

Dieting Be Damned

5 Day Kickstart Mini-Training Course



DIETING BE DAMNED 5 DAY KICKSTART



Ditch Dieting, Be Healthy,
Step Into A Body You Adore!

A revolutionary way to understand and relate to your body.

**Product of, Shawn Haywood, PhRD, &
Intentional Influence, LLC**

DrHaywood@LiberateMyLife.com

Written By Shawn Haywood, PhRD

Life Liberation Expert

Intentional Influence, LLC

Editor, Parker Wallace & Chris Haywood

www.LiberateMyLife.com

CONTENTS

Day One:	Get Clear About Where You Are & Where You're Going!	4
Day Two:	Understand Why Diets Fail	7
Day Three:	Fear, Shame & Emotional Eating	11
Day Four:	Keep It Simple	16
Day Five:	The Heart Of Weightless	19

DAY 1

GET CLEAR

Hello and welcome to Dieting Be Damned 5 Day Kick Start Guide. I'm thrilled that you've downloaded this guide, and am confident that you will make fantastic life and body changing actions in just 5 days! This 5 Day Guide is designed to help you remove dieting, as well as many other destructive diet related behaviors. This guide is a prelude to my full Dieting Be Damned 9 Module Course- Designed to help you dig deep, remove barriers, change unwanted habits and thinking, and get to your most ideal body. While feeling emotionally free! **Be on the look out for my full 9 week program. It is available for purchase only 3 times per year!**

My Story

As many of you may already know, my struggle and dependence with and on food has been a long and painful journey. But ultimately became one of freedom, healing and illumination. In my teens, tweens and into my 30s I leaned on food for reasons related to control, perfection, pleasing, fear and comfort. I come from a family of food comforters, escape-artists and addicts (among other vices). And while this, of course, isn't all that my beautiful family is comprised of, this particular element was quite the monumental wall and thorn in my side for far too long.

Because it took me so many years to conquer this demon, I have created programs so others may not struggle as long or as painfully as I did. More of my personal story is outlined in the 9-week intensive program.

Your PAST Story

I don't know your story up until now. But, since you've landed yourself here, reading this mini-eBook, I suspect you too have struggled with emotional eating, chronic dieting, weight challenges and the inevitable guilt, shame, remorse, and fear cycle that accompanies, wanted weight loss, emotional eating patterns and the pain of numbing or escaping into food...

Your past story likely embodies some range from a little to a lot of pain, suffering, anger, defeat, and frustration related to body image, weight loss, and emotional eating. And for this, my heart aches deeply for you.

However, I am also very excited to support you in 'authoring' your NEW story. To re-design your relationship with food, your temple, your spirit, weight and fitness.

You can be and feel free from the shackles of all things related to Food! I, and many clients are living, breathing proof!

Your NEW Story

Congratulations, your life is about to shift and evolve in beautiful ways. You can relate to food in a healthier and happier way! You can be whoever and whatever you choose... Life is to be enjoyed, not numbed or riddled with anxiety or sadness, or smothered with any other form of upset or discontent!

Live Free Action – Get Clear

- 1) **Write!** Take a few moments to jot down your hopes, dreams, and goals for this 5 day program (and weight, fitness and body image in general). Don't be too over zealous. You can make changes in 5 days. But if you attempt to make too many at one time, your mind and emotions will falter. So be clear about 1 to 2 goals! Then note how you are feeling now, and how you *will* feel when you have made desired changes. Note how you will feel when you stay the course and make significant, long-term changes.
- 2) **Visualize.** Next, take 2-5 minutes right now to sit or lie very still. Quietly envision yourself inside of the experience you wish to transform and move toward. This action is of the utmost importance. Consider and vividly envision the following as you reach your goals and create and live new hopes and dreams ...
 - Where will you be?
 - Who will be with you?
 - What are you doing?
 - How do you *feel*?

DON'T SKIP this action, it's very important! This visualization assignment will permeate your mind and emotions in ways that NOTHING else can. Let there be NO room for doubt! See what you want, and

believe with all that's in you that it is coming to you. You are strong, courageous and determined and you are succeeding already!

You will want to make visualizing a daily ritual. I invite you to begin and finish each day with a few minutes visualization.

Wrap It Up- Key Learning Points

- Prepare yourself to write and live a fresh story as it relates to food, diet and your body.
- Get clear about your goals, hopes, dreams, inspirations and feelings (current and future).
- Visualization will further ensure successful efforts and is to be done daily.

