

TALKS 20 Weight Loss

Fill in the matching gaps with the following items:

succeed, tried, compared, know, now, weight, system, incorporating, been, reach, process, progress, stopped, myself, hope, working

I am in my mid-30s and I have _____ trying to lose some _____ for a few months _____. The _____ hasn't been that much, as _____ to when I was in my 20s. I do not know why, but I feel like my _____ is sluggish, sort of. I have tried every aspect that I was _____ back then when I was in my 20s. Even though it is _____ right now, it is very slow. I don't _____ what to do. I have _____ and tried and stopped and tried and stopped and _____ again. And I'm not stopping. I just _____ that I find new ways of trying again so that I'm able to _____ my ultimate goal so that I feel good about _____. I hope I'll _____, even though the _____ is slow.