

Your *Food Freedom* **Blueprint**

All right, now that we have our intentions for this course, let's check in to see if our thoughts are matching our intentions. Hint--most of the time they aren't! That is what is holding us back!

And believe me, the only way we know is that we were right there. Our thoughts create our reality. Our thoughts are what attract. When we are feeling negative or have a mindset of lack instead of a positive abundant mindset things just don't come at ease. There is no flow, and a lot of the time this is when we do things like overeat and make poor food choices. Nevermind making choices in life that bring us down in general.

So here's the thing-we can't stay happy go lucky all of the time. It's just not possible. But we can be more aware of how we are feeling and that is all we are asking you to do. We aren't judging ourselves for the thoughts, we are simply thanking them and becoming aware of them.

Starting right now, I want you to go to your phone set your timer to go off morning (when you wake up), mid-day, and night time. Simply type, "How are you feeling???" on your alarm. Now I want to make sure that you make these

alarms at times when you know you'll have a minute or two to jot down your answer. You can either write it in a journal, or you can start a document on your phone-- whichever you think would be easiest for you.

Remember awareness is all we are looking for at this point. Do you see a pattern? Are you waking up miserable every morning? When you feel positive all day, what happened differently that day than others? All we are doing right now is becoming aware. We aren't changing anything, just being detectives of our thoughts.

Once you have done this for at least 5 days, use the space below to write out your thoughts about your check-ins. What did you see? Was there a pattern? Did this surprise you?

When I first did this work, I was shocked at how negative my thoughts really were, and let me tell you, I always thought of myself as a pretty positive person. So remember, there is no judgment, but when we fix this and change our thoughts, which certainly doesn't happen overnight, so much will shift in our lives, especially how we treat our bodies.

We look forward to hearing your take-aways!!