If you need support getting clear, don't hesitate to [click here and set up a FREE tele or Skype session to see if coaching can help you with your challenges and goals related to body image, emotional eating and weight loss!](#)

*"Happiness is when what you think, what you say,
and what you do are in harmony." Mahatma Grande*

DAY 2

UNDERSTAND WHY DIETS FAIL

An essential ingredient to your success in reaching a weight and body shape you love is understanding why diets fail so you can release all ideas about dieting and diet related thinking for good.

Dieting truly is poisonous. It leads you to feel like a failure, again and again. It preys upon tools, like will power, that were never meant to be used for things like dieting. It elicits a false sense of hope and triggers a failing cycle of predictable actions. And worst of all, dieting teaches you to withdraw self-love and self-compassion, while replacing it with self-loathing and self-abuse; a system that positively ensures failure and feeling horrible.

3 Reasons Why Diets Fail & Squash Your Confidence

1- Diets Are Built To Fail

Diets fail because they have no foundation for sustainable action. Diets do not mesh (and instead clash) with key ways in which the human mind and emotional system functions. People are not meant to count calories, measure food, exclude certain foods (unless you have allergies, food sensitivities, inflammation, autoimmune problems, etc.) or feel confined in relation to fueling her (or his) body. We are meant to feel free and eat a *broad* range of healthful, life-sustaining, nutrient dense foods!

I believe that there are people out there that believe in their diets and have created them from a heart-centered place. Yet, even well intentioned diets usually fail within just a few months. For 95 percent + people, diets fail repeatedly. So why the heck do we continue to try? Hope springs eternal I guess! Also, there aren't many people presenting other options. Which is why we're here!

Since people cannot succeed with a diet permanently, but continue to try with all of their will power and heart, a prevailing and repetitive sense of failure permeates the heart and mind. Thus, dieting repeatedly leads to some combination of feeling ashamed, embarrassed, humiliated, anxious, depressed and sad. The diet cycle is just too harmful to your confidence and diminishes self-trust. It is time to get off the yo-yo treadmill!

2- Diets Disconnect You

Dieting disconnects you from the exact thing that is required to achieve your ideal body weight and emotional freedom. *Intuition and self-connection*. Among its many problems, dieting encourages disconnection between your body, mind and spirit. Dieting dissolves your capacity to respond to its inner callings and hunger (be it food, care, boundaries, etc.).

Diets say, "follow these rules because you're not capable of *knowing* your own body". What? That's crazy! You're the **ONLY** one who can know and honor *your* body! How incredibly exciting and freeing! Connecting to *your* body, what a concept.

Most likely, you've been looking to books, experts, and blogs for eating parameters for so long that you may be out of touch with your body's voice. That is ok, you can learn to hear her soft inviting voice again.

For example, my body requires a great deal of fat to be happy and healthy, a very small bit of meats, and no dairy or processed sugars and flours. I have learned this over the years by using many techniques that allow me to hear and listen.

But imagine my struggles during the dieting years of 'fat free'. I actually gained weight in the 90s because of this asinine trend, while at the same time my hormones were falling apart at the seams (a challenge I am still working to heal 20 years later)! Ugh, glad to be past that BS! It took a while for my body to rebound after I deprived it of fat for so long, but bodies will normalize when they are fed what it can use effectively. I eat the heck out of nuts and avocados and spoons of coconut oil. My body is a well-oiled machine on high **USABLE** fat. But, it hates refined or processed sugar! Raw organic honey? Sure. Raw organic agave? Sure. Raw organic maple syrup? Yep! Processed sugars, flours or dairy = eminent gut problems and constipation! Is that TMI? And **NO**, I don't miss dairy (well, most of the time!). And on the rare occasion that I do consume it, my body quickly reminds me of the dishonoring choice I just made!

It may seem difficult to potentially part with certain foods in order to feel good and honor your body, but when you're not using food to support your emotional well-being, you just don't care anymore.

An additional note about calories. Bodies do not give a crizity-crap about calories. Bodies care about nutrients. They care about what they can actually use, process and eliminate. I eat FAR FAR FAR more calories than the 'books' tell me I can have, yet, I still manage to remain between 113 lbs-116 lbs, depending upon my monthly ebbs and flows. If you'd like to learn more about the science of calories, or other ideas like this, check out Ben Greenfield (He is a totally amazing super brain). <http://www.bengreenfieldfitness.com/> His beautiful super brain is a gift to the health and fitness community! Feel free to learn all you can from him.

