

Just as there's no perfect person who will score a 10-out-of-10 in every category, there's no pre-made diet that's going to immediately get you to all of your nutritional goals while fitting perfectly into your lifestyle.

If you take a look at the chart below, you'll see how big of an attitude adjustment we need to make to find what will help us succeed in the long run.

WHAT WE THINK MATTERS	WHAT ACTUALLY MATTERS
<ul style="list-style-type: none">• Fast weight loss• Amount of weight lost• BMI• Clothing Size• The opinion of others• Physical Health• Going "All In" (perfection)• Body goals	<ul style="list-style-type: none">• Slow weight loss• Amount of weight maintained• Body composition• How our clothes fit• The opinion of ourselves• Physical and Mental Health• Committed but flexible (progress)• Self-care