

Your Weight-Loss Struggles Could Stem From This Life Issue

One of the insights I received in my weight-loss struggle is if someone has a severe weight problem, weight is usually not the only area that's out of control. Financial challenges or relationship drama are usually part of the picture.

I was thinking about this because yesterday, I went to a financial management class at my church called "Render My Money." I attended a Crown Ministries course on money management several years ago, which was excellent. However, I think I'm ready to go beyond the basics and learn more about investing, which is what this course promises to teach.

In my story, I mentioned how I had over \$19,000 worth of credit-card debt when my weight was at its highest. I know that was not a coincidence. Problems that started small soon spun out of control because I refused to face them. Weight and money—the story was the same. I had an "I'll do it tomorrow" attitude. As a result, one error piled on top of another until the problem seemed insurmountable.

Although I didn't realize it at the time, my quest to get my finances in shape helped me to lose weight. It started with me asking for help because I realized I did not have the wisdom to get myself out of the mess I was in. I went to Consumer Credit Counseling Services (CCCS). The counselor there helped me create a budget and consolidate my credit card bills in their Debt Management Plan. A certain amount was regularly withdrawn from my checking account, which CCCS used to distribute to my creditors.

My goal was to pay off the entire \$19,000-plus in five years, but it was accomplished in 3 years, 11 months. God is awesome!

During that period, I also decided to attend the Crown class so I could find out how to wisely handle my money from a biblical perspective and not get in such a fix again.

I won't lie and say it was easy, because it wasn't. I could not accumulate more debt, and I had to live on cash. I had to renew my mind and cultivate a "do it now" attitude. I had to be a grownup and make myself do the work. I had to encourage myself when my mind told me things were hopeless and to just give up.

I had to humble myself and ask for help. Again, money and weight—same story. It starts with telling yourself the truth and writing that truth down so you can see it in black and white (or blue and white, depending on the color of the ink). And then you must take action. All the plans in the world will not change your situation unless you act.

Here's a little ditty I made up to motivate myself during that time:

Nothing takes the place of action

Not plans

Not promises

Not intentions

Just action

So move!

Making the necessary adjustments in attitude is the first step to regaining control over weight problems or financial issues. The time to step is now. {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

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