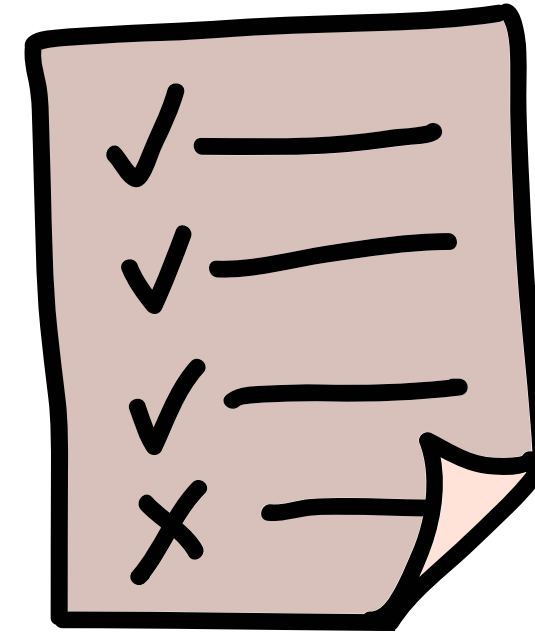


GOAL SETTING

MaKai Nutrition LLC

"FOR THE MOST PART" THINKING



When creating goals for yourself, create realistic "for the most part" standards.

Life is fluid. Every day is different. A goal we set we may find to be unrealistic as we progress.

Keep that flexibility by utilizing "for the most part" thinking.

LONG-TERM GOALS

"I am able to..."

"I am able to..."

"I am able to..."

Examples:

- I am able to eat in a healthful way without bingeing or restricting
- I am able to go out to eat with friends without researching the menu first
- I am able to enjoy holidays with family
- I am able to have fear foods around without losing control
- I am able to live my life with confidence at any body size
- I am able to listen to my body and stop bingeing
- I am able to travel and enjoy diverse cultural cuisines

3 MONTH GOALS

"I am able to..."

"I am able to..."

"I am able to..."

Examples:

- I am able to identify unreasonable thoughts and reframe them to helpful thoughts on my binge freedom journey
- I am able to challenge my food rules to work towards unconditional permission
- I am able to eat in a "normal" eating pattern that supports my hunger/fullness
- I am able understand my binge triggers and implement strategies to prevent them



Action Step

Post in the Facebook group for accountability



SHORT TERM GOALS

"I am able to..."
"I am able to..."
"I am able to..."

LONG TERM GOALS

"I am able to..."
"I am able to..."
"I am able to..."

FLEXIBILITY

Keep that flexibility by
utilizing "for the most part"
thinking.

Questions? Thoughts?