

PODCAST STUDY GUIDE

Diet Words

EPISODE 5

- What are some of the foods you tell yourself you can't eat?
- How do you feel when you tell yourself you can't eat them?
- What happens if you change the words to "I'm choosing not to eat...? How does the feeling change?
- What happens when you focus on what you **are** you choosing to eat instead: "I am choosing to eat...." How do you feel?
- If you can eat whatever you want, what do you choose to do?

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IT BEGINS WITH A THOUGHT COACHING