

Week 8: Accountability Card

This week is about letting go of dieting and making changes that last a lifetime.

Decide on what you need to do to implement the suggested changes. Once you do this you will be living a healthy lifestyle and will have kicked dieting to the curb.

What is one thing you will need to do to start doing to serve yourself a little less than you think you want?	
What is one thing you can do to work on slowing down your eating pace?	
What is one faux food or drink that you consume quite frequently? And what is a real food you can replace it with?	
What is one thing you can do to forgive yourself for "mess-up" days that will occur? And what is one thing you can do to move forward?	