

Strategies for Eating Well and Living Your Best Life!

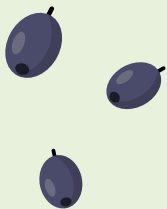
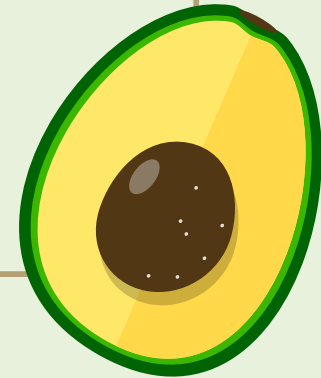
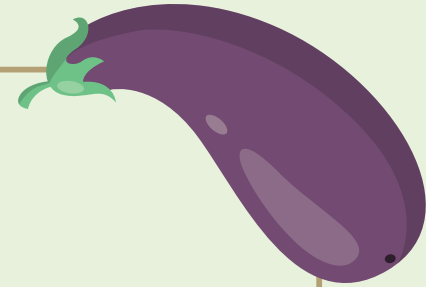
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**Who do I
have with me
today?**





In ONE word,
how do you feel
about your
relationship
with food?



My Why...



We all have a food history....

Believe that we
are ALL imperfectly,
PERFECT!

• Have compassion
for yourself.



• Learn to let go of
your mistakes...



• Use you mistakes
to teach you how
to change...

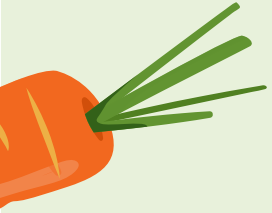
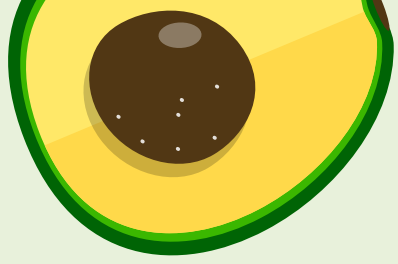


• Turn the corner....



“Self-compassion
is simply giving
the same kindness
to ourselves that
we would give to
others.”

-Christopher Germer-



Be HONEST



Focus on ONE or
maybe TWO




How do I start?



Be Honest With Yourself

- 1st step in finding a solution.
- Can be the most difficult step.



“Growth
is growth,
no matter
how small.”

