

# Diet Convictions Worksheet

**You can be who you want to be, today!**

Do you have goals you'd like to achieve that require "will power" that you just can't seem to maintain? Are you feeling like you've failed so many times that you'll probably never reach your goals?

Despite all those years you promised yourself, "I'll do it *this time!*", you actually can do it *this time*. You are a human being with the ability to make choices which means that you really can choose to do things that you want to do, right? The only thing that stops you from continued success is that you're likely relying on will power instead of creating permanent improvements in your thought processes. Really think about the sections below and how they apply to you.

Make a plan you WILL commit to! Writing it down helps :)

## What is your "why"?

Why do I want to make diet changes, besides weight loss? What will I enjoy about reaching my dietary goals? (*you have to obsessively think of these answers daily to keep you motivated when it gets hard!*)

What derails me from sticking to my plans? What will I tell myself to get through those tough moments when I'm facing a bad decision?

What are the excuses I tell myself about why it's OK to make a poor choice when I'm about to cheat? Identifying them will help me stop believing myself.

Do I really need to taste the food I'm craving one more time or can I just remember what it tastes like and skip the regression? What will happen if I go without what I WANT to eat?

## This is my eating plan.

The diet plan I'm follow is:

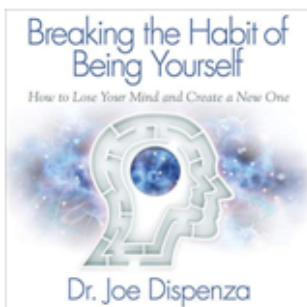
# Meals I'll eat daily with general timing (*ex: fast until 11 am for lunch, 2 pm snack, 6 pm dinner, begin 17 hour fast*):

Foods I'll limit/avoid (*either they are too tempting for me to eat in any amount or they cause inflammation/problems*):

If I don't have time to cook, I'll keep these foods around to eat on the fly to prevent "hangriness":

### Some tips from successfull people:

1. If you're not uncomfortable, you're not doing it right. We all prefer living in our own comfort zones but that is where old behaviors are rooted! Actually sticking to the above changes you committed to is going to be very uncomfortable.
2. There's no special "thing" you need to buy that will make you successful. No supplement, measuring tool or book. Just sticking to a sound plan for the long haul is really all you need to do.
3. Snack less and smaller....usually we're not hungry when we snack. Try instead to:
  - a. not eat
  - b. eat just a few nuts or small something to see if that helps
  - c. drink something hot like tea/coffee/bone broth
4. When intermittent fasting, don't stress about how many hours you go. Between 14 and 18 are ideal, it's OK if this number changes daily! You can still have coffee with heavy cream in the morning (thank sweet baby Jesus).
5. Keep easy foods to eat around you that prevent you from falling apart when you're starving and don't have time to cook. Stick with fats, proteins or veggies for this:
  - a. pre cut veggies and dip or frozen veggies
  - b. fats like olives, cheese, avocado, coconut, nuts and nut butter packets
  - c. protein like EPIC bars, grass-fed beef jerky, low carb yogurt, bone broth, protein/collagen powder



#### Consider reading this book for some deep self-work.

Dr. Dispenza has countless materials for free and for purchase on the topic of how to change self-harming thought patterns. He promotes the fact that we are all able to create any reality we want for ourselves, we just need to know how and take time to do it. Amazon music has a free meditation by Dr. Joe.