Gratitude/Thankful
The Past

- I'm grateful that I'm learning to see the strength I built by navigating [specific challenge], even though it was hard at the time.
- I'm thankful that past diets taught me there was something deeper I needed to address. God was showing me the real problem all along.
- I'm grateful for the clarity I'm starting to gain after leaving [a toxic situation or relationship]. I'm learning what I will and won't accept.
- I'm thankful that I'm becoming more aware of patterns that weren't serving me. God is opening my eyes.
- I'm grateful for the courage I showed in asking for help when I needed it. That was me choosing myself.
- I'm thankful for the time I chose to prioritize my mental health over just focusing on my weight. That was me honoring what I actually needed.
- I'm grateful for the tools I'm learning like parasympathetic regulation and self-image journaling. God is giving me what I need to fast-track my healing.
- I'm thankful that I'm learning to look back and see that my past was shaping me into who I need to be. God was with me even when I couldn't see it.
- I'm grateful for the difficult conversations I had that set better boundaries. That was me learning to honor myself.
- I'm thankful for the inner strength I found during [a specific overwhelming moment]. I didn't know I had that in me, but God did.
- I'm grateful for the version of me that kept showing up, even when it felt impossible. That was resilience, even if I didn't call it that at the time.
- I'm thankful that I'm learning to see my own resilience in action. It's always been there. I'm just starting to notice it now.
- I'm grateful for the growth I'm experiencing through the things I thought were "failures." God is teaching me that failure is just data.

Gratitude/Thankful
The Past

- I'm thankful for the moments I chose myself when it would've been easier not to. That was me planting seeds I didn't even know I was planting.
- I'm grateful that I'm learning to tune out negative opinions and trust my gut. God is teaching me to listen to Him and to myself.
- I'm thankful for the lessons that adversity taught me about self-compassion. I'm learning to be kinder to myself.
- I'm grateful for the breakthroughs that only happened after I let go of what I thought I knew and saw things in a new light. God showed me a better way.
- I'm grateful for the seeds I unknowingly planted in moments of struggle that are bearing fruit now (or will very soon).
- I'm thankful for recognizing that rejection didn't define me and it showed me the importance of learning to find connection within myself.
- I'm grateful for realizing that every small step forward is a vote for my future freedom, and every tiny little step counts.
- I'm thankful for the breakthroughs that came from trusting God's plan over my own.
- I'm grateful for the courage it takes to release old beliefs and try something new.
- I'm thankful for finding light and hope even in my darkest moments.
- I'm grateful for the clarity I am gaining every single day about how my past challenges can be rewritten, and I can let go of the story that's not meant for me.
- I'm thankful for the moments that taught me to believe in possibilities I couldn't yet see.

Gratitude/Thankful
The Present

- I'm grateful that I'm learning that little wins can add up to significant progress. It's about consistency, not intensity.
- I'm thankful that I'm seeing that my goals always need to be created in "minimums," not "maximums." That's how I build trust with myself.
- I'm grateful that I'm recognizing that healing doesn't have to be linear. It just has to be consistent.
- I'm thankful for the insights I'm gaining from spending time with myself each day and reflecting on my choices and my thoughts. God is meeting me there.
- I'm grateful for the tough moments that are teaching me how to move forward differently. I'm learning in real time.
- I'm thankful for the seeds I'm planting right now in moments of struggle. They're bearing fruit now, or they will very soon. God is growing something in me.
- I'm grateful that I'm recognizing that rejection didn't define me. It showed me the importance of learning to find connection within myself.
- I'm thankful that I'm realizing that every small step forward is a vote for my future freedom. Every tiny little step counts.
- I'm grateful for the breakthroughs that are coming from trusting God's plan over my own. He sees what I can't see yet.
- I'm thankful for the courage it's taking to release old beliefs and try something new. I'm doing it, even when it's scary.
- I'm grateful that I'm finding light and hope even in my darkest moments. God is with me, even when I can't feel it.
- I'm thankful for the clarity I'm gaining every single day about how my past challenges can be rewritten. I'm learning to let go of the story that's not meant for me.