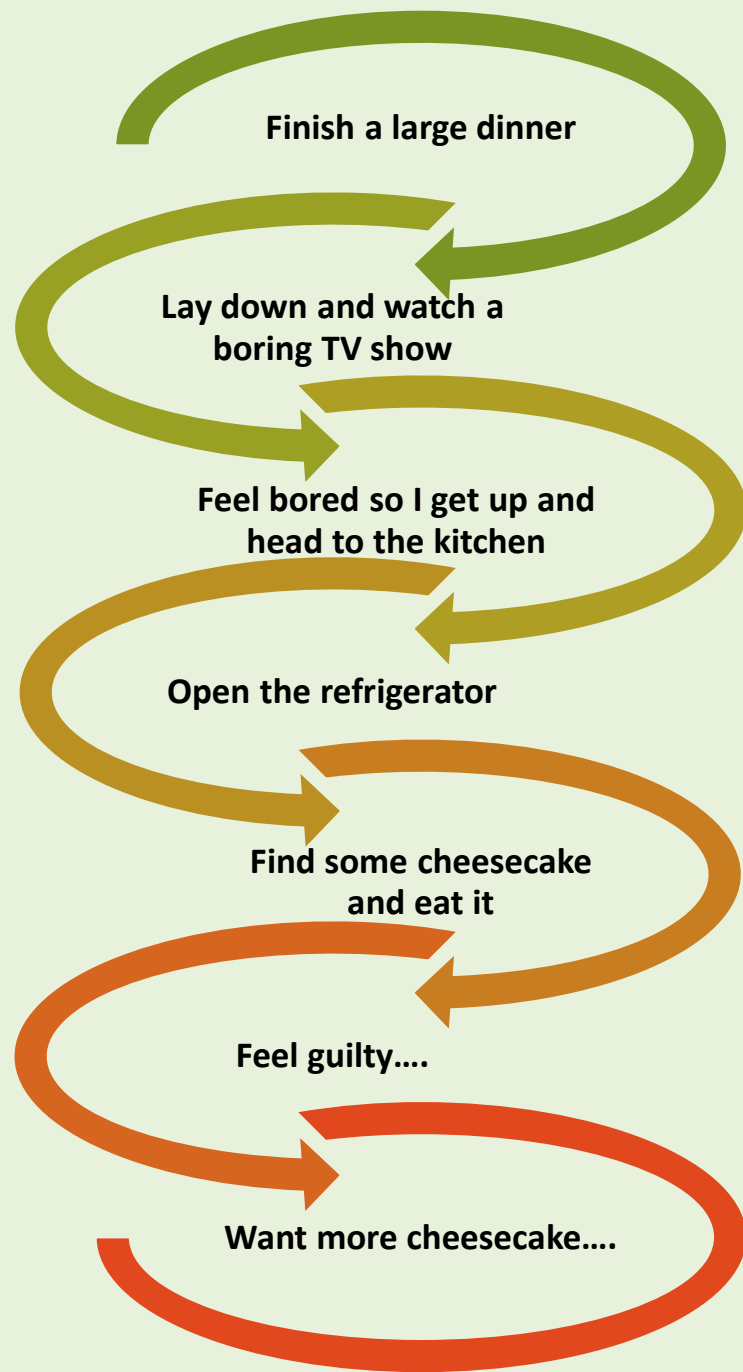
Baby Steps



One success
leads to more...



Encouragement
& Motivation



At what point(s) could we “break” the chain of events??





Activity Time!

Take a minute to write down your top five breakfast, lunch, dinner, and snacks using the activity sheet. Write as many items that you can think of that are your “usual” go-to foods...

02



Write down when is
the time of day that
is hardest for you.



01

Color-code the
problem foods.

03

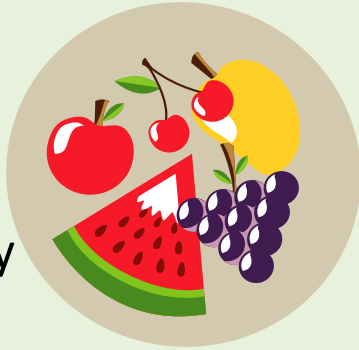
Based on the areas
highlighted, what
are three things you
could do?



Can you Commit?

Will you cook at home?

- Can you cook?
- Are you willing to try?
- How do you grocery shop?



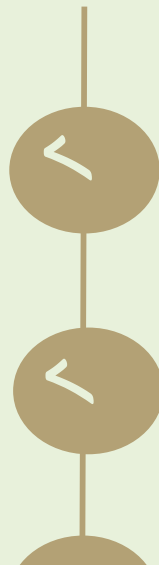
Eat out too much?

- Can you change that?
- Will you stop or cut back?
- Will you cook?

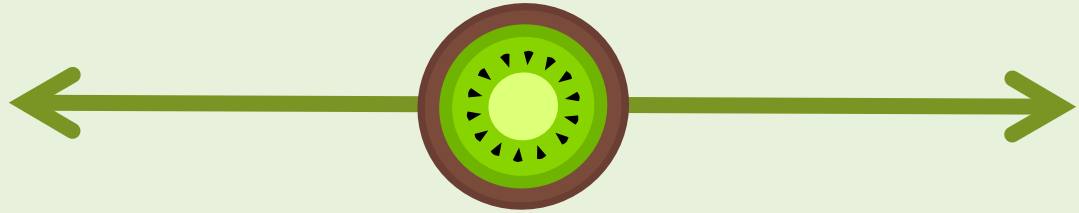


What are you drinking? Snacking?

- What will you do consistently?
- 5 sodas a day to 3?



What do I do first?



