

MONITOR YOUR MESSAGING

It's important to become aware of exactly what your habits and behaviors are around food and eating.

What do you say when you speak to yourself?

Paying attention to what you tell yourself will show you why your behaviors are what they are, and why you make the choices that you do. Becoming aware of the messages you give to yourself is so important because your behaviors and your actions follow your thoughts.

For Day #3:

Start to pay attention to that voice in your head. Write down what you are telling yourself.

- Are you creating reasons why you should eat when you're not even hungry?
- Do you give yourself permission to make bad choices or do you talk yourself out of it?
- Do you speak negatively to yourself and beat yourself up when you think you're not eating "perfectly"?

You need to get clear on your messages because your actions WILL follow the direction that you give yourself.

Do those thoughts/actions serve you or do they sabotage you?

Monitor the thoughts you are sending to yourself and start to consider if they lead to behaviors and actions that match up with your weight loss goals.

Take notes here:
