Weekly Self Transformation/ Week 1

1. Write your own food story, doesn’t have to be long, just true..
2. Write what the payoff (all the positives) was to eating and living how you have been living for the last year. Examples: taste good, fun times with friends over food…
3. Write the diminishing return (negative consequences) of how you have been living and eating over the last year. Examples: I feel tired, I am fat, I don’t trust myself…