

Fridge Sheet

PRINCIPLE #1: KNOW YOURSELF

- **THERE ARE NO ONE-SIZE-FITS ALL PLANS.** No one knows you or your situation better than *you*.
- **OPTIMAL WEIGHT ZONE. DON'** Focus on your where you feel best and what range brings you peace.
- **REPLACE NEGATIVE HABITS WITH NEW ONES.** Before you know it you will see positive changes and gain confidence.
- **USE THE RESOURCES YOU HAVE.** Utilize the resources available to you right here and now.

PRINCIPLE #2: POSITIVE ACTION, POSITIVE RESULTS

- **YOU REAP WHAT YOU SOW.** Your thoughts and actions will determine your outcomes. Visualize who you desire to be.
- **HAVE A HARD REALITY TALK.** Be honest with yourself and your situation. When doing so, use your failures to your advantage.
- **GATHER THE TOOLS TO HELP YOU SUCCEED.** Success is a science, not a mystery. To achieve success become skillful.
- **USE YOUR VOICE OF REASON.** When you get frustrated, focus on how far you've come.
- **YOU ARE WHO YOU HANG AROUND.** Assess the role those around you play in your eating habits.
- **UTILIZE YOUR POSSE PARTNER.** Implement accountability by reaching out for help, especially in moments of weakness.

PRINCIPLE #3: FOLLOW PEACE

- **RID YOURSELF OF THE ALL-OR-NOTHING MINDSET.** Focus on the journey, not the destination.
- **WHEN NECESSARY, ALLOW YOURSELF A PSYCHOLOGICAL RELEASE.** If it fills a need, and gives peace, then it serves its purpose.
- **AIM FOR THE BULLSEYE.** It will take much target practice, but over time it will result in precision.
- **LEARN FROM YOUR MESS-UPS.** Attempt→Fail→Adjust→Reattempt. Eventually it will result in Attempt→Succeed→Repeat

PRINCIPLE #4: DON'T WASTE YOUR CALORIES

- **MAKE EVERY CALORIE COUNT.** Eat only things you enjoy or food that provides fuel for your body.
- **GIVE YOURSELF CLOSURE.** Determine the amount of food you want to eat and remove the rest.
- **REMEMBER THE LAW OF DIMINISHING RETURNS.** Bite #21 will not satisfy or taste as good as bite #1.
- **IS IT A MR. RIGHT OR MR. RIGHT NOW?** Chose foods you desire rather than foods that are convenient.
- **HIT THE RESET BUTTON.** If you yourself spiraling out of control with your eating, reset by giving yourself a fresh start right then and there.

PRINCIPLE #5: HAVE A PLAN

- **WITHOUT A PLAN, SUCCESS IS NOT POSSIBLE.** What can you do to stay in the game while also having peace?
- **BE ARMED AND READY.** By learning how and when temptation works, you can be prepared to meet it head-on.
- **RATE YOUR FOOD.** When out and about, rate your food, then fill up with healthy stuff.

OTHER HELPFUL TIPS

- **USE RAINY DAYS TO YOUR ADVANTAGE.** A funk is short-lived, so ride the wave and use the time to be productive.
- **RIP IT LIKE A BAND-AID.** It will build positive momentum and give you traction to fight the funk.
- **RUN OUT THE CLOCK.** It allows you to use procrastination to your advantage when tempted to eat things you know you shouldn't eat.
- **GRAB YOUR SURVIVAL KIT.** Look at your map and be reminded of your strategies to help you through challenging times.
- **IT MUST GIVE PEACE.** Whether it is the food you eat, your exercise regimen, or your optimal weight, above all it must give peace.
- **PUT YOUR BEST FOOD FORWARD.** When you try to look your best, you feel your best.