

Stop Sabotaging yourself and your health

Sometimes we are the worst enemies of our own health

Let's talk about 2 things you can do to stop sabotaging your health

1. Self talk – take note of the things you say to/about yourself – write it down
Read it – what would you say to someone who said these things to your daughter or your mom?

Who you say you are is who you are

Change your words – shift things to the positive

Decide on the type of person you want to be

Talk like you already are

Ex: If you want to be healthy – say I choose healthy foods, don't say I love sugar

Think like you already are – if not sure, say "what would a healthy person do or think right now?"

Then prove it to yourself with small wins

If you mess up just move on and make it your goal not to let it happen 2x in a row. Let it go, don't think that it is a lost cause and the whole day/week/month is ruined. Just pick back up.

2. If you are not sure why you keep falling back into your bad habits, track your cues.
According to James Clear, this is a helpful step in making changes.
For example, if you find yourself struggling to give up sugar (or whatever) but just keep falling back into your ways, write down these things every time you eat or crave sugar.
 - Who am I with?
 - Where am I?
 - When is it?
 - What am I doing right now?
 - What emotions am I feeling?

Track your patterns and make the needed changes