Gratitude/Thankful
The Present

- I'm grateful for the moments that are teaching me to believe in possibilities I can't yet see. God is building my faith.
- I'm thankful that I'm learning how to notice my thoughts and reframe them in real time. I'm getting better at this every day.
- I'm grateful for my commitment to rewiring my brain every single day. I'm showing up, even when it's hard.
- I'm thankful that I'm learning how to pause, breathe, and come back to the present moment. And I have the tools to do that.
- I'm grateful that I'm learning how to bring myself out of the drama and focus on the data and facts. That's me taking my power back.
- I'm thankful that I'm learning how to become emotionally available to myself during hard moments. I'm not abandoning myself anymore.
- I'm grateful that I'm recognizing when I'm falling into old patterns and I have the tools to choose a new path. That's growth.
- I'm thankful for creating space in my life to connect with myself on a daily basis. That's me honoring myself.
- I'm grateful for the small habits I'm building that feel easy and aligned with who I want to be. I'm becoming her.
- I'm thankful that I'm practicing gratitude daily, even when it feels hard. I'm training my brain to see what I do have.
- I'm grateful that I'm learning to self-soothe and calm my nervous system when I feel overwhelmed. God is teaching me how to regulate.
- I'm thankful that I'm building trust with myself by showing up for myself consistently. Every time I follow through, I'm building evidence.
- I'm grateful that I'm learning that I have the ability to earn back my own trust by being a better promise maker and a better promise keeper.

Gratitude/Thankful
The Present

- I'm thankful that I'm learning to choose foods that nourish and energize me because I want to take care of my body, not because I "should."
- I'm grateful for committing to daily practices that connect me with my nervous system. I'm learning how to partner with my body.
- I'm thankful that I'm becoming more curious about my feelings instead of judging them. That's me practicing self-compassion.
- I'm grateful that I'm replacing the all-or-nothing mentality with small, doable steps forward. That's sustainable.
- I'm thankful that I'm noticing when I'm triggered and choosing a healthier response. That's me rewiring in real time.
- I'm grateful that I'm learning how to reverse-engineer who I want to be and how I want to feel and act from that place. That's the New Math.
- I'm thankful that I'm trusting that my healing journey is unfolding exactly as it should. God's timing is perfect.
- I'm grateful that I'm building the mindset that my best is enough for today. I don't have to be perfect.
- I'm thankful that I'm learning how to change the way I make decisions by mastering the freedom goggles and using them everywhere I go.
- I'm grateful that I'm trusting that God's timing is perfect, even when it doesn't match mine. He sees the whole picture.
- I'm thankful that I'm believing that the actions I'm taking now are creating my future reality. I'm planting seeds every single day.
- I'm grateful that I'm learning how to show up for myself even when I want to abandon myself and my goals. That's me choosing myself.
- I'm thankful that I'm learning how to practice self-compassion and quiet my inner critic. I'm becoming kinder to myself.

Gratitude/Thankful
The Future

- I'm grateful in advance for the peace I'll feel when I trust myself completely around food. God is building that trust in me right now.
- I'm thankful in advance that this daily ritual is getting easier and easier the more I practice it and connect. Repetition is my friend.
- I'm grateful in advance for the version of myself that is making decisions from a place of confidence. I'm becoming her right now.
- I'm thankful in advance for the rewiring that is happening right now in my self-image and the version of myself I'll get to show up as on the other side of this. God is shaping me.
- I'm grateful in advance for more and more freedom that comes with rewiring my thoughts and beliefs and thinking about my thinking. I'm building that muscle.
- I'm thankful in advance for the emotional resilience I'm building right now. It's growing every single day.
- I'm grateful in advance for the ability to notice my triggers as they are happening and bring myself back to calm. God is equipping me for this.
- I'm thankful in advance for the satisfaction of creating a sustainable, balanced lifestyle that feels like my "forever self" just lives that way.
- I'm grateful in advance for more and more peace and ease in my relationship with food. I'm stepping into that freedom.
- I'm thankful in advance for little by little seeing myself as enough, exactly as I am. God is teaching me my worth.
- I'm grateful in advance for the ability to enjoy life without constantly analyzing my body. That freedom is coming.
- I'm thankful in advance for learning how to be emotionally available to myself in moments instead of turning to food or coping mechanisms. I'm building that skill right now.

