

# Your *Food Freedom* Blueprint

## CREATING YOUR OWN FOOD PHILOSOPHY

Here we are at the last week of the Your Food Freedom Blueprint course, already! You have learned so much about yourself, your eating habits, how your eating habits are affected by every other area of your life, how what you're eating makes you feel and so much more!

Now, it's time to take all of that and create your own unique eating philosophy. There's no one size fits all. Your eating philosophy is a set of flexible guidelines. They are not set in stone, but rather change with the phases of life. In the video posted along with this, Rachel and I discuss our own eating philosophies, so you can get an idea of what we are talking about. If you find it difficult to come up with your own from scratch, borrow things from our philosophies and add and subtract things that work for you!

Think of the following to get you going:

1. How do you want to feel on a daily basis?
2. What feels sustainable to you?
3. What are your specific goals?
4. How do certain foods make you feel?
5. How can you enjoy eating more?
6. What does being at peace with food look like for you?

The truth is, it has taken Rachel and I years to create our own philosophies and we are still adjusting them all the time. Be patient and play around with this. Give yourself the gift of kindness and understanding in this process!

It is our desire for you, that you experience more peace and enjoyment with food and gain trust in your body. We want your philosophy to work for YOUR mind, body and life.

We wish you the BEST of luck and lots of love on your journey with food. May it be ever-changing, enjoyable and delicious!

We would love to hear what you are coming up with for your own food philosophy! Please post in the group and as always, we are here to help in any way you need!

Here's to your health and happiness!

# NOTES