



Feeding Your Mind Daily

What you feed your mind you focus on. Start taking small steps to feed yourself with healthy, positive thoughts. Starting today you are investing in a relationship with yourself. As Oscar Wilde says, “To love oneself is the beginning of a lifelong romance.”

Here are some gentle ways to get started:

IF YOU THINK...	REPLACE WITH:
I have no willpower.	I am working on preserving my energy and willpower for important work in my life.
I am weak.	I am smart and capable to lean in and learn why I am repeating patterns that don't feel good.
If I eat sugar I can't stop.	All foods are allowed and as I get my emotional needs met I will only choose foods that are worthy of me.
I am a food addict.	I am working on taking power back from food and abstaining my whole life just gives it more power.
I am fat.	I am beautiful. I am enough. As I learn to see myself through the eyes of love I will want to take better care of myself.

How much time do you take each day to:

Take deep breaths _____

Sit in silence _____

Drink water _____

Stretch _____

Meditate (guided or silent) _____

Journal _____

Express Gratitude _____

Perform acts of kindness _____

What do you want to commit to changing to feed your mind positive thoughts or allow it rest?