



Enter the L0ve
and bring your
DESIRE into REALITY
with Michelle Bernard,
certified fitness trainer

Welcome beLOved!

I'm Michelle Bernard,
your WELLNESS CHOREOGRAPHER



I'm also an author, coach, speaker, clay jewelry-maker, paint splasher, and pollinator of energy wherever I roam.

And I'm passionately
living a life of gratitude and JOY,
health and fitness.

the my beLOvedBODy programs



ARE YOU READY TO
LOSE 10 lbs of FAT?



GET READY TO MAKE A

YES.

NOW FOCUS

Elevate your mental fitness by exercising the fierce belief
that you CAN have the BODy you desire.



No more complaining.
No more yoyo-ing with your diet or your gym visits.

Crush the random approaches peppered with equal
amounts of **hope** and **whimsy**.
Stop crossing your fingers.

What you need is a PLAN, a VISION, and
consistent, confident movement toward
MEANINGFUL GOALS.

Complete this short e-book before you begin the
7-week fat-loss process, **my beLOvedBODy, too
program**, the program that will provide exactly
what you need!

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WHAT IS IT?

That means YOU.

AND

The answers to those questions are the creative factors that will impact your ACTUAL RESULTS.

Your heart knows what you want.

Unfortunately we rarely pursue the desires of our heart regardless of the **truth** that can only come from the heart.

EACH DESIRE PLACED IN YOUR
HEART,
IS MEANT TO HEAL YOUR
SOUL AND GIVE YOU A
FEELING OF WHOLENESS
and HAPPINESS.

Our hearts whisper our
desires.

It's about time we let our
hearts direct our minds.

EVERYTHING IS CONNECTED

BECAUSE...

Our BODy evolves in concert with
the beliefs we hold about it.

And our strongest mental constructs aren't
formed from our heart's desires.

They're formed by our life experiences. Our
inner mental PROGRAMS are reinforced over
many years and repetitive experiences.

Whether those beliefs are supportive or
not, our creative mind and BODy are in
concordance.

Right now, you are living
with results from
your strongest beliefs.



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beLOved,

You may have tried many different fitness programs,
paid for gym memberships you've barely used, and
tried diets for a stint with a whole-hearted effort to
overhaul your health and physique
for the BODy you want + desire. (WHEW!)

Yep!

And you may have succeeded a lot -- or you may have
succeeded a little.

Listen, if you've done anything to move toward the
BODy you've desired, you have succeeded just
because you've put forth a try!

BUT NOW

It's time to experience SUSTAINABLE SUCCESS.



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Know that you CAN move toward living with the SUSTAINABLE results of good health and BODyLOve when you first get very specific about your personal **heart-felt VISION** and when you clarify why getting fit, lean, and healthy really, really, really, really matters to you.



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How would you feel about yourself if your health and wellness DID NOT improve?

How would you feel about yourself if your health and wellness DID IMPROVE?



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NOW

Consult your heart. How do you really want to feel?
How do you really want your BOD to feel, look, be?

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Why have these three desires been difficult to achieve
in the past?

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Time to leave the past in the past.

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Your BODy and creative mind are ONE. It's time to use your creative mind to construct a new future.



And when you SUCCEED by staying COMMITTED to this PLAN, thereby SUSTAINING YOUR PHYSICAL WELLNESS, you will also magnetize more realized goals in other areas of your life.

Everything is connected and SUCCESS is CONTAGIOUS when you're courageous enough to utilize the tools that can craft success...



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So let's get to it...



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The my beLOvedBODy programs are
whole-SELF integrated.

That means you will use all your senses to imagine and
move toward your goals.

(Can you imagine using part of your BODy to progress
toward your goals?

Seems obvious to use your whole BODy,
yet we rarely do.)



COMMITMENT requires ALL PARTS OF YOU.

Are you ready to transform?



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HELLS YEAH!!!

To prepare for the my beLOvedBODy program, get
your EMBODIMENT ON by VISIONING and making
REAL your goals with these
DESIRE TO LIFE tasks.

Find 3 or more pictures of the BODy that fits the image
you desire of your self.

Download or cut the pictures out
and post them in a place where
you can see them EVERY DAY!!!



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Tell your truth, beLOved.
Because all BODies are beautiful.

If you have wide hips, avoid cutting out pictures of
ladies with boxy hips.

If you have rounded shoulders, avoid cutting out
pictures of ladies with toothpick skinny arms.

Download the free mini-book

GIVE ME BODy

so you can see your specific BODy-type in others.

