

6 GREAT HACKS FOR BRIGHT LINE EATING SUCCESS

and still have FUN!

It is super intimidating to start a new program and not feel like you are going to fail. We get it. Most often we actually expect the defeat to come sooner or later. Take a look at these hacks to make it easier to be a winner at losing weight!!

YOUR JOURNAL

This may seem like an extra chore to add journaling to a busy day. Make your journal exactly how you want it.. If you have pride in your words and your commitment to do the daily task of recording your food, let it be in a place you love!!

EATING OUT? EAT AHEAD!

Pack food!! If you are going to a restaurant, eat ahead!! It may seem pointless to go out to eat when you are eating en route to your dinner destination BUT it takes the pressure getting what you need and knowing what to order. Best hack ever!

TRACK YOUR CYCLE

Tracking your cycle is such an easy way to know what is happening in your body. Most women have an idea but don't know for sure when to expect Aunt Flow. More information about what is really happening gives more power to succeed.

SELF CARE

We are so used to taking care of others, self care is a forgotten concept for most women. Self care is more than a pedicure on a special occasion. We need to nurture our mind and body with gentle loving daily activities. Meditation is the number one key to success, the benefits are endless. Start there.

SCALE UP

Having a good scale to weigh and measure your food is really important. The brand recommended is the OXO Good Grips digital scale. It will save you many moments of frustration and create success with certainty.

TAPPING WORKS!!

Tapping is weird, but it works. Brad Yates is a famous tapping geek with hundreds of videos on Youtube. Please check out the million ways you can heal your emotions with his work with EFT. It is all FREE and it absolutely works especially in these transition times.

There is no one way to success. There are a few common traits of those who have succeeded will share.

1. Belief
2. Desire
- 3 Faith
4. Connection
5. Resilience

Take this journey one day at a time and remember to breathe.