Note: This invaluable idea is fleshed out more fully in the full program, but this should be enough information to help you understand how damaging dieting really is.

3- Diets Elicit Your Bratty Inner Rebel!

The very moment you begin another diet, the feeling of deprivation permeates every fiber of your being. Anything and everything that is 'not' on your diet becomes the forbidden fruit and all that you desire. Even crap you don't care about eating is now sexy. Eventually, deprivation turns to binging. All deprivation eventually does. It IS a part of the diet cycle.

I constantly hear people lament, "I have no will power, gimmie a brownie!" Feeling deprived is mentally and emotionally exhausting, which in itself is a failing system. I don't know about you, but when I'm mentally and emotionally exhausted, the last thing I want to do is stick to a strict diet. When you feel deprived, your inner rebel screams out, "Don't tell me what to do, I'll eat a frickin' burger and fries if I want." Of course, once you've been dieting, it's certainly not just one cookie ... is it? Dieting causes you to bicker with yourself from the time your eyes open, until they *thankfully* shut.

Honestly, I could go on and on about the crazy-making mental insanity for pages... but you get my drift. Diets do not work because they go against the nature of your being. Please, let go of dieting.

Are you becoming aware of self-sabotaging nature that accompanies each diet cycle? Hopefully, seeing some of the challenges in black and white will encourage you to let it go for good.

Live Free Action – Connect With Your Inner Self

Take a few minutes to check in with your self. Use a journal to jot down responses to the following ideas.

- I have many feelings about my body. Right now I feel...
- I want to learn to accept many things about my body, including...

- I am afraid I am not capable of...
- Even though I may be skeptical or afraid, I will persevere through this program because...
- I know I am a valuable and worthy human being because...
- I have a different understanding of the diet cycle now, and these are the ideas that stand out the most...

Wrap It Up- Key Learning Points

- Diets are built to fail, thus dieting can only be a destructive cycle physically, mentally and emotionally.
- Dieting and diet related thinking is harmful and must be eliminated.
- Connecting intimately with your body, mind and spirit is a daily practice I invite you to begin.

[If you'd like to go deeper, check out our 9 week Dieting Be Damned interactive course.](#)

DAY 3

FEAR, SHAME &

EMOTIONAL EATING

As you might imagine, many aspects of this section are expanded upon in great detail in the full program. The emotional healing, understanding and growth component of shedding *the diet cycle* is paramount to getting rid of dieting related drama for good. It is also crucial in order to have the tools to get to, and remain, at a body weight you feel great about. But for now, you must have some framework so you can be successful in making desired changes over the next five days!

Overcoming emotional eating is the single biggest factor in dissolving weight and body image problems.

Ugh, emotional eating used to be the bane of my existence! It was so frustrating and it seemed for many years that I would never escape it! Isn't it wild how we women, *usually* know with full consciousness that we are, in fact, eating our emotions and that we WILL regret it in thirty minutes and again the next day. But alas, we continue the conspiracy anyway... The challenge is, there is a missing component of awareness what will help you interrupt, and eventually eliminate the vast majority of emotional eating.

I am proud to say that today, the shadows of a once major food addict and daily emotional eater are now relegated to, at most, 2-4 *minor* experiences per year, and occur most easily when I am with some family members- an easy trigger experience for most. Sometimes, I merely feel the urge welling up and take necessary steps to course correct, while other times a brief dip into foods that my body does not like. And in these cases, I give myself EXTREME compassion and then take the necessary steps to rebound quickly.

Miss-steps will happen along your healing journey and are only a problem or persist if we treat ourselves with harshness.

Take a look at the following to see if they are goals of eating that you'd like to live:

- Eat when you are hungry
- Eat what fuels your body
- Listen to what your body wants and needs and honor it accordingly
- Stop eating when you feel satiated

It's so simple on one hand. Yet, quite difficult when complicated with emotions, upbringing, past or present abuse or trauma, parental, social and athletic influences and so on. The reasons we eat emotionally are endless, and are intimately tied to things like fear, shame, perfectionism, control, anxiety, depression and so on.

Note: Many of us need extra support as it relates to the emotional eating side of weight, body image challenges and with ending the diet cycle permanently. If you think you may need extra support, don't hesitate to hire a coach or therapist or both. There may be additional elements of healing you want and need. My coaches along the way were critical to my evolution, and I am beyond thankful for each, and their precious care and guidance.