Listen sista, the beautiful healthy BOD is wide, narrow,
rounded, muscular, lean, strong, tall, short, shapely,
straight, with booty, boobs, no boobs, energized,
exercised, young, older than young...

find yourself up there

The healthy BOD follows healthy rituals with joy and
consistency.



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Here's your **DESIRE TO LIFE TASK II**

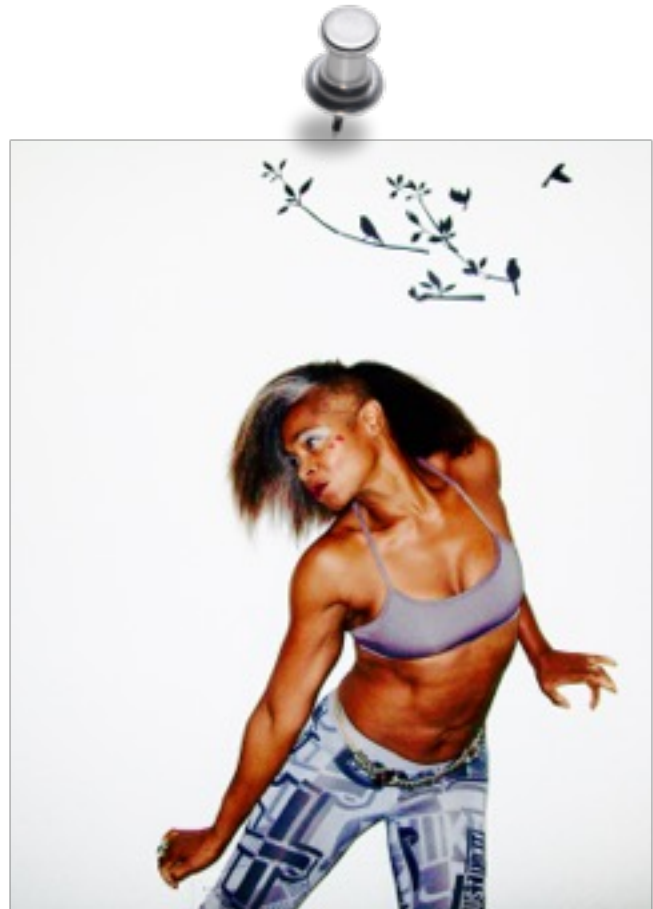
Set a life-change goal today.

In addition to the goals you set within the my beLOvedBODy program for your fab BOD, choose an area in your personal life that you desire to up-level, improve, or radically change in the next 6 months to year.

Write your life-change goal HERE. Make it specific.
Find pictures that define and represent your life-change goal.



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POST ALL YOUR *VISIONING*
PICTURES AND GOALS WHERE
YOU CAN SEE THEM
EVERY DAY!!!





the my beLOvedBODy

You have connected to your heartfelt desires in creative mind and BODy.

How does it feel?

You are ready for a health, fitness, and life transformation!

The my beLOvedBODy programs will support you to achieve your meaningful goals and your vision with workouts, proper exercise form, injury preventatives, food suggestions, and inspiration.

Your success is determined by:

- ▶ The belief and the courage to focus on your VISION
- ▶ The emBODiment of your vision using all your senses

And you can achieve any goal with :

Daily habits and tools that provide consistent movement toward your VISION.





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You've made a life-affirming decision.
Now you can make the COMMITMENT!

READ THE FOLLOWING ALOUD
as loud as you can

- ➡ Right now, I am available to receive the BOD I have imagined into my life experience.
- ➡ No matter what's happened in the past, I know I can have a healthy, hot BODy.
- ➡ I will practice the my beLOvedBODy program and its principles with tenacity and patience.
- ➡ I am available to make a healthy lifestyle shift!

