



February Challenge

Learn How to be Accountable to Yourself

There are two versions of me when it comes to eating: the confident and optimistic version who says, “I’m going to eat so healthy and drink my water today.” And then there is the version of me right about 4:30 pm who says, “Oh, my, goodness. I don’t care anymore. I’m going to eat ALL the cookies and try again tomorrow.”

It is a pretty drastic difference, isn’t it? Well, let me tell you that the first version is using her higher-brain and making decisions based on logic and centered around my goals. However, when exhausted and stressed, the lower brain takes over and tries to solve all my problems with cheese or chocolate. It is pretty incredible how God designed our brains. *The trick is learning how to make our decisions with our logical higher functioning brain and then use the warning signals from our lower brain to care for ourselves without emotional eating.*

We are going to start training ourselves to trust in the good decisions we make. So, at a time that you are not stressed or hungry, plan out your food for the day. This will most likely be right before bed or first thing in the morning. Then, learn how to have your own back by sticking to that plan. You can always plan something different the next day.

This month’s challenge is simple:

Make a Daily Food Plan and Follow It

In this PDF you’ll find 3 important things.

1. Your mind-setter page.
2. The monthly tracker and instructions.
3. And, a challenge reflection page.

You can print out this PDF or use it as a guide along with apps, notebooks, and journals.

Remember to sign up for the private Facebook page for community and encouragement and keep checking your email for extra support.

You’ve got this, sweet sister! I’ll be doing this challenge right alongside you. We’re in it together.

-Lora



Your Mind-Setter Page

Before you get started, I want to make sure you understand that the foundation for this practice has to be love. You can not choose incredibly restrictive plans and then expect your lower brain to begin believing that this plan is a good and safe practice.

A couple weeks ago, God showed me that I intensely try to exhibit the fruits of the Spirit toward everyone but myself. How can I love my neighbor as myself (Mark 12:31) if I treat myself so callously? The Fruits of the Spirit are love, joy, peace, patience, kindness, goodness, and self-control (Galatians 5:22-23). So, with that in mind, answer the following questions:

If I was a fly on the wall, what would I typically see you eat from day to day?

Where/when do you see yourself getting the most out-of-control with your eating? Why do you think that is?

What kinds of foods make you feel good AND can get you from one meal to the next?

What are five things you could do that would make you feel loved and help you relax that do not involve food?

If there was ONE eating habit you would like to change, what is it?

What will you be writing your food plan in? When will you check in with your plan?

What are one or two non-food related ways you could reward yourself for following your goal?

Now that you've answered those questions, turn to the next page and thoughtfully begin your food log for the next few weeks.



February Challenge Tracker

This month we are simply going to make a loving plan each day about what we are going to eat and then stick to it. To begin, I recommend going through these steps:

1. Go through the questions on page 2 either writing them down in a journal OR talking them over with a trusted friend.
2. Find a convenient place to write down your plan that is accessible at home, work, etc. Some good places might be a small notebook, the notes app on your phone, or taking pictures of your meals and transcribing them later.
3. Continue to keep your log daily, either writing down after you eat or filling it out at the end of the night. If you follow your plan, you can just write a check mark.

February

Focus	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Keep a Food Log</i>					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10
	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17
	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29		



Challenge Reflection

Taking a moment to stop and reflect on your growth and lessons learned is a crucial step. This will only take a few minutes but it is worth it.

Grab a pen and paper or your notes app and let's do this!

What parts of your plan did you find it easiest to follow?

How did you see yourself showing up differently when you had already made choices with a clear head and peaceful heart?

What is one healthy change you have started to make consistently?

Where/when is it the most difficult to follow your plan?

How would you like to continue this practice in your quest for health and weight loss?

Sweet Sister,

I'm so proud of you! You are truly building your self-accountability muscles. I also pray that you are learning to be loving toward the incredible daughter of God that you are.

Until next month!

-Lora

