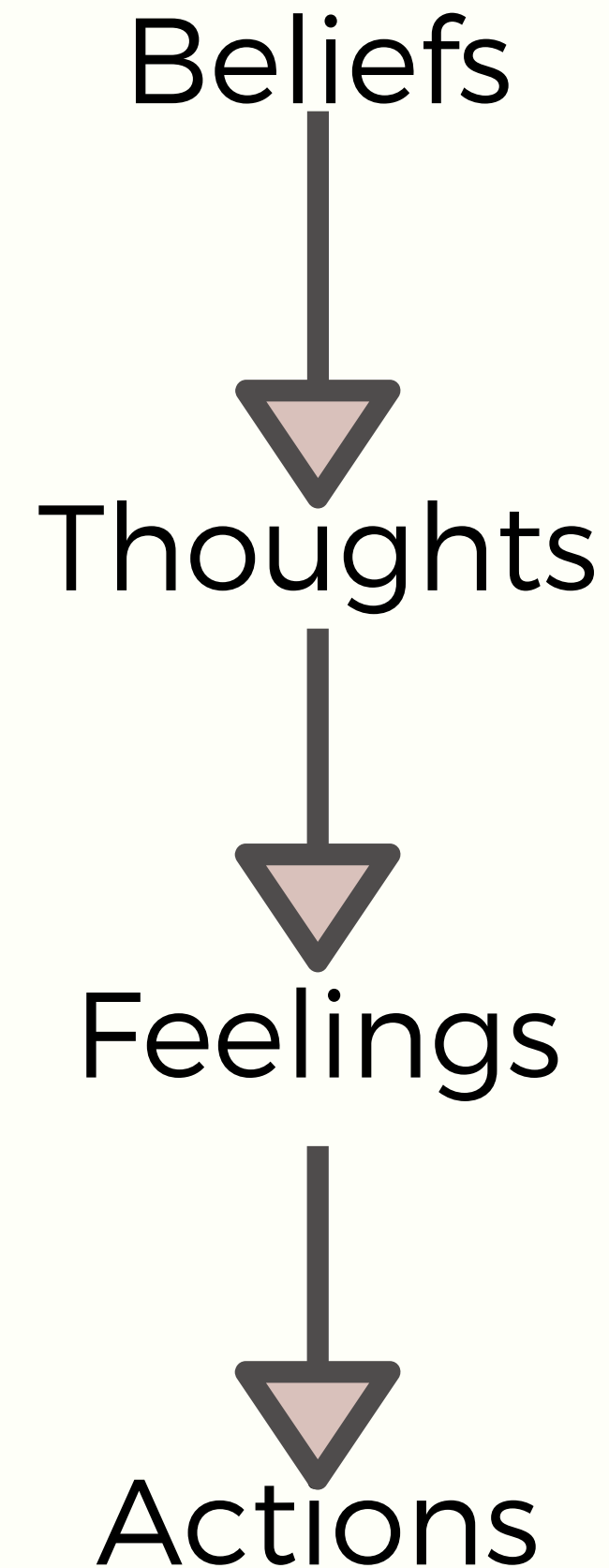


START WITH WHY

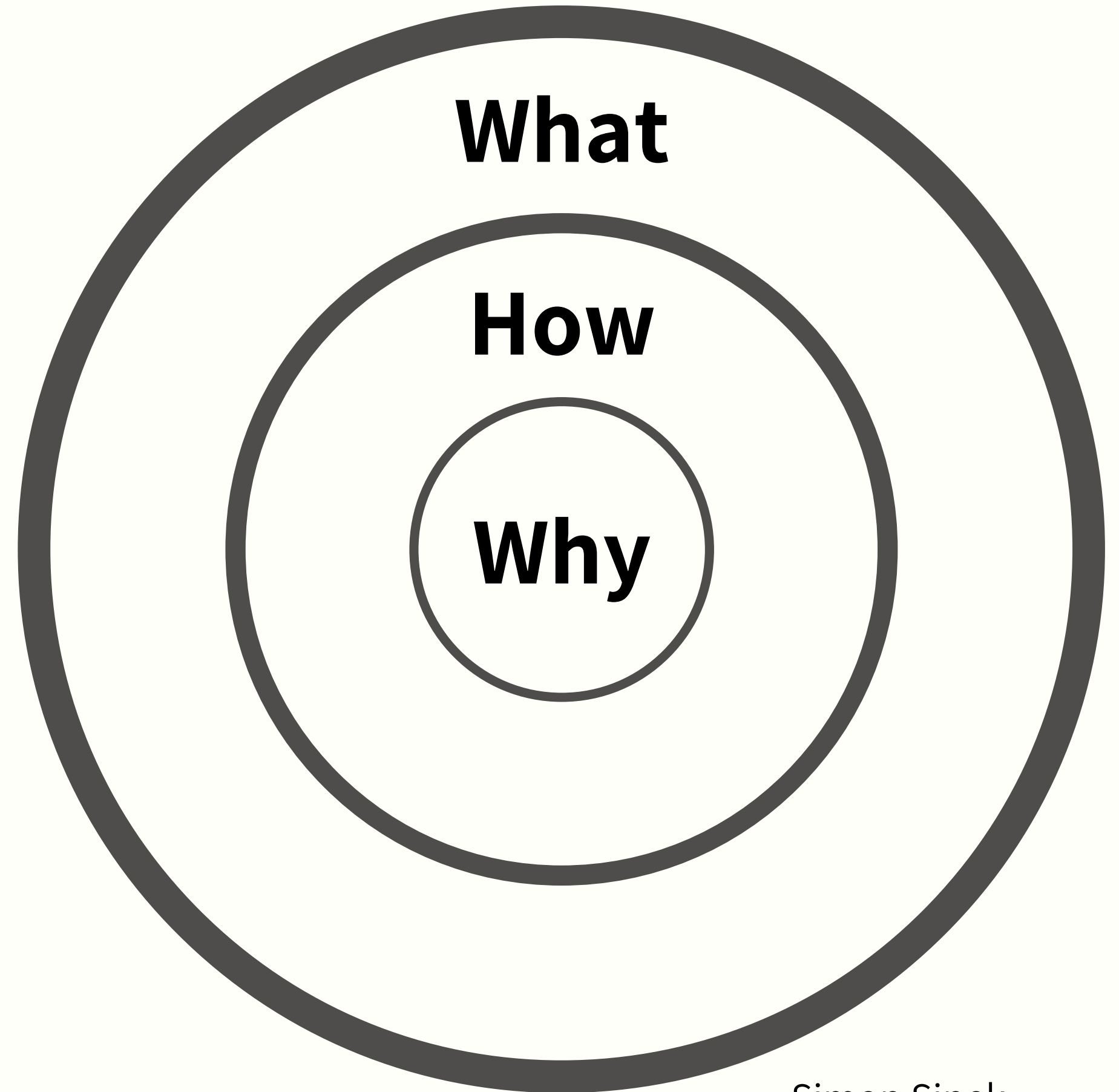
MaKai Nutrition LLC

WHY ARE WE FOCUSING ON MINDSET FIRST?