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REMEMBER

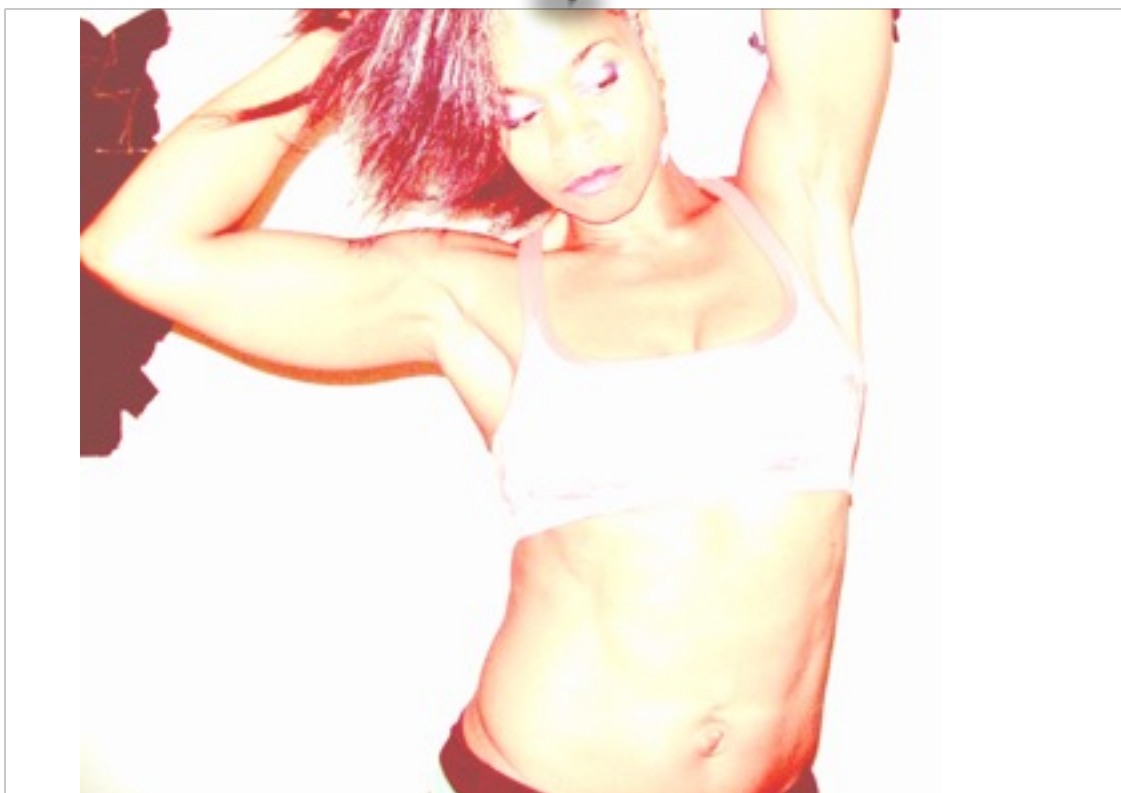
Everything is connected.

When you up-level and transform your BODy,
your life will be up-leveled and transformed as
well.

It's gonna be so good ALL AROUND!



YOUR QUALITY DECISION



OKAY,
let's do this...

[CLICK HERE TO LOSE FAT AND TRANSFORM
YOUR BOD](#)

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I am the creator of the my beLOvedBODy programs, books, messages, and other online tools. I'm a true believer in the power of VISION. We can breathe life into our dreams once we dare to believe THEY ARE TOTALLY POSSIBLE!

I used to dislike my BODy and wish God had given me better legs, a higher butt, a belly without rolls, and teeth without spaces. I didn't let on to anyone that I hated my "stuff", but I knew.

I didn't even consider LOving my BODy until someone told me I was beautiful. That same someone told me - with uncensored honesty - that if I didn't control my pig-like eating habits I would probably run into serious health problems in the future.

He was my friend, and didn't say it in a harsh way, but that's how I heard it...because it was the truth.

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I'm not one to listen to other people's opinions about me, that's for sure, but this person really cared about me. More than that, I held a secret frustration about the direction I was headed toward - eating non-stop PORTIONS THAT SHOULD HAVE BEEN ILLEGAL and suffering my intense leg-butt-belly disgust that sporadic exercise didn't seem to affect.

My other secret was I desperately longed to feel stronger, curvy-er, disciplined, and have more stamina! I wanted to enjoy trying on new clothes (my heart would race when in dressing rooms because I had to experiment with so many sizes and endure those three-way mirrors- especially in jeans and swimsuits—UGH!). And forget public dressing rooms!

I wanted a stop gauge when eating. I never knew what FULL felt like! I wanted to transcend my emotional paralysis that made me a bottomless pit.

I was out of control and clueless to a solution.

My honest friend could relate. He, too, had struggled through weight issues.

He believed I could transform just as he did. He told me I was worth it.

So, I garnered my teeny bit of confidence together with his faith in me and found an aerobic instructor. Not just any instructor either... I found one who'd lost 100 pounds and was still on mission to lose more.

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YES!

She had passion and insistence. I could hear it every time she yelled at us!

After class, I'd stay late and stare in the large mirrors at my BOD. I'd imagine my BOD and exactly how it would transform if I promised to never give up again. I saw sculpted triceps, a ripped back, lean legs, and zero belly-fat!