How do I start?

1. Make the decision.
2. Commit to that decision whether it is one thing or multiple.
3. Have purpose....

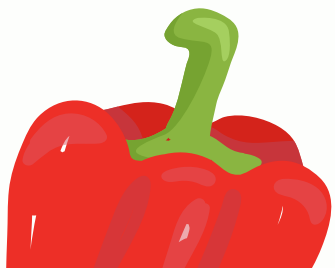


Purposeful

- Make a decision that you will actually do...
- Don't say you will make a change that you know from the beginning is something that will be really hard to be successful with.
- The first step may not completely fix the problem but it is part one of two...
 - If you choose to decrease the amount of days you eat out for lunch, your first step is to plan how you will pack your lunch.



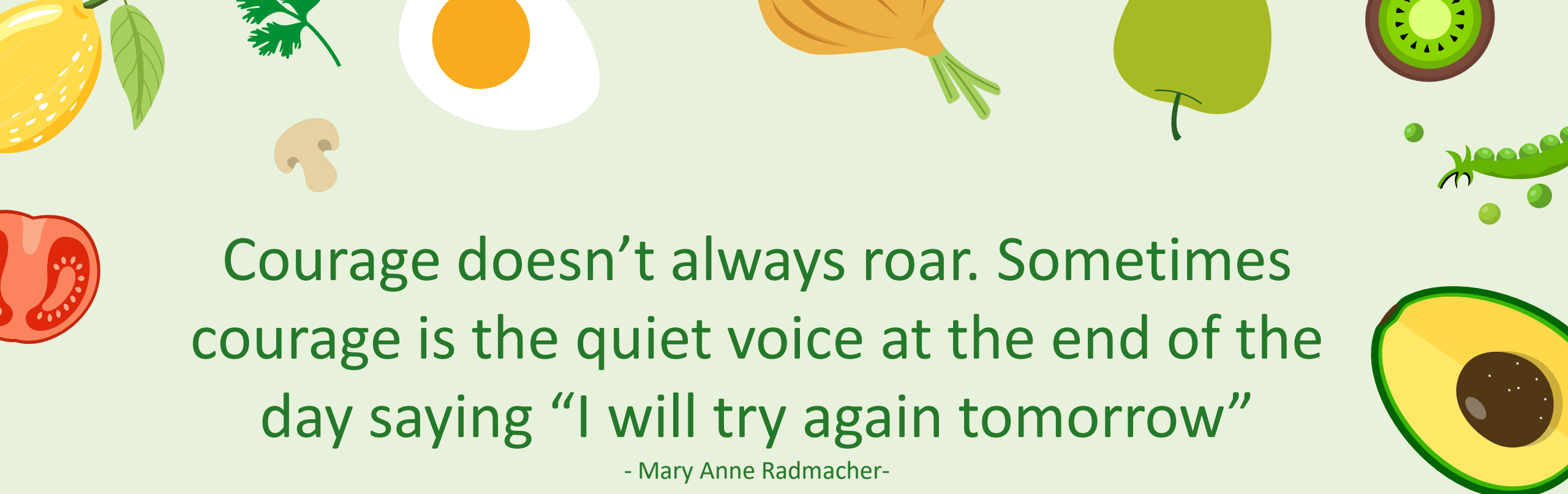
Meaningful



1. Be Honest

2. Pick one...or two

3. Commit and Follow Through

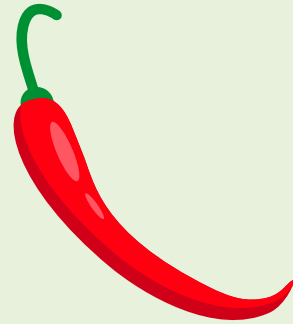


Courage doesn't always roar. Sometimes
courage is the quiet voice at the end of the
day saying "I will try again tomorrow"

- Mary Anne Radmacher-

Never give up on yourself. Make changes no
matter how small they are. **You** are worth it and
you can achieve greatness.

THANK



YOU