Fear or Shame Induced Emotional Eating

"There is nothing that wastes the body like worry. "Mahatma Gandhi

While the diet cycle includes many emotional self-inflicted weapons, Fear and Shame sit atop the list. Fear and shame wear many masks: worry, anxiety, overwhelm, stress, fretting, perfectionism, humiliation, busyness, and uneasiness. While it is important to note that each of these experiences include overlap, they are each also unique and hold their own body of knowledge. But for our short eBook purposes, we will look at them as a collection of challenges that typically accompany fear, shame and the diet cycle.

Fear and shame can lead to or cause sleep loss, weight gain, weight loss, adrenal suppression, hormone malfunction, PMS, irritability, anger, sadness, depression, frustration, anxiety, decision paralysis, low motivation, heart disease, **AND triggers most (if not all) emotional eating.**

Let's look at a few examples of how fear and shame bends into emotional eating patterns.

1 - **A Lack Of Speaking Your Mind.** Let's say you have a run in of some sort with your boss or partner. S/he does or says something that is inappropriate, disrespectful or down right mean. Instead of handling the situation fully, by speaking your mind assertively, by setting a strong boundary, or even leaving if really necessary; you instead remain silent, slam a door, pout, or only say the bare minimum as to not ruffle too many feathers. Perhaps you are afraid to rock the boat, fear of rejection or abandonment or fear being fired?

The problem with not speaking, setting a boundary, holding others accountable, etc. is that later in the afternoon or evening, you will instead escape into food or drinks in an attempt to comfort yourself. False comfort will arrive in the form of a large pizza and beer binge, an emotional box of Girl Scout Samoa cookies (or whatever tempts you), or even an online shopping spree...

All of which will be sorely regretted and shrouded in shame, guilt and remorse. We must protect ourselves and speak with confidence and assertiveness if we hope to eliminate emotional eating from our life. Much more about learning these lessons when you hire one of our coaches or check out the full, 9-week interactive course including, worksheets, videos and live coaching support — [***Dieting Be Damned training course! Click here for details.***](#)

2 - **Feeling Rejected.** Let's pretend for a moment that you are single-ish, and have been dating a man for a few months, but there is not yet a verbal commitment. Perhaps you find that if he behaves attentively toward you or behaves in ways that lead you to believe that 'girlfriend' status is coming your way, you feel good; but when he is distant or unavailable, you feel bad and over eat or emotionally eat...

The fear factor here is that of being left, not being good enough, important enough or valuable enough and so on. Maybe you even determine that if you were 'skinnier', then he'd want you to be his girlfriend. When under the shameful and fearful guise of rejection, we fabricate all kinds of ways to feel and believe that we are 'not good enough because of _____'. There are countless ways in which we fabricate not-good-enough-ness, and then use these messages as self-directed weapons which lead us into the pit of emotional eating.

In order to eliminate the diet cycle and stop emotional eating, we absolutely must eradicate our propensity to feel rejected.

3 - **Feeling Alone.** Perhaps you're single and have not yet met your amazing partner, or maybe you're new to a city and haven't yet found your community. Thus, you may be

tempted to 'feel alone' or fear being 'alone' forever! If you are vulnerable to this line of thinking, it may very well send you into periodic tailspins of feeding, binging or even starving your upsetting emotions. One voice says, "you have to be skinny to find a mate." The other voice says, "screw it, eat what you want, you're going to be alone anyway." Neither voice is true of course. But in the moment of such emotional messages, we are quite vulnerable to acting on lies.

Fear and shame are sneaky little devils. There are other areas where we are inclined to fall prey to Shame and Fear, perfectionism, pleasing, resentment and anger to name a few. Fear and shame too easily lead people down a rough and rocky road. Let's look at a couple of tips to course correct.

Live Free Action: Ditch Fear & Shame

All shifts in thinking and behaving begin with intentional practice. The fear or shame that drives your bad thoughts and habits can be replaced with good habits when you practice living, thinking and feeling with intentionality. The best way to replace bad habits is to interrupt them. Try these exercises for the next two weeks.

1 - Ask Before Eating. I strongly encourage you keep a journal with you at **all times** for the next two weeks (yes, this action extends past your 5-day kick start. But this action needs to be cultivated a bit longer for the benefits to take root). The first question you will ask and journal EVERY time before you place a single bite of food in your mouth is: "How do I feel?" Please respond three times and in the following format.

- I feel deeply sad.
- I feel rejected.
- I feel happy
- I feel utterly alone.
- I feel humiliated.
- I feel content
- I feel angry.
- I feel unwanted.

