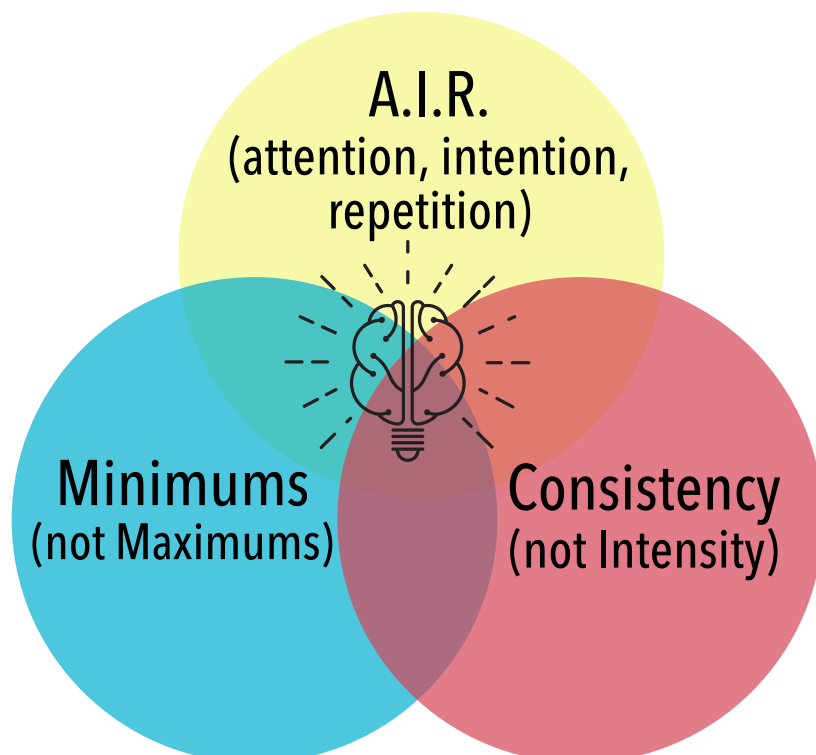# Weekly Checkin
With Myself

Reminding myself that THIS is the game I am now playing:

- I am no longer playing the short-term gratification trap game, and I am no longer putting band-aids on my problems. I am here to put in the hard work NOW, so that I have a language that I can practice for the rest of my life.

- The only way I am going to re-wire my brain is NOT by focusing on what I'm DOING...but by focusing on the thoughts and beliefs and who I am BEING that are causing those habits and behaviors. My freedom lies NOT in a DOING, but in a BEING (and in who I am constantly BECOMING).

- I am learning to speak a language that will serve me for the rest of my life. But it's a language that once I learn it and practice it, it will become the way my brain thinks. The heavy-lifting of learning happens on the front-end, but then I simply just have to upkeep and practice it for the rest of my life, and my brain is set up for success FOREVER.

Weekly Checkin
With Myself

The way that I am constantly re-wiring my brain is through:

- Feeding it CONSISTENCY (not INTENSITY)
- In MINIMUMS (not MAXIMUMS)
- By giving my brain A.I.R. (Attention, Intention, Repetition)

A.I.R.
(attention, intention, repetition)

Minimums
(not Maximums)

Consistency
(not Intensity)

Weekly Checkin
With Myself

The content of my daily ritual is important, but the INTENT that shapes the CONTENT is even MORE important:

- Getting myself parasympathetic daily is so that I can change the DEFAULT state of my nervous system to a peaceful, grounded, and calm version of myself.

- Noticing the DRAMA and bringing myself back to the DATA daily so that I can take radical ownership of my thoughts instead of them owning ME.

- Accepting the data that I DON'T like (or outright hate) so that I don't become a victim to my circumstances, a victim to my past, or create any of my own suffering.

- Shifting my brain daily to gratitude/thankfulness/counting my blessings...and bragging/celebrating/feeling proud of myself...is how I re-wire my brain so that it becomes a brain primed for self-worth, self-acceptance, and self-endorsement (instead of fault-finding, self-criticism, powerlessness, or victimhood).

Weekly Checkin
With Myself

What if Re-Wiring My Self-Image & Identity was as simple as simply focusing on the following?

- **Self-Acceptance:** What will I start accepting (no more playing the shame/blame 'game'...but also not arguing with reality?) What will I no longer accept (and I need a 'line in the sand')?

- **Self-Care:** What if it was about taking care of myself 3-dimensionally (and my new definition of 'health 'started at the mental/emotional/spiritual...and from that perspective I made physical choices?)

- **Self-Esteem:** What if I simply became a better promise-maker and a better promise-keeper, and THAT was how I earned back my own trust and respect?

- **Self-Worth:** What if I STOPPED weighing and measuring all the stuff that makes me feel BAD, and I STARTED valuing myself based on things that make me feel GOOD?

- **Self-Endorsement:** What if I worked on liking myself more, trusting myself more, and cared more about what I think and feel about myself (even just a tiny bit more than I care about others)?

Weekly Checkin
With Myself

What if MY food freedom was as simple as:

- Data vs Drama (and accepting the data I don't like)?

- Reverse engineering how I make decisions around food using my Freedom and Food Goggles (vs. focusing on the food itself, and in turn feeding more of the "good/bad", "black/white" thinking)?

- Learning how to be 'emotionally available' to myself in moments of need, rather than turning to food to fill the void?

- Being so much more connected/committed to my long-term freedom than I am to short-term results or "weight loss"?

Weekly Checkin
With Myself

What if MY Self-Acceptance, Self-Love, Self-Worth, and Peace-of-Mind could literally be mine anytime I choose by:

> Connecting to the version of myself that thinks, feels, and behaves like she has Self-Acceptance, Self-Love, Self-Worth, and Peace-of-Mind (AKA my Inner Compass), and used THAT as my 'North Star' to reverse engineer anytime I choose, anytime I need to, anytime I feel far from 'her'?

AND...anytime I do feel far from HER, I can literally 'troubleshoot' what's happening to pinpoint EXACTLY what I need in those moments (based on my 5 Self-Image Ingredients)?

- What am I not accepting about myself or not accepting about the reality of what's happening right now (and in turn creating my own suffering)
- Where am I too focused on the physical, and in turn ignoring what I need mentally, emotionally, socially, spiritually?
- Where I am not being a 'skillful' promise-maker or promise-keeper?
- Where is my worth coming from things that are OUTSIDE of me, chasing 'idols', or looking to someONE or someTHING to tell me my value?
- Where am I solely looking to OTHERS to 'endorse' me, rather that finding it or creating it within myself?