

DECISIONS AHEAD OF TIME

As you create decisions from a conscious and deliberate place, you will notice how powerful it is when you make overall decisions about your health and weight loss ahead of time.

Here are examples of made ahead decisions. On the next page, create a list of your own made ahead decisions. You may adopt some of mine or change and adopt them.

1. I will eat joy food unless I plan to 24 hours ahead of time.
2. I will eat only when I am truly physically hungry.
3. I will decide ahead of time what fuel to eat that I have found works for my body.
4. I will constrain my fuel to make it simple and easy to choose when I am out.
5. I will not beat myself up for any reason.
6. I will rely on well thought out and planned decisions ahead of time and not follow impulsive decisions or reactions.
7. I will constantly do hard things for myself and my health.
8. My relationship with me and my health will be deliberate, planned and honored.



DECISIONS AHEAD OF TIME

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