



THE JOURNAL

- Studies show that keeping a food diary **DOUBLES** weight loss.
- This is so important to making weight loss sustainable.
- At the end of the day, I want you to go back to your journal and write down what you actually ate.
- If you followed your plan exactly, put a check mark next to your food, and then **CELEBRATE** the heck out of yourself. Really celebrate. Tell yourself how awesome you are!
- If you didn't follow your plan, write down what you did eat. And here's the key part - do **NOT** judge yourself.
- Go back and think about what happened in the moment before you veered off your plan. What was happening in that moment? What can you learn from it? How can you overcome it next time you are presented with that scenario?
- Here's the other purpose of the journal: to help you feel your feelings.
- Every day, spend 5-15 minutes, sitting by yourself in the quiet of the morning or the evening. Set the timer on your phone.
- Close your eyes and say to yourself, I am willing to feel all the emotions. I do not need to eat to avoid my emotions. And then sit with your eyes closed, taking deep breaths, and notice what comes up for you.
- When you are able to feel your emotions, you are able gain control over your emotional eating.