

Gratitude/Thankful

The Past

- I'm grateful for the strength I built by navigating [specific challenge].
- Thank you past diets for teaching me that there was something deeper I needed to address.
- I'm thankful for the clarity I gained after leaving [a toxic situation or relationship].
- I'm grateful for the awareness I had to recognize patterns that weren't serving me.
- I'm thankful for the courage I showed in asking for help when I needed it.
- I'm grateful for the time I chose to prioritize my mental health over just focusing on my weight.
- I'm thankful for the tools I'm learning like parasympathetic and the self image journaling so I can fast track my healing.
- I'm grateful for the ability to look back and see that my past was shaping me into who I need to be.
- I'm thankful for the difficult conversations I had that set better boundaries.
- I'm grateful for the inner strength I found during [a specific overwhelming moment].
- I'm thankful for the version of me that kept showing up, even when it felt impossible.
- I'm grateful for the opportunities to see my own resilience in action.
- I'm thankful for the growth I experienced through the things I thought were a "failure"
- I'm grateful for the moments I chose myself when it would've been easier not to.
- I'm thankful for the times I learned to tune out negative opinions and trust my gut.
- I'm grateful for the lessons that adversity taught me about self-compassion.
- I'm thankful for the breakthroughs that only happened after I let go of what I thought I knew, and saw things in a new/better light.

Gratitude/Thankful

The Past

- I'm grateful for the fact that little wins can add up to significant progress, and it's about consistency not intensity.
- I'm grateful for seeing that my goals always need to be created in "minimums" not "maximums"
- I'm thankful for recognizing that healing doesn't have to be linear—it just has to be consistent.
- I'm grateful for the insights I am gaining from spending time with myself each day and reflecting on my choices and my thoughts.
- I'm thankful for the tough moments that are teaching/have taught me how to move forward differently.
- 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 for the ability to notice my thoughts and learn how to reframe them in real time.
- I'm thankful for my commitment to rewiring my brain every single day.
- I'm grateful for the ability to pause, breathe, and come back to the present moment....and having the tools to do that.
- I'm thankful for the ability to bring myself out of the drama and focus on the data and facts.
- I'm grateful for learning how to become emotionally available to myself during hard moments.
- I'm thankful for recognizing when I'm falling into old patterns and having the tools to choose a new path.
- I'm grateful for creating space in my life to connect with myself on daily basis..
- I'm thankful for the small habits I'm building that feel easy and aligned with who I want to be.
- I'm grateful for practicing gratitude daily, even when it feels hard.
- I'm thankful for learning to self-soothe and calm my nervous system when I feel overwhelmed.
- I'm grateful for building trust with myself by showing up for myself consistently.
- I'm grateful that I have the ability to earn back my own trust by being a better promise maker and a better promise keeper.
- I'm thankful for 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.

Gratitude/Thankful

The Present

- I'm thankful for becoming more curious about my feelings instead of judging them.
- I'm grateful for replacing the all-or-nothing mentality with small, doable steps forward.
- I'm thankful for noticing when I'm triggered and choosing a healthier response.
- I'm grateful for the ability to reverse-engineer who I want to be and how I want to feel and act from that place.
- I'm thankful for trusting