MaKai Nutrition LLC

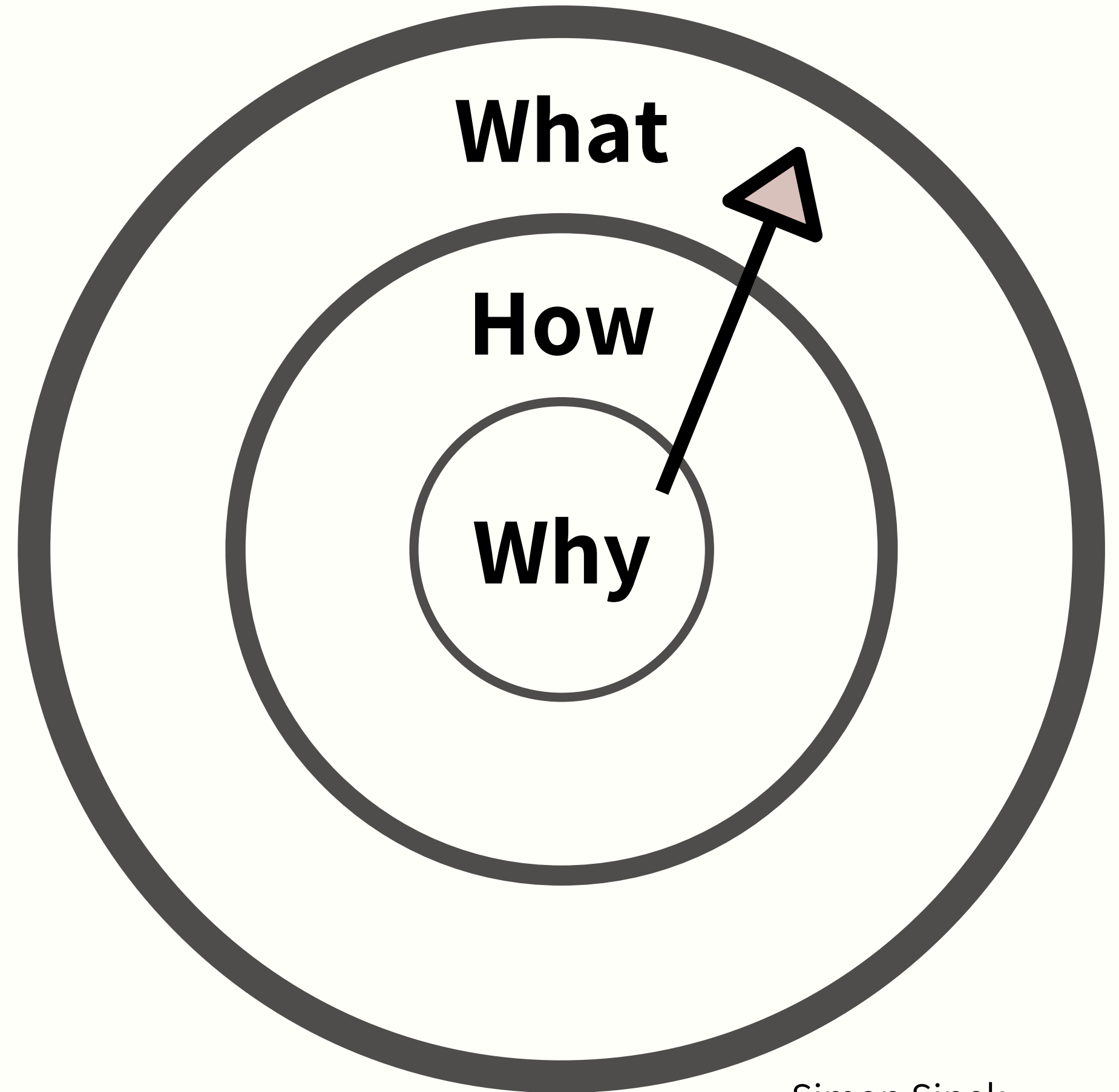


WHY
HOW
WHAT



-Simon Sinek

WHY
HOW
WHAT



-Simon Sinek

WHY ARE YOU EMBARKING ON THIS JOURNEY TO FOOD FREEDOM?

Examples:

- To travel without obsessing over calories, and enjoy the cultural experience
- To be a positive influence on my children to live lives without diet culture
- To disrupt the status-quo of the thin ideal that leaves millions of women dissatisfied with themselves
- To make every moment count in my life, and truly say I lived at the end of it all

SOMETHING TO REMEMBER:

I'll see it when I believe it

-MARISSA KAI MILUK, RDN, LD



VISUALIZATION

Set a timer for 5 minutes.

Sit comfortably, close your eyes, take deep breaths, relax your jaw, relax your shoulders.

I want you to take that "why" and visualize it.
Bring it to life.

What do you see? What do you smell? What do you taste? How do you feel?

Breathe it in. Breathe out what doesn't serve this new person.

START YOUR DAY RIGHT

POSITIVE AFFIRMATIONS

Affirmations help you:

Shift your mindset

Overcome fears/anxieties

Remember what you're working toward

Keep moving forward

Examples:

- "I am getting better and better everyday at listening to my body"
- "I am on the right path to heal my relationship with food and live my best life"
- "Today is a new day and I face my fears with courage and strength"
- "I am strong, happy, and beautiful"
- "I trust my body to tell me what to eat, when to eat, and how much to eat"
- "I am more than a body"



Action Step

Post in the Facebook group for accountability



WRITE YOUR WHY

Write your why and goals

VISUALIZATION

See your dream life in action. Believe it, see it, create it.

DAILY POSITIVE AFFIRMATION

Designate a daily positive affirmation. Can be the same one everyday but I want you to pick one or create one and write it down every morning, first thing in the morning

Questions? Thoughts?