

Common Negative Statements

- I have to lose weight.
- I need to lose weight.
- My doctor told me I can't have....
- Healthy food costs too much.
- I have to exercise.
- I look at food and gain weight.
- I have a bad relationship with food.
- I am a stress eater.

Positive Replacements

- I get to choose my weight.
- I get to release weight.
- I eat nourishing, whole foods.
- I invest in my health
- I *get to* create vital dynamic health when active.
- I select foods I love that feel good to me.
- Food nourishes me on a cellular level.
- I eat to nourish and fuel my day.

DOMINO DIET MOMENT

Hurt Thought ⇒ Breath ⇒ Fight-Flight ⇒ Fear ⇒ Numbing ⇒ Habit ⇒ Behavior ⇒ Hurt Story

Love Thought ⇒ Breath ⇒ R&R ⇒ In Love ⇒ Affirmation ⇒ Habit ⇒ Behavior ⇒ Love Story