



EXPERIMENT

Intentions

The Intent Shapes The Content!

- ★ INTENT = Freedom, Permission, Enjoyment, Ease
- ★ INTENT = Food/Body/Mind/Brain Awareness (Connecting to Your Body THROUGH Food)
- ★ INTENT = Feast/Abundance Mentality (Limitless Choice! Allowed to have AS MUCH AS YOU WANT!)
- ★ INTENT = Healing Calorie Phobia
- ★ INTENT = Healing Carb Phobia
- ★ INTENT = Healing Fat Phobia
- ★ INTENT = Understanding YOUR Hunger
- ★ INTENT = Healing the 'Diet' Mentality (Using a STRUCTURE that has FREEDOM built into it)
- ★ INTENT = FREEDOM (Yes, So Important I Said It Again!) 😊

Reverse Engineering Your Future... Starting With The Now:

- ★ **Long-Term** Intentions That Will Guide Your (Big Picture) Big Fat Experiment and Get You To YOUR Version of Food Freedom.
- ★ **Short-Term** Intentions That Will Shape THIS Current Experiment.



Reverse Engineering My Future... Starting With *The Now*:

★ My **Long-Term** Intentions That Will Guide My Big Fat Experiment and Get Me To MY Version of Food Freedom:

★ My **Short-Term** Intentions That Will Shape THIS Current Experiment:

