

CREATING AWARENESS OF YOUR HABITS, BEHAVIORS & MINDSET

It's important to become aware of exactly what your habits and behaviors are around food and eating. Those are the very habits that keep you repeating your patterns. Once you are aware of your habits, behaviors and mindset and **your limiting beliefs** it is easier to start changing and moving towards better, healthier habits and behaviors.

For example, common habits/behaviors that lead to becoming/staying overweight are:

- Eating mindlessly when food is present even though you are not hungry.
- Cleaning your plate even though you are full.
- Ending each meal with something sweet.
- Having a dieters mentality.

Becoming aware of what habits/behaviors lead to becoming overweight will help you start to change those behaviors.

Write a list of the habits and behaviors that you believe prevent you from losing weight and keeps you in the yo-yo dieting cycle.

Write down what are some limiting beliefs that you hold? (The story you tell yourself that is an old story)

What is your mindset surrounding these habits and behaviors?

Do you truly believe you can change this if it's your deepest desire to change what keeps you stuck?
