

EPISODE 18

#1: Make a list of ALL of your food rules.

- Think about different food groups, holidays, food in relationship to weight loss, what you think is good or bad, foods that are “ok” and foods that are considered “cheats”. What dictates what you eat and don’t eat?

#2: Question EACH rule.

- Is this true?
- How do I know?
- Does living by this rule help me?
- Do I gain anything from listening to it and living by it?
- Is it keeping me stuck?
- Does it hinder my progress?
- Does it get me closer to my goal?
- Does it help me be the person I want to be?
- What would your life be like without some of these rules?

3) Make a decision.

- Once you have questioned and created clarity around the rule and why you have it and what it is creating for you, you can make a decision:
- Do I keep it, or do I let it go?