Your Diet Self-Care Vision

Create a vision for success — make it sexy for you!

You are ready to live your best life — "hell yes".

Your diet self-care is critical to your wellbeing — not only through weight management, but through nutrition. The food industry has mastered tapping into our pleasure centres, offering satisfaction through a range of processed products that have become one of our biggest challenges to overcome.

Many of these foods can still be enjoyed in small quantities — but it's important that we take control over this part of our lives. You may find this link useful.

Reflection Questions

1. *If this area was better, what would you be able to do that you aren't doing now?*
2. *How would you feel about yourself?*
3. *How would that affect the people around you?*
4. *What's stopping you from getting there?*
5. *How long has this been going on?*
6. *What have you already tried, to change it?*
7. *What is the cost of not changing?*
8. *How do you feel about that?*
9. *If nothing changes, what impact will that have on you?*
10. *What do you want to do about this?*
11. *Do you have a clear mental image of what it would be like?*

Now, Write It in Clear, Simple Language

My vision to be the best I can be is to:

1

2

3

4	
5	

The reasons I want it are:

1	
2	
3	
4	
5	

Some of the obstacles that could get in the way:

1	
2	
3	
4	
5	

My ideas for some strategies include:

1	

2

3

4

5

My strengths — what I have going for me include:

1

2

3

4

5

What past achievements required real effort?

1

2

3

4

5

What did it take to succeed at those?

1

2

3

4

5

How Could I Use Those Strengths to Make This Change?

This Is Your Plan

Make it sexy for you

Have it pop up as a daily reminder — however you'll remember it best.

Revisit and refresh it whenever you need to.