

POTENTIAL OBSTACLES AND STRATEGIES FOR OVERCOMING THEM!

- 1. In the past, what have been your obstacles to eating healthy? (What situations derail your efforts?)**
- 2. Strategize. How could you be proactive and circumvent those things that typically push you off track?**

Here are MY answers for questions 1 and 2...

- **Obstacle: If there are “trigger foods” in my house, I eat them.**
 - Strategy #1: I’m going to get rid of the junk foods from my cabinets and fridge. Seriously...toss it, donate it, hide it, freeze it, make sure it’s out of reach!
 - Strategy #2: I’m going to stick to the Shopping List for the next few weeks...if it ain’t in the house, I can’t overeat it! Duh!
- **Obstacle: If my hubby or a friend offers me junk food...I want it too.**
 - Strategy: I’ve gotta get my friends and family on board! I’ll tell them what I’m doing and **why** it is so important to me. I’ll ask for their help. I’ll ask them to NOT offer me junk food/drinks prior to and during my 10 day Food Tune-Up. I’ll make sure they know that I am doing this because I WANT to, not because I HAVE to...and that I’d like their support!
- **Obstacle: If I go out to eat and there’s nothing “healthy” on the menu, I eat junk and then I figure I’ve blown it, so then I keep eating junk for the rest of the day (and the next day too!).**
 - Strategy #1: I’m really going to try to avoid eating out for the next 10 days.
 - Backup Strategy!: IF eating out is unavoidable, I’ll have a plan for what to order...fruit salad, a salad with dressing on the side, meat and veggies, broth-based soups...something healthy!
 - Backup Strategy!: IF I’m eating out and there are NO healthy options...I’ll have my mind set to just enjoy the meal, eat it slowly, savor it, and not overeat (maybe box half of it up before I even start!). I will set my intention that at the next meal, I am back ON! I don’t have to give up the whole day because of ONE meal. All is not lost! It’s not all or nothing...it’s all or *something!*
- **Obstacle: If I’m hungry and there’s nothing made or planned, I grab the easiest packaged food within reach.**
 - Strategy #1: I’ve gotta prep some whole food snacks. I need to have cut up veggies, grab and go fruit, and healthy dressings/dips made ahead of time so that I don’t get hungry and mindlessly wolf down a bunch of food that isn’t doing me any favors.
 - Strategy #2: Sometimes I think I’m hungry, but I’m really not. So grabbing a glass of water or making a cup of tea might help me slow down and re-think my urge to grab some random food!
 - Strategy #3: Plan out meals so I know what I’m going to cook for at least two days in advance so I don’t find myself getting frustrated with food prep when dinner rolls around.