

# healthy mindset

Give yourself a point for each of these thoughts if you've had them at one time or another:

*"eating healthy is boring"*

*"if I eat healthy, it will make going out awful"*

*"this is too complicated"*

*"I just don't like healthy food"*

*"Screw it!"*

*"It's all or nothing. I either have a 'good' day of eating or a 'bad' one"*

Just FYI, the above thoughts are **false**. Or at least you can make them false with a little mindset work.

If you've thought any of these, you're definitely not alone. Just know, it doesn't have to be that way! Like many people, you can turn healthy eating into a positive experience that helps support your goals. **It's starts with *practicing healthy thoughts*.**

Think of it this way: 100 people could eat the same gooey chocolate chip cookie and feel 100 different ways about it. They could be excited, or guilty, or grossed out (*probably not that last one*) but there isn't a clear *correct* way to feel about eating the cookie. **You have to decide how you *want to feel*, and practice thoughts on how to get there.** Some of the feelings you might want to have are excitement, enjoyment, or even feeling neutral. Your goal is to avoid feelings of stress and guilt.

# questionnaire

What do you think is currently holding you back from healthy eating and lifestyle? (is it time? money? knowledge? your history with food?)

What would happen if you decided that wasn't a problem anymore? What would that look like?

What is your definition of eating healthy? Does your definition include balance or mindset factors?

How would your life be different if you ate as healthy as you wanted to? (Using the definition from above)

Do you currently have any food rules? If so, why do you have that rule? What would happen if you let go of it?

What other mental blockers do you think you need to tackle to reach your healthiest, most balanced diet?

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# bite-sized thoughts

Now here are some bite-sized thoughts you can practice! You might not believe these thoughts about your life right now, but practicing these thoughts will guide you towards a healthy mindset with food!

- There is no "good" or "bad" food. Try to think of foods as *more* nutrient dense, or *less* nutrient dense.
- If food causes you stress, it's your thoughts about food that cause 100% percent of the problem. *The food itself is neutral.*
- Food should be used to fuel your daily activities and exercise. It's not a reward for having enough physical activity.
- You *always* deserve to eat.
- Food rules are irrelevant. If you want to have breakfast for dinner, eat after 7pm, and eat refined sugar, you can. A healthy diet and lifestyle isn't constrained by food rules.
- *Willpower* is not a sustainable way to stick to a diet. Your diet should be something you're excited about!
- You are 100% allowed to have aesthetic goals *and* have a healthy relationship with food. It's also 100% possible.
- You are under no obligation to give up your favorite foods.
- Food is meant for fuel *and* enjoyment