Your turn:

- I feel _____
- I feel _____
- I feel _____

Be sure to complete this exercise. Be diligent and do it every time you feel like eating.

2 - The second question to journal is: "Am I hungry and want to eat because I am hungry in my body and need fuel or am I hungry in my heart and need emotional support?" Be sure to respond fully (the answer could be both).

3 - And lastly, if you answer the second question as "Hungry in my heart", take the time to get very clear on what it is that you need to do, say, be or ask for. And then take at least one small step to make it happen. Attend to you. Nurture you. Get filled up in ways that serve you!

The purpose of these fear and shame-blasting exercises is to interrupt, or at least delay, emotional eating or a binge episode. You will find that getting clear through writing and then taking action (speaking your mind, asking for what you want, or setting a boundary) is the fast track to eliminating emotional eating.

Wrap It Up- Key Learning Points

- Emotional-based eating is the core of most weight and body image challenges.
- You may need additional support to rid yourself of emotional eating triggers and behaviors.
- Fear and shame are at the heart of emotional eating and drinking, as well as most other forms of escape, numbing or addiction.
- Interrupting emotional eating habits is the best course of action to eliminate them.

4

KEEP IT SIMPLE

Day four is all about practical actions! Creating change is only difficult because people go about it in ways that are set up to fail. The key to sustainable change is simplicity! To make change simple, you must make ONE very achievable change at a time. Diets are NOT sustainable for many reasons, a few of which we have already discussed. Here is one other significant reason... Diets ask you to change too many, if not all, eating habits, and often exercise habits at once. If you have a live in chef and personal trainer, you may have a chance at this, otherwise... well, you're in for another failed diet attempt.

A Fresh Way To Approach Change

Changing more than 1-3 habits, or pieces of a habit, at a time will lead your brain and emotional body to *melt down*. Too much change at one time creates mental and emotional battling and the over use of will power, which ultimately leads to mental and emotional exhaustion, and eventual collapse. This collapse signifies the end of another diet cycle and the onset of binging! We cannot make several changes in a blink and especially not long term. If we could, EVERYONE would be successful at dieting and would therefore need only one diet for eternity!

I invite you to make easy commitments over the next five days. Please choose one item from each list below to take action on for five days ONLY. We want to cultivate consistent, easy, and successful completion of action. If something is too emotionally difficult, you will fall down. Easy, easy, easy, easy, is the goal! Shall I say it again? Or are you getting the picture! Easy, easy, easy, easy!

Live Free Action - Food Options To Remove For 5 Days

Take a look at the list below and select only a couple items to part with for 5 days.

- **Dairy** - (butter, milk, cheese, yogurt) Or 1-2 of these dairy elements, if the entirety of dairy feels too exhausting to avoid for five days

- **Sugar** - (check all boxes, cans and bags; sugar is a sneaky one!)
- **Soda & Diet Soda** – (Red Bull, Diet soda; any drink with artificial sweetener)
- **All refined or processed flours** - (Pasta, most boxed or bag foods, most breads)

Over the next few weeks, you could go a step further and remove each of these foods for 5 days at a time and on a rotation until you feel like two at a time will be a piece of cake. No rushing. The point of shifting food around for five days at a time is so you can listen to and connect with your body. How do you feel with certain foods removed? If you feel better, try 10 days if you like. Do you feel so good that you want to continue?

As you PLAY with removing foods that your body may prefer to delete, be sure you are doing your food question journaling, this will allow your mind, emotions and body to begin connecting on a level that, perhaps, has never existed. Your inner voice will be invited to shine and guide. It is such a beautiful process.

Live Free Action – Foods To Add For 5 Days

Take a look at the list below and select only a couple items to add over the next 5 days. I suggest organic as often as possible as it is more nutrient dense and usable!

- Kale
- Black Rice (Cook your black rice in light coconut milk, it will change your life!!)
- Coconut oil- Mmmmm!
- Beets (sautéed, juiced or roasted and tossed in a salad)
- Hemp seeds
- Or any vegetable that you have never tried.

The goal of eating is to consume that which is useful to your body. Food either provides energy or takes it away, *there is no third direction*. As you transition from a 'diet' mentality to listening to your body and regarding it with optimal health and well-being, *consider what is useable and what is not*. Food isn't good or bad, it is useful or harmful- this updated mental framework will be helpful as you move forward. The body is **not** naturally built for digesting processed and chemical based foods, so eating clean is a solid approach.

