



Hello Clean Eaters and welcome to **DAY 3!**

Yesterday was about Mindful Eating and I KNOW so many suffer from mindless eating! I certainly hope you were able to find some quiet time and reflect on your current eating habits and how you would like them to change. It's so important for you to take a few minutes each day to journal!

Today's guidebook is about **TIME!**

Make Time To Live A Healthy Life! You Deserve It!

Have you ever used these excuses?

"I just don't have enough time to eat healthy!"?

"I can't eat right because I am ALWAYS on the go!"

"Working out? Who has time for that?! Not me!"

These excuses that you keep telling yourself are RUINING any chance of getting out of your old ways! If you tell yourself you have no time, then guess what? You will have NO TIME! Without getting too woo-woo on you, the Universe attracts what you put out. So if you are constantly using the excuse "I have no time"

then your blinders will be put on and you will go through each day thinking to yourself that you are not worthy of a healthy life.

Truth Bombs

If you have time to eat unhealthy food, then you have time to eat healthy food. It takes the same amount of time and effort to chew!

If you have time to be on Facebook, then you have time to exercise!

If you have time to watch TV, then you have time to re-shift your priorities and place your health at the top!

You will always make time for the things you put first!

Baby steps, baby... baby steps!

Instead of taking on healthy eating all day every day, exercising for an hour 5 days a week, and throwing yourself into a HUGE shift, take small, doable steps! This will allow you to change with time and eliminate any frustrations you might have! Take it day-by-day, hour-by-hour. You simply cannot change overnight, nor should you.

Schedule the time!

Scheduling your lunchtime walk, evening workout, or healthy lunch prep for the week helps reserve the time so you can turn your intention into action. If you know that a block of time is set aside for your health, you won't be as inclined to fill it with something else.

Surround yourself with health & wellness!

Like I mentioned above – what you send out into the universe you will get in return! So when you start to surround yourself with health and wellness, you will start to SEE health and wellness everywhere! I spend most of my time researching and keeping up to date with the latest health and wellness news. Because of this, health and wellness is CONSTANTLY on my mind and this has allowed me to make it a HUGE part of my life effortlessly.

Celebrate your Results!

Create a chart to track your goals and progress and CELEBRATE every time you cross off a goal! Buy a new pair of workout shoes, or schedule a mani/pedi date with your best friend, or even buy a bottle of champagne and have some alone time with your partner! When you know there is a “prize” at the end of the goal this will help you keep your momentum strong!

Understand your Inspiration

Most importantly, in order to truly prioritize wellness, you must see the value in it. Make this inspiration visible for yourself: find an image or a quote that resonates with your reasons for wanting to achieve your health goals and make it your phone background or hang it on your fridge or around your office. It will remind you of why you value your health, what you want out of it, and what you're willing to do for it.

Today's Workbook Assignment

How can you make the time?

Today's homework is all about throwing your excuses OUT and letting your intentions IN!

How many times have you used the excuse “**I have no time**” when it comes to your health and wellness? Can you see how damaging this mindset is to your progress?

I want you to write a promise letter to yourself. I want you to tell yourself how important you are, how important your health is to you and to your family, and promise yourself that you will start making the time to honor your body!

Dear ME – I love you, and I am sorry. I am sorry for not taking care of you better. I am sorry for the abuse I have put you through. But this is my promise to you – I promise to eat food that serves you. I promise to be more focused on your feelings and actually listen to you! This is not going to be easy but I know we can do this together! I love you! ME

Then I want you to open up your daily calendar and schedule in your daily activities. Make a goal each day to drink water, make a goal each day to eat veggies over chips or fruit over cookies.

And remember the rules about making goals: be as detailed as possible! Instead of saying *I want to lose weight*, say *I want to lose 5 pounds in a month*. That way you have something to aim for! Goals need to have a start and an end date with as much detail in between as possible! And make sure they are realistic goals! Goals that are attainable!

Once finished, come back to the group and share some of your goals with everyone. A goal sets in deeper once you share it with others.

Healthy Eating!