

The Key to Consistency Worksheet PDF

Whether you're a beginner or expert, it's **important to get a handle on your current mindset and thoughts**. Being able to do this readily will free you up into a place that will finally have you **losing weight** and KNOWING HOW to **keep it off** for the **rest of your life**.

1. The first step is to **recognize** you have negative, **self-defeating** thoughts that are holding you back. It might surprise you to know that people have between **30 and 60,000** thoughts in a day. And, so many of them go **unnoticed**.
2. The second step is to characterize or **personify** these thoughts, so that you can recognize them for what they are and get a better handle on them. We want to see if our thoughts are truly serving us or not.

I want to mention that if you're going for a particular eating style that's not Nutritarian, this is also totally fine; the methods I will teach you will **work for whatever healthy eating pattern you want to follow -- it's fully adaptable and customizable for your current needs**.

Exercise in Recognizing Your Thoughts

1. Take a moment with me to close your eyes.
2. Now with your eyes closed, I want you to imagine you have a scrolling marquee banner right over your forehead, and it is broadcasting text of all the thoughts that are running through your head RIGHT NOW, real time.
3. Be aware and in the moment. Keep your eyes closed and pay attention to the thoughts that go through your mind in that 10 seconds.
4. What were you thinking? Did you notice a lot of thoughts in that 10 seconds? Isn't it kinda crazy how MANY thoughts we can have in such a short period of time? Can you see how this spiral of thoughts could lead to overeating?

And weight-loss can be a bit of a delicate balance of lowered calories and satiety, that just that amount of food extra per day will ensure we stay right where we are -- or gain! This is why it's **SO IMPORTANT** to even just start **noticing** your **thoughts**; they **determine** ALL the **results** you experience.

Seeing our thoughts for what they are and learning over time to be able to manage them is the **best skill in the WORLD that we can learn because it means we can handle any challenge that comes our way...and create any result we want!**

Notes: _____

