



Good morning!

I love a feel good, motivational, or thought provoking quote. Without being too dramatic, I saw this quote on the cover of a journal at the bookstore about 6 years ago, "**Live the story you want to tell**", and it truly changed the trajectory of my life!

The backstory: I had an identity crisis at the age of 46 when my kids started moving out. At the same time, I sold a business that I grew from scratch (and truly loved with all my heart!) So, feeling like I lost my identity as a mom and a business owner, I was in a serious funk.

To get out of the funk, **I decided I needed a “reinvention!” (aka: mid-life crisis). I wanted to do interesting things with my life** and finally reach goals that felt crazy and out of reach. I didn't want to keep "trying" to meet my weight loss goal. I just wanted to do it already and cross it off. I wanted to move on to more interesting goals than a number on the scale.

I started thinking daily about that quote I saw at the bookstore: "***Live the Story You Want to Tell***". What story did I want people to tell about my life when I die?!

So, after 45 years of struggling with my weight, I decided to sign up for a bikini competition and see if I had what it would take to get the body I always imagined was under my layers of fat. ([read that post here](#)) ***Be Brave enough to be bad at something new!***

I had this desire to live an intentional, fun, and exciting life. One in which at my funeral someday, people would laugh about the variety of things I attempted, the outrageous ambition, and the bravery around doing scary things. A life worthy of turning into a story!

And you know the rest. I have done 6 bikini shows now, I've run in the Boston Marathon, I've paid off my mortgage, I'm getting ready for an Ultra marathon this year (50K). And there's so much more I want to do! (Check out my ["bucket list" post from 2023](#))

If you find yourself delaying your goals, check out this post, ["It's not willpower, it's procrastination keeping you from losing weight"](#)

What are your thoughts? Have you had a mid-life crisis too? What would you want to add to your bucket list?

Keep me posted on your goals

Amy Roskelley

P.S. I've been working on a new portion plate for those trying to follow the Mediterranean diet. It's finally listed! Check out my [video description here](#), or go straight to the [Amazon listing here](#).

P.P.S. (The picture below was from a 16 week bikini prep. [Get the recap here](#).)



DISCOUNT CODES

- [**My Shop!**](#) Weight Loss meal plans and digital cookbooks
- [**Clean Simple Eats:**](#) Code: HEALTHBEET
- [**I Love Peanut Butter!!**](#) (10% off HEALTHBEET)
- [**Built Bar**](#) Code: HEALTHBEET
- [**Skinny Syrups:**](#) Code; HEALTHBEET
- [**Gardyn**](#) (indoor veggies- my latest obsession! coupon code for \$100 off IRL37QK8XWR)
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