

Dr. Vali's
You've Got This
freebies
Collection

Mindful Eating

✓ YOU'VE GOT THIS

✓	IF YOU ALWAYS DO WHAT YOU'VE ALWAYS DONE YOU WILL ALWAYS GET WHAT YOU ALWAYS GOT
	Make eating fun
	Take smaller portions
	Ask for help
	Is it cooked in a healthy way?
	Mark even small accomplishments
	Share a meal
	Slow down
	Put down that fork
	Drink extra water
	<i>No</i> might be the right answer
	Pay attention
	Do excellent self-care
	Rearrange your eating environment
	Take small steps to goal
	Change what you are used to
	Do even a micro-size exercise today
	Create safe spaces to eat
	Note what is your <i>normal</i> and ask if you are happy with it
	Find your own voice
	Note personal danger zones and danger foods
	Don't wait too long to eat
	Don't stay hungry
	Don't feel sorry for the bread, even though it got eaten
	Share dinners from the middle of the table
	Sip on liquids
	Ya can't nail it 100%, 100% of the time
	Life has ups and downs
	Find support meetings
	Master your own home, kitchen, refrigerator
	Say <i>no</i> <i>inside</i> the store not after
	Walk away from it
	Who's got your back and who will support you?
	You are ultimately accountable for your own support
	If you want success you need to be willing to live inside the solution
	Don't panic, call a friend
	Food terrorists own donut shops
	Take direct authority of you
	<i>No</i> can become a favorite word
	There are approximately 4lbs of pressure for every 1 lb. Of weight

✓ YOU'VE GOT THIS

Break the chain of your habits
Is this who you really are?
Are you just eating your feelings?
What are the origins of any eating emergency?
Is this what you want to do now?
Walk, breathe, feel, be...it's enough
Do something else
Pay attention, be a mindful eater
Avoid distractions and enjoy your food times
What kind of thinking got you here?
What would your meal-time look like if it was a movie?
Is your stomach 20 minutes ahead or 20 minutes behind your brain?
Practice elegance and style
Take a deep breath first, not a sad sigh after you eat
Do something you've never done to be who you want to be
Stop the chain-reaction reaction before a mindless binge
Make yourself a top priority
If you took a 100 mile trip and missed a turn at mile 98 would you go home? Don't quit now!
Were things easier when you ignored your wisdom and ate anyway?
You deserve as many second chances as you need
Are you all in? Are you willing?
Only fall off the diet for something that is totally unique and fabulous
Life isn't perfection, focus on your progress
If you've never struggled with failure, you've never tried anything hard
What reminds you to be active?
Off track? Just make a course correction
Are you willing to challenge yourself?
What's holding you back?
Was it ever easier to not do what you know is right?
What or who do you love more than eating?
Beware negative self-talk and listen to different and positive voices only
YOU DON'T FAIL UNTIL YOU QUIT TRYING