

Dear Mr. Scale,

I'd like to let you know you no longer control my emotions; you don't decide my state, YOU don't determine my happiness! You no longer GET to choose what kind of mood I'm in after I spend a short time with you. I will no longer give you my strength, disempowering myself.

I've spend weeks, hours and months now learning and experimenting, going through ups and downs on how to control my emotions, how to be happy for what I have, not what I don't. I've learned that what I focus on is the most important thing and unfortunately for you, when I weigh myself I won't let you influence my feelings.

I get up every day and follow a plan all directed towards the goals that actually make me happy in life. I'm thrilled to say, you have nothing to do with the things that inspire me, the things that motivate me and the things that keep me moving forward.

I'd like to let you know Mr. Scale that I don't hate you, I don't fear you, I love you. Every time I spend time with you I learn something about myself and how my body works with exercise and food. You teach me so many things, how could I hate you, how could I avoid you. Because of you, I know exactly what works and what doesn't and when I find that out, I repeat what works to find success. I know many dislike you and I'm sorry for that. Maybe most don't understand what I do; maybe most don't realize you're a blessing in disguise.

What if I didn't have you Mr. Scale, who would help me stay on track, who would never lie to me, who else isn't biased in anyway other than you? Thank you for always being honest with me and telling me the truth. Thank you for telling me when I need to work harder and when I HAVE worked harder. I appreciate you being with me on my journey. I would like to be clear though, I want to make sure we both know.....

You no longer control my emotions; you don't decide my state, YOU don't determine my happiness! You no longer GET to choose what kind of mood I'm in after I spend a short time with you. I will no longer give you my strength, disempowering myself.

I am strong, I am courageous, I am success and you or anything else won't get in the way of what I'm after.

-Drew Taddia