her build the Challenge, and work behind the scenes, and she said yes! My journey felt a lot like a TV show so I thought filming and following the lady's journey on the challenge would give a great story to all and encourage the public to make changes in their lives too!

After two years of volunteering behind the scenes Jenny Clough & I decided that The Total Makeover Challenge was a good charitable cause, and we gathered a group of ladies who were, "like minded", and were on the same mission – to help women and their families. And thus, in January 2011 the charity "Shape Your World Society" was birthed.

Since then, "The Total Makeover Challenge" has been growing and more and more amazing women have been helping and volunteering behind the scenes. Often it's the very ladies who go through the challenge who want to help in the next year and in that way give back to their communities.

To see videos of these ladies, go to our YouTube Channel

https://www.youtube.com/channel/UCCA89IFMMhwRxPSqj15oWiQ?view_as=subscriber

Trish Warren

Vice President

Shape Your World Society

UPCOMING EVENTS

The Amazing Race—February 25, 2017 at the Phoenix Lounge in Abbotsford. Ctrl Click on photo for link.



The Amazing Race—February 25, 2017 at Douglas Park in Langley. Ctrl Click on photo for link.



The Real Me—Challengers will go on an in-depth journey to discover their mission statement and so much more! (Feb 15,17,18)



Self Esteem - Thanks Heather Rieder and Kim Mallory for sharing your heart!
(Press Ctrl and click on the image for link)



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.



Copyright © *|2017|* *|Shape Your World Society|*, All rights reserved.

Our email address is:

anita@shapeyourworldsociety.com

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)