If anyone was watching me do this, they might have wondered why I was looking at myself with such intensity.

Within one year of maintaining my consistent exercise schedule, I developed the exact BOD that I once only imagined.

And I knew that was the secret to my success.

I had seen my new Self way before I saw myself NEW!

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I did it!

I did it because I admitted my scary truth - *I must change my habits or I'll never know how it feels to be healthy and confident about myself.* I did it when I stopped blaming my genes and big bones for my bingeing.

I did it because my honest friend believed in me! (Kisses Elliot!)

I did it because my teacher believed in me! (Kisses Anna!)

I did it because I was able to see myself in my mind and let my VISION pull me forward!

I am grateful for the help, the desire, and the courage it took to make my goals my REALITY.

I know how you feel.

I believe you can do this.

I'll help you.

healthy spirit to healthy spirit,
MICHELLE BERNARD

who I am

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I LOve coffee all day, soaking my feet in a salt bath at night,
and sunny Mondays.

I'm never gonna retire
(Do you see the root word there? It's TIRED!).
I'd rather live my life making muscles,
meaning, books, and clay jewelry.

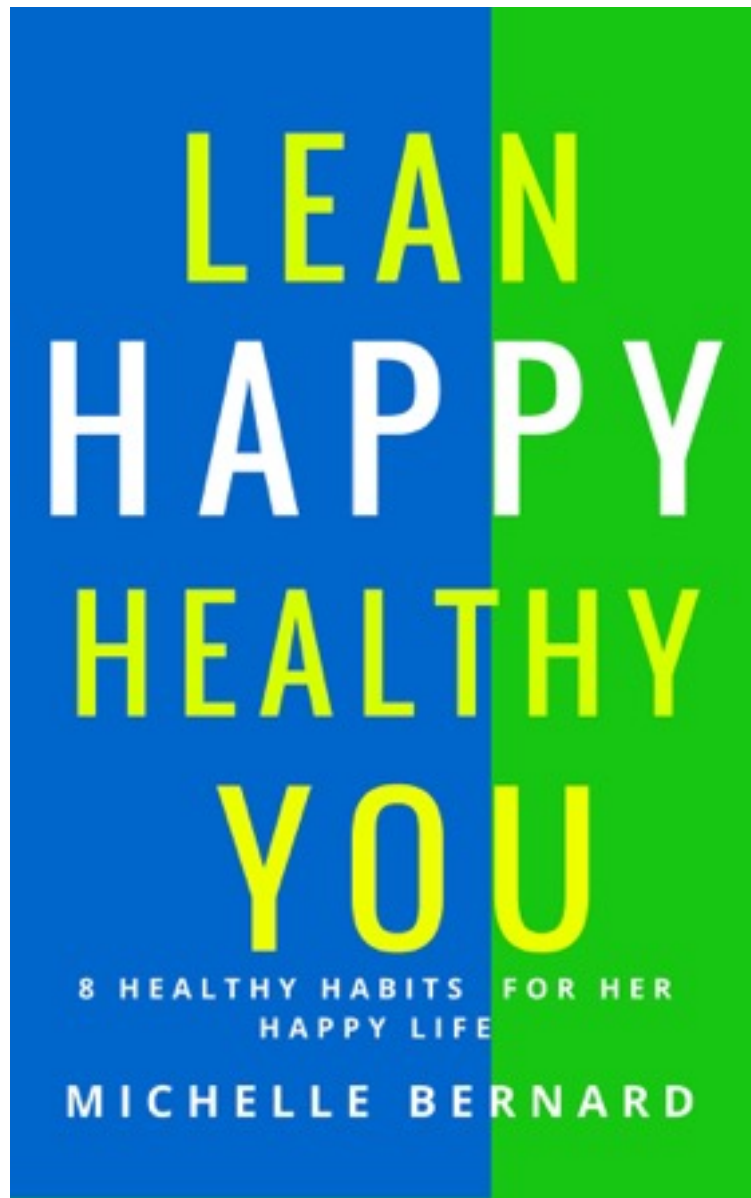
I write in my journal every morning at 6:30.

I pray everyday when I hit a pocket of quiet.

I'm grateful I've survived the disastrous days of my life, because they've shown
me what I want.

And I appreciate all my triumphs because they've helped me trust myself.

I am a warrior.
I bet you are, too.



I WANT TO GET THE BOOK

[CLICK HERE TO LOSE FAT AND
TRANSFORM YOUR BOD](#)