Gratitude/Thankful

The Future

- I'm grateful in advance for becoming the version of myself who can confidently handle life's challenges with grace. God is preparing me.
- I'm thankful in advance for trusting my brain and body to work together seamlessly. We're becoming a tag team.
- I'm grateful in advance for more of the inner calm I'm feeling by no longer living on autopilot and transforming my nervous system all the time. Peace is becoming my default.
- I'm thankful in advance for feeling proud of how far I've come. Acknowledging myself is getting easier and easier.
- I'm grateful in advance for the relationships I'll nurture by showing up as my healed, authentic self. God is using my healing to bless others.
- I'm thankful in advance for the version of me who loves and respects herself deeply and values her own value of self more than others. I'm becoming her.
- I'm grateful in advance for the lasting freedom I'll have created by committing to this work and rewiring my brain. This is forever.
- I'm thankful in advance for feeling more and more at peace in my mind, body, and soul. God is bringing me home to myself.
- I'm grateful in advance for the ability to wake up every day knowing that I can find peace even if I don't necessarily wake up with it. I can find it from bed.
- I'm thankful in advance for trusting that God is guiding me in every step I take. He's with me always.
- I'm grateful in advance for little by little feeling like I am fully into my identity as someone who is free. I'm stepping into her more every day.

Gratitude/Thankful
The Future

- I'm thankful in advance for the belief that success is inevitable when I trust myself and God. He's already written my story.
- I'm grateful in advance for the peace that comes from living in alignment with my values and my inner compass. That's my true north.
- I'm thankful in advance for the wisdom and love I'll carry into all my relationships as I become the best version of ME I can be. God is shaping me for this.
- I'm grateful in advance for feeling the fruits of my labor, feeling the shifts within, and knowing that my faith and effort will always be rewarded. God honors faithfulness.

Celebrating/Proud Of *The Past*

- I'm proud of myself for taking the first step toward planting seeds of healing. That took courage.
- I'm proud of myself for all the past diets that didn't work for me because it prepared me to get to the root cause of my struggles. God was leading me here all along.
- I'm proud of myself for my willingness to believe in possibilities I couldn't yet see. That's faith.
- I'm proud of myself for showing up for my healing even when it feels uncomfortable. That's me choosing growth.
- I'm proud of myself for the courage it takes to release old beliefs and try something new. I'm doing it.
- I'm proud of myself for turning rejection into redirection and finding connection within. That's me reclaiming my power.
- I'm proud of myself for the strength I'm building by choosing to keep going, even when it feels impossible. God is with me.
- I'm proud of myself for surviving challenges that once felt insurmountable. I'm still here.
- I'm proud of myself for the moments I chose growth over staying comfortable. That's me stepping into who I'm becoming.
- I'm proud of myself for starting to notice the stories I was telling myself and questioning their truth. That's awareness.
- I'm proud of myself for my decision to ask for help when I needed it. That's strength, not weakness.

