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# The Truth About Making a Plan

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## EPISODE 69

### Questions to ask yourself to make a realistic food plan:

We want to push our comfort zone, we want to change our eating habits and our relationship to food, but we don't and can't change that in a day. We want to create a plan with tons of love for our tomorrow self.

- What does she have going on?
- What is she like?
- What will she want?
- How much food does she need?
- What will feel good to her?
- How can we set her up for success?
- What are some small changes that we can make that will push her into the growth zone but not have her giving up?