



It's Not All About The Food

1. People pleaser & looking for approval
2. Stop comparing – the thief of joy and kills your motivation ; stop paying attention to what everyone else is doing
3. Do this for you so that you can (fill in the blank) e.g. feel more confident and be a better mom, better human being be more confident; do it for YOU!
4. Be selfish and take care of you first; put the oxygen mask on first
5. Watch your words – the stories you tell yourself resonate to the universe
6. Choose your circle of friends that will support you
7. We self-sabotage so we don't have to grow because it's uncomfortable.....growing pains
8. The goal should be to be healthier and improve your quality of life and change in body composition will be the by product
9. Think of food as medicine to heal your body
10. Be the best version of you it will lead you to make loving decisions for you and others