Celebrating/Proud Of *The Past*

- I'm proud of myself for beginning to rebuild trust in myself. Every small promise I keep is evidence.
- I'm proud of myself for the resilience I found in the face of adversity. God gave me that strength.
- I'm proud of myself for turning my pain into a catalyst for transformation. I'm not wasting my struggle.
- I'm proud of myself for my ability to find strength in moments when I felt weak. God was carrying me.
- I'm proud of myself for seeing the potential for change, even when the path forward wasn't clear. That's hope.
- I'm proud of myself for the version of me who started this journey, even with doubts and fears. I showed up anyway.
- I'm proud of myself for finding ways to reconnect with who I truly am. I'm coming home to myself.
- I'm proud of myself for my ability to release guilt and move forward with self-compassion. That's grace.
- I'm proud of myself for planting seeds of change when it would've been easier not to. That's me choosing myself.
- I'm proud of myself for the clarity I gained from reflecting on my choices and patterns. That's me doing the work.
- I'm proud of myself for leaning on faith when I didn't have all the answers. God had me.

Celebrating/Proud Of *The Past*

- I'm proud of myself for the courage it took to break free from old, limiting beliefs. I'm rewriting my story.
- I'm proud of myself for stepping into my power, even when it felt unfamiliar. I'm becoming her.
- I'm proud of myself for my ability to find gratitude in the lessons learned from failure. That's me choosing data over drama.
- I'm proud of myself for choosing to trust God's plan over my fears. He knows what I need.
- I'm proud of myself for the resilience I showed in moments of uncertainty. I kept going.
- I'm proud of myself for creating space for healing, even when life felt overwhelming. That's me honoring myself.
- I'm proud of myself for my ability to recognize that healing is a process, not a destination. I'm in it for the long haul.

Celebrating/Proud Of *The Present*

- I'm proud of myself for committing to use the tools I'm learning every day. I'm showing up.
- I'm proud of myself for my ability to notice when I'm falling into drama and shift to the facts and data. That's me taking my power back.
- I'm proud of myself for actively connecting to who I want to BE and how I want to FEEL. That's reverse engineering.
- I'm proud of myself for taking ownership of my nervous system and brain. I'm learning how to regulate.
- I'm proud of myself for trusting the process, even when I don't see immediate results. God is working even when I can't see it.
- I'm proud of myself for leaning into discomfort and choosing growth over fear. That's courage.
- I'm proud of myself for taking ownership of my emotional eating and learning to be emotionally available to myself instead of turning to food. That's me healing the root.
- I'm proud of myself for my willingness to create space for rest and reflection. That's me honoring my needs.
- I'm proud of myself for building trust with my body and my choices. Every decision I make from alignment is evidence.
- I'm proud of myself for the consistency I'm bringing to my healing journey. I'm showing up more than not.
- I'm proud of myself for replacing the all-or-nothing mentality with small, steady progress. That's sustainable

Celebrating/Proud Of *The Present*

- I'm proud of myself for my ability to recognize triggers and choose healthier responses. That's me rewiring in real time.
- I'm proud of myself for using freedom goggles to shift my perspective when needed. That's me choosing how I see things.
- I'm proud of myself for my commitment to rewiring my brain for peace and clarity. I'm doing the work.
- I'm proud of myself for noticing when I'm assuming failure and redirecting to success. That's me teaching my brain positive anticipation.
- I'm proud of myself for the way I've learned to honor my emotions without judgment. That's self-compassion.
- I'm proud of myself for focusing on planting seeds of joy and trust. I'm building my future right now.
- I'm proud of myself for my ability to hand over control to God when things feel overwhelming. That's trust.
- I'm proud of myself for practicing self-compassion and replacing criticism with kindness. I'm becoming kinder to myself.
- I'm proud of myself for the strength I've found in creating new, empowering habits. I'm building the life I want.
- I'm proud of myself for using the data I see to make better decisions, rather than adding drama. That's me staying grounded.
- I'm proud of myself for the courage it takes to rewrite my beliefs every single day. I'm not giving up

