

# Welcome to your Mini-Lesson on Mindset!



## a.k.a. Thinking About What We Think About

If you haven't noticed on my social media channels yet, I talk about mindset a LOT because I am so passionate about this being such a huge, integral part of everything we do.

## Your Mindset and Thoughts are Key to the Whole Thing

In my coaching, this is the bulk of what we talk about. It's what informs everything. People always think that there must be something wrong with them for not being able to get it right all the time.

And I'd like to offer that it all comes down to what's going on between the ears. If we can pinpoint what we are thinking, how we are feeling and if we start to consider that we can choose different thoughts, then we are already well on our way.

## Your Most Important Daily Exercises

You are on a challenge. Make sure your brain knows this every day of the challenge, before you start eating for the day, during and at the end of the day.

These reminders you will give yourself will go a long way towards keeping your head in the game. Here is what you will do:

When you get up in the morning, remind yourself that you are on a challenge, and that you are doing it because \_\_\_\_\_ [insert your top 2-3 goals here]. Maybe it's that you want to get healthy, you want to lose weight, you know Eat to Live is the best way to eat, and you truly want to make it a lifestyle. These sorts of things.

Take a minute to think of your top 3 goals for wanting to eat healthy. Go ahead, think of them now.

What I'd like you to do is to write them down on a piece of paper or note card that you are going to take with you wherever you go, so you can glance at this from time to time, to create solid reminders.

Then, during the day and all day, make sure that your challenge materials are in a prominent place for you. Either just sitting on your kitchen counter, where you usually prep food, or take them with you to work, and keep them on your desk nearby, so you see them throughout the day and are reminded throughout this 3 weeks what day you are on, and what your protocol for the day is.

Also throughout your day, I'd like for you to remind yourself at regular intervals of your meal timing.

So for instance, before breakfast tell yourself:

*"I am going to have breakfast according to this plan. It is going to be delicious, and a super healthy choice for me and my body is going to love it. I know I am eating this way for important reasons. After I am done with this meal, I just have about 4 hours to get through until my next meal, and it will be ok if I get a little hungry before. I will eat again at \_\_\_\_\_ [time] and that meal will also be as amazing for me as this first meal."*

And then remind yourself of these things during and after the meal as well.

I promise you, this type of mental exercise may just make or break your journey on this Challenge (and any other challenge you do in the future, too).

Especially if you are still in the place of Toxic Hunger ([read more about this in this article](#) or in Dr. Fuhrman's books), getting hungry after your meals will be very uncomfortable, and perhaps you are a bit afraid of what this feels like. Remember that:

**"Hunger is not an emergency."**

Being uncomfortable is ok. Don't panic. Hunger is not an emergency.

I'm sure there have been times where, say, you were really busy at work and you didn't have time to eat because of some really important deadline and suddenly you realize you forgot to eat lunch.

These things happen to us and prove that hunger is actually not an emergency and that we will survive without food for **even days** if it's really necessary.

Using mental tricks like this will go a long way for your journey. Make sure to mentally prepare whenever possible. You will notice that this "Thought Work" is the key to our success in the end.

This is also why I have created the **Eat to Live Academy**. This is an 8-week course that teaches you the ins and outs of my private coaching program in your own, self-directed lessons, so you can give yourself the foundation of Thought Work and Mindset Techniques to create that lifelong success you've always wanted.

Imagine finally being able to know that you can stay consistent with your healthy eating, stick to the plan, lose all the weight you desire whenever you need to, and be able to do all of this for life...without feeling deprived and while feeling joyful and motivated.

This is what I teach you in the **8-Week Eat to Live Academy**. [Sign up for Waitlist Info Here](#).

And finally, at the end of your day, it is extremely important to review how your day went, make notes about what you can improve, if anything, and look at your challenge materials to see if cooking is required in the evening, and what you will be doing for tomorrow's game plan.

Journaling about all of this might be helpful for some of you as well, so consider having a Challenge Notebook that you use to write down thoughts and reactions and improvements.