There are dozens of small changes you can practice, these are merely a few examples to give you a head start to creating sustainable and permanent change. Feel free to adapt the idea of **small simple changes in any facet of your life**.

Wrap It Up- Key Learning Points

- Changes can be sustainable when made with simplicity and emotional ease in mind.
- Shift foods for five day intervals in order to connect with yourself and how your body feels with and without certain foods.
- Take your time. Permanent change is more valuable than big leaps into black unsustainable holes!
- Remember to keep your journal with you at all times and move through your Q&A before eating and making food changes.

DAY 5

THE HEART OF WEIGHT LESS

Connecting With Your Inner Center

Connecting deeply and intimately with your center is at the heart of weight loss and permanent body, mind and spirit transformation. Your own heart, body, mind and spirit is the beautiful control center where easing into letting go of the diet cycle lives. And the next step in connecting to a body you adore! Isn't it high time you tune into *your* heart, honor *your* feelings, and give *yourself* unconditional love and compassion.

Let these three heart felt elements be your *holy trinity*.

- Tune into your heart
- Honor your feelings
- Give yourself unconditional love and compassion

No doubt you spend a great deal of time caring for and attending to others. Now it's your turn. In fact, you will have even more love and emotional space for others when this triad of self-care is attended to. And as an added bonus, your daily *to dos* will contain far less frustration or resentment.

Over the years, I have witnessed women treat themselves in unspeakable ways. The self-abuse literally makes me sick to my stomach. The ways a woman is willing to speak to herself is demoralizing to say the least and depressing at best. It serves as an unleashing of heinous suffering. The inner judge, critic, and condemner is no doubt alive and well in you. Telling you things like, I'm too fat, I'm not pretty enough, I'll be alone forever, I have no will power, I'm useless, I'm unlovable and so on. All messages extending from that little space inside echoing, 'not-enough-ness'.

What are your current cruel self-messages?

Releasing such self-destruction and instead connecting to your inner most loveliness will allow another layer of emotional eating to vanish. Unconditional self- love heals ALL wounds. My greatest heart wish for you is to experience the peace and joy of unconditional self-acceptance.

I must confess, practicing unconditional self love and compassion was not easy for me and old tapes can still at times pop onto the player. But, this practice has also been the most transformational. Results and benefits have illuminated all facets of my life with grace and beauty. *This* road is truly filled with joy and miracles.

Live Free Action – Connecting Into Your Center

I invite you to add daily exercises to support your 'holy trinity' connection.

1- **Tuning In.** Please select one of the following ways to tune into *your* heart, honor *your* feelings, and give *yourself* unconditional compassion for the next 5 days.

- **Self Love Journal** – Each day write all that you can conceive of to compliment and praise your essence. Listing all that you love about you. Share your hopes and dreams with yourself, while connecting deeply to all that you are and desire to become. Just five minutes per day will do.
- **Love Emails** - Begin each day by sending an encouraging 2-3 sentence email to the first person who pops into your head! This will help guide your day in a loving and caring fashion, and will serve as a reminder to be gentle and caring with yourself.
- **Gratitude Journal** – Spend just five minutes at the end of each day writing about all you are grateful for. Add as many details about your own body, mind, and spirit as you can think of; as well as ideas related to nature, friends, work, food, etc.

Which one did you select? _____

Can you easily do without this for 5 days? _____ If not, select the one you can do without more easily.

You may choose to rotate these actions every five days once you complete the initial five!

2 -Once you complete your self-connection exercise for the day, please end by completing the following sentence three times and with three different feeling descriptions (similar to an early exercise).

I feel _____ (happy, surprised, calm, confused, cared for, excited, etc.)

I feel _____ (happy, surprised, calm, confused, cared for, excited, etc.)

I feel _____ (happy, surprised, calm, confused, cared for, excited, etc.)

Wrap It Up- Key Learning Points

- It is time to tune into *your* heart, honor *your* feelings, and give *yourself* unconditional compassion. You are soooo deserving!
- Connecting to your 'holy trinity' will allow love and healing to replace emotional eating.

We'd love to support you further along your quest to have a healthy and loving relationship with your body and food. Please reach out to us to learn more about:

[Individual, one on one coaching support](#) or

[Click here to learn more about our in-depth 9-week interactive training course.](#)

*Let life be your Michelangelo's David –
"Chip away at your life until pure essence and beauty is illuminated."
- Coach Shawn*