Celebrating/Proud Of *The Present*

- I'm proud of myself for choosing peace over perfection in my daily actions. That's me honoring myself.
- I'm proud of myself for the patience I'm showing myself as I work through challenges. I'm learning to be gentle.
- I'm proud of myself for trusting that the small steps I take now are creating a brighter future. God is building something.
- I'm proud of myself for the alignment I feel when I act from a place of authenticity. That's me living in integrity.
- I'm proud of myself for noticing the good in my life, even in difficult moments. That's me training my brain to see what I do have.
- I'm proud of myself for the way I've committed to being emotionally available to myself. I'm not abandoning myself anymore.
- I'm proud of myself for recognizing and stopping negative assumptions before they spiral. That's me taking control of the narrative.
- I'm proud of myself for the strength I've built by showing up for myself every single day. I'm becoming someone I trust.

Celebrating/Proud Of *The Future*

- I'm proud of myself in advance for stepping into my identity as someone who is free with food and her body. I'm becoming her right now.
- I'm proud of myself in advance for knowing that my brain has been rewired and it's never too late to transform. God is doing this in me.
- I'm proud of myself in advance for learning to connect with my body more and more each day. We're becoming partners.
- I'm proud of myself in advance for mastering these tools and getting better at them the more I practice. Repetition is my friend.
- I'm proud of myself in advance for the belief that I'll always be able to connect with myself, no matter what. That's my superpower.
- I'm proud of myself in advance for creating peace between my mind and body. We're a tag team.
- I'm proud of myself in advance for the confidence I'll have to "will" my success into existence. I'm co-creating with God.
- I'm proud of myself in advance for making choices rooted in self-trust and peace. That's my forever self.
- I'm proud of myself in advance for the clarity I'll feel when living fully aligned with my new self-image. I'm stepping into her.
- I'm proud of myself in advance for consistently choosing joy over fear. That's freedom.
- I'm proud of myself in advance for the strength I'll have to handle challenges with resilience and grace. God is equipping me.
- I'm proud of myself in advance for expecting connection instead of rejection. I'm rewriting that story.
- I'm proud of myself in advance for the deep trust I'll feel in my body's wisdom and ability to thrive. We're partners.

Celebrating/Proud Of *The Future*

- I'm proud of myself in advance for creating freedom through my thoughts and beliefs. That's the work.
- I'm proud of myself in advance for the alignment I'll feel as I embrace the life I've consciously built. I'm building it right now.
- I'm proud of myself in advance for using the tools I've learned to stay grounded and empowered. They're becoming automatic.
- I'm proud of myself in advance for the joy of knowing my success is inevitable and fully within reach. God has already written it.
- I'm proud of myself in advance for trusting my inner compass in every decision I make. That's my true north.
- I'm proud of myself in advance for the freedom I'll feel living with a self-image that uplifts and empowers me. I'm becoming her.
- I'm proud of myself in advance for letting go of fear and stepping into my full potential. God is calling me forward.
- I'm proud of myself in advance for the legacy of self-trust and freedom I'll create for myself and others. My healing will bless others.
- I'm proud of myself in advance for co-creating with God to align my life with my values. That's partnership.
- I'm proud of myself in advance for the ease I'll feel knowing I've built a life of balance and purpose. That's my forever self.
- I'm proud of myself in advance for living with unshakable faith in God's plan. He's got me.
- I'm proud of myself in advance for the calm I'll feel knowing I've rewired my brain to work with me, not against me. We're a team.

Celebrating/Proud Of *The Future*

- I'm proud of myself in advance for showing up fully as the person I want to be. I'm becoming her more every day.
- I'm proud of myself in advance for the clarity and joy I'll feel from choosing love and connection. That's my default.
- I'm proud of myself in advance for embodying the freedom I've worked so hard to create. It's mine.
- I'm proud of myself in advance for the peace that will come from trusting myself and my journey. God is with me.
- I'm proud of myself in advance for inspiring others to find their own freedom. My story will have purpose.
- I'm proud of myself in advance for the reality I've built that feels light, joyful, and completely aligned. That's my life.