



Welcome to Week 3: Cultivating Awareness

Last week, you kept a food log of what you ate and how you felt. This week we are going to dive into it a little bit deeper. Keep the food log that you created last week. We are going to build on it. If you need to download more copies of the food log, there is a link in the members area for you to print out more!

Throughout this process, I want you to be aware of the overall picture of what your lifestyle looks like now. If it helps, there is space at the end of this guide to write down what you have noticed so far about your lifestyle.

Now you've created some space in your pantry, fridge, freezer, your living space and your noodle up top! Now we are going to fill it up with good stuff! At the same time, you are always going to want to create space in your mental, physical and emotional space for release and receiving. As you go through this week, there is guaranteed "crap" that is going to pop up, you may feel resistance like you have never felt it before. Resistance feels and sounds something like this:

"I'm just not feeling up to tracking everything today"

"I just want to be left alone and not worry about what I am eating"

"Oh, go ahead and get that stuff, you know you'll have a stomach ache afterwards but who cares, well get back to that whole food log deal later"

OR

"Ughh I'm so busy, I just can't do it today"

When you start to hear this, simply acknowledge it. By recognizing that it is procrastination, resistance or whatever you want to call it, it's keeping you from

moving forward. So, let it be known and keep it moving as much as you don't want to.



If you haven't noticed, over the past week, I have been inviting you to become aware of what is. We are going to dive into this a little bit more by sitting with what is present in your eating habits, being OKAY with it and knowing that this will change. Sometimes this can be super uncomfortable and it brings up lots of other emotions and patterns than, more often than not, we totally ignore.

Did you notice last week at any point, a time when you did not want to write something in your food log because you didn't want to see it on paper? If you did, this is HUGE!

Let's unpack that for a minute: Becoming aware of our own behavior is a priceless teaching tool for growth and change. So if you found yourself not writing down everything you ate because you didn't have time, didn't have the paper in front of you, or whatever excuse there is, ask yourself if you are actually just pushing it under the rug in fear that if it is on paper, it will be for real...

Where else could you be pushing things under the rug simply because you do not want to look at it for what it is?

I will talk more and more about this throughout the program, but to plant the seed so you can start thinking about this, how often have you made the excuse not to write something down?

How often have you not written down times that you have overeaten?

I invite you to go back to your food log and see if you were really honest with yourself, taking responsibility for everything that goes into your mouth. Meaning,



did you write down that dark chocolate bar you ate last night when you were watching TV. Did you write down the meal you had out at a restaurant? Did you write down the glasses of wine that you had?

Please do not think I am the food police, it is OKAY to have these things in moderation (more on that later) but the first step in owning your own health is taking 100% responsibility to what YOU put into your mouth. Are you placing the blame on stress? On being lonely??

Here is an insight for you: 99% of the time, when we over eat, when we eat a lot of sweets, when we ignore the 3 glasses of wine we had last night, when we have massive cravings for sweet foods or junk foods in general, that is our body SCREAMING for pleasure. I'm going to leave it at that, because we will talk more on this next week, but the point here is what YOU are the only one who can take responsibility for what goes into your body. No one else is to blame.

So, give yourself some credit and tell yourself it's OKAY to be aware of everything that is going into your body. There is no other way you are going to know what is happening now in your health, why you feel the way you do and why you can't drop the weight without knowing what exactly is going in.

So, for this week, keep 5 more days of a food log and be 100% honest with what you ate, and how you felt!

If it helps to share this everyday in the facebook group, PLEASE DO SO!!! I want to know what you are taking responsibility for. Please do not be ashamed of how you are eating and please do not say to yourself, "I could be healthier," because we are all in the same boat and negative judgments towards yourself are not doing anyone any favors. The only way to change is to become aware of what IS and being grateful for the insight.



**What my lifestyle looks like right now: Write down what you notice, **
Noticing what we DON'T WANT OR DON'T LIKE, leads us to where we want
to be. Recognize that feeling of, nope, don't want this! That will lead you
ultimately to where you want to be. So let's start unpack it.**

You can write things down like:

Work long hours

Crave sweet foods

Don't have time for myself and what I want

Always stressed

Don't get much exercise

Miss the outdoors

I miss my friends

I have no friends... You catch my drift.

**Write it out here and keep up with the list of what your lifestyle looks like
NOW. No judgment, because, well you're in the process of changing it
right!?**

Come onto the facebook page and share what you noticed.