Bumper Stickers on the Road to Success

Life is a journey, not a destination, so whether you’re walking, running, driving, flying, or sailing through life, here are a few thoughts to remind you to enjoy the ride!

Dare to be great!

When you woke up this morning, you had the choice to do one of two things. You could choose to be great—or not. What did you choose?

INSANITY IS doing the same thing and expecting different results.

Anyone can be a KOPS! Those who made it were scared at first, but they chose a new lifestyle anyway. They didn’t know if it would work, but they took that chance and let persistence and enthusiasm carry them through.

A BEND IN THE ROAD isn’t the end of the road unless you fail to make the turn!

Famous singer Bono once said, “My heroes are the ones who survived doing it wrong, who made mistakes and recovered from them.” No matter who you are or what you do, if you have the courage to begin, you have the courage to succeed. You can turn things around the moment you decide to be successful.

Small changes turn “BINGE” into “BEING.”

Isn’t it ironic that all the comfort food we eat is exactly what ended up making us feel so uncomfortable? With our TOPS and KOPS friends, we can learn to forego extra helpings and desserts and the extra calories that keep us from being all we can be.

Everything changes when you change.

Have you ever noticed that your mood affects how you perceive your surroundings? Why is it that the worst drivers are out only when you are the most tired at the end of the day and on your way home from work? The mind is powerful, and you are in control of it. Just remember what our TOPS founder, Esther Manz taught you: “You are an intelligent person!”

Focus on where you want to go, not on what you fear.

Do you catch yourself feeling envious of others? Are you afraid they are experiencing wealth or success that you are not? Open your eyes to the beautiful life in front of you and see others as inspiration instead of competition.

Try approving of yourself, and see what happens!

We can be our own worst critic! At some point in your life, you have to say, “I approve of who I am. I am a good person; I love me; and I have a HUGE amount to offer the world!” Once you APPROVE of you, it becomes easier to BELIEVE! The difference will be amazing!

Look at how far you’ve come, not how far you have to go.

Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending! It is up to you to create what you are.

Everyone who got where he is had to begin where he was.

No matter where you are in life, you have to find the courage to start living and moving forward to make the necessary changes in your life to become healthier.

Go the extra mile!

The one individual who’s willing to put forth the extra effort, the one willing to walk that extra mile and exercise that extra 15 minutes, that is who makes the most of the journey!