## My Food Philosophy

I tend to keep my meals really simple (some will read: boring) out of laziness, because once you get used to what a protocol looks like, you can repeat things as much as you like, as long as you get good nutrient variety in the meals (more like formulas) you tend to make often.

And you find that putting the burden on food of making you happy is the opposite of what we want...we TRULY want to be happy and satisfied with our lives first, and then food's only job is to sustain us physically.

## Wait: Be Bored to Live Your Best Life?

There's something hugely profound about the idea of cultivating boredom in things that don't really matter too much to our overall journey and then taking the extra time we have leftover from not caring about that thing to make our LIVES THEMSELVES the exciting thing.

Did you follow that crazy run-on sentence? :P

Like I was saying, if you're bored with your food...if you truly don't care what you put in your mouth (like: "It might as well be a huge salad"), then you are well on your way to finally having the brain space to create a new set of important things in your life.

Like, what if instead of thinking about food all day every day and basing all of our social activities on it...what if we actually planned out a life full of activities that had nothing to do with food, but say with experiences instead?

Experiences that enrich our lives, add to our memories in a profound way, and that really create a feeling of well-being on the whole?

This is what it means to take care of yourself. Nourish your body with good foods, and then move on to nourish your mind and spirit with other activities that don't have to do with food.

I promise you, you will remember the experiences you had a lot more than the specific meals you were eating. And if you are remembering only meals in your life, well then I offer that maybe you could use a little more fresh air. :)

## Struggles, Thoughts and Lessons

I want to share some things that I've learned about myself in the last year of my journey out of food addiction for good.

The biggest lesson I've learned during those last few months came when I finally gave myself the space to consider the thoughts that go on in my head around food all the time.

I hear the *Crazy* in my head around food; you know the type of crazy I'm talking about. The one with a capital "C". It screams really loud and doesn't let you hear anything else...and makes you eat the food you know you shouldn't be eating.

I've listened to this voice so much in my head, trying to figure out what it really wants me to do and why. Is there really something wrong with me? Am I just weak and lazy? Will I never succeed?

Maybe there is some hidden meaning there.

Over time, what I *actually* realized is that what it comes down to for me usually: I eat out of fear of something. Sound weird? Ok what I mean is it's usually not anything like boredom, or restlessness...it's usually that I'm avoiding doing something more difficult, that's where my fear comes from...and I use food to get a little break away from that task or that fear of a task.

When I started really listening to my thoughts, I discovered this.

The pattern I saw was that when I'm doing something that's out of my comfort zone, that's when my brain urges me to eat. Urges me to just "take a break," because "I deserve it," and "no one can just keep going all the time. We must have moderation."

Here's an example from my real life of how these thoughts were REALLY holding me back in a big way.

I realized that the reason I had waited from conception of thought of creating a 21-Day Challenge for you in August of 2018 until first published in January of 2019 (when I released my first Challenge to you) was simply fear.

Was anyone going to like it?

Was anyone going to sign up?

Would I even be able to create it?

Etc.

So many thoughts flooded my mind and I found myself day after day indulging in Netflix and bingeing and stress eating.

And I pinpointed, after a lot of thinking about my thinking, that it was all from patterns over the years of getting out of the fear of the unknown by using food.

And when I realized that, then I was able to start working on it.

Consider this thought: you may be just one idea away from learning why you do what you do. And when we learn why we overeat...by really asking ourselves, "Why?"

No but really, "Why?"

Then we can learn SO much about ourselves. It's actually extremely exciting.

## Our Thoughts Are the Key to It All

What this all comes down to, my friend, is that our thoughts are the start of everything. Every single result we have in our lives comes from a thought first.

There isn't a thing in our lives that we haven't produced (or not produced) from a thought first.

You have a pet because at one point you thought it would be good to have one.

You have a spouse because at one point you thought that was a good step to take.

You have \_\_\_\_\_ number of dollars in your bank account because of how you think about, use and create money in your life.

Sure, some thoughts are unconscious for us right now. We just act based on a thought that we don't even know we're having.

But I promise you, you think something before you do or decide anything.

When I would always turn to food to get out of something, like the pain of doing hard work, that was subconscious at first.

Until I started noticing it.

And even then, it took a long time for it to be something that I could notice every single time it compelled me to eat (about 6 months), but now just realizing each time it happens is the first key to changing the habit.

It might take 5 years to discover our patterns and re-wire ourselves, but that's better than never improving, isn't it?

Similarly to me, it might be that you subconsciously turn to food to avoid having to experience something else like sadness, or fear, or worry, too.

For instance, say someone says something that is a blow to our ego. Maybe our boss chastises us, or our boyfriend says something insensitive and triggering. Or maybe it's our mother-in-law or someone else whose opinion matters to us. Or worse yet, we get in a fight with someone like this.

Maybe we turn to food or wine or something else to escape that feeling for a bit. Just to shut out the feelings for a bit.

You may not notice the thoughts surrounding this, but I bet the thought pattern has something to do with this type of theme:

- "I need something comforting."
- "I need something to help me relax."
- "I need something to distract me."
- "I'll just have this one thing."
- "I've done so good lately, I deserve this little treat."

Etc.

No matter what happened in the situation to cause you to want to eat, the reasons we decide to eat are usually thematic. They have to do with not feeling good about one situation (that is unrelated to food usually) and so we try to improve it with a little "pick-me-up".

First step is noticing the thoughts that go through your mind when these things occur, and what is your go-to response to them? What do you think? What do you do under pressure? What are your patterns?

Having awareness around our thought patterns is the first step towards shifting behavior.

And most importantly, keep an eye on the thoughts that are fueling all of this. Keeping a regular journal can be so totally helpful to sort things like this out as well. Ask yourself those questions, and be surprised at how much you can learn about yourself when you start to listen and explore.

Another question that is super helpful and can really lead to some excellent personal growth is to ask (to yourself), "How can I support you?" as if you are the most important person on the planet. (Because you are! Or at least you should be the most important in YOUR world.)

Asking ourselves how we can support ourselves gets to the highest cause of what we need and helps us figure out how to keep growing and getting better.

If we had a support team like that all the time, we could get so much more done.

Be your own support team.

Take care of yourself, start to learn the art of thinking about your own thinking, and take time out of your day every day to find out what you need...and then work to give that gift to yourself.

Your Future Self will thank you.

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Hey, my friend. This was just a quick introduction to the Thought Work that we do in my private coaching. I hope you loved it!

As I mentioned earlier, this Mini-Lesson on Mindset was also just a SMALL TASTE of the types of things we learn in my **8-Week Eat to Live Academy**.

The most commonly asked questions after someone completes one of my 21-Day Challenges is: *“This was amazing -- but how do I go about doing this on my own, long-term, after the Challenge is over??”*

And THIS is exactly why I have created my **8-Week Eat to Live Academy**. You will not only learn in Weeks 3 and 4 how to put together your OWN protocols, meal plans and recipes that work for YOUR body specifically to create weight-loss, energy and satiety, just like these Challenges have...but in the rest of the weeks you learn every single mindset tool that I teach to my private coaching clients (yep, all that GREAT information is included, in even more depth than I could get into privately) including:

- How to use the power of just your thoughts to create ANY weight-loss or any other result you desire (healthy, joyous relationships, financial goals, achievement goals, etc)
- How to love yourself during the ENTIRE process with my Body Love and Worthiness sections in Weeks 6 and 7 (Hint: this is one of the TRUE keys to success)
- How to keep going forever on your new path of awareness and peace -- the kind of peace that will have you satisfied with your healthy eating choices, and never again wishing you could have the food that the SAD eaters are having

Interested to hear more? Entrance is limited: [sign up for the Eat to Live Academy Waitlist HERE](#).

Hope to see you in the Academy!