Motivation VS Inspiration

Motivation:

• Looks outside of yourself
• Needs to be constantly fed
• Focused on moving away from what you don’t like
• Rarely sustainable long term

Inspiration:

• Comes from inside you
• Is not focused on an end goal of accomplishment
• Focused on moving towards how you want to feel
• Is sustainable for life
What do you want?
How do you want to feel?

Why do you want it?
Why is it important for you to feel this way?
Creating clarity about what you eat is not about judgement or shame. It is about having the courage to get honest with yourself. When you are conscious about what you eat, you become responsible for your choices and how you want to feel.

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Start a food log.

Keep it simple.
Write it down in a notebook.
Keep a note in your phone.
Take pictures of everything you eat with your phone.
Find an app like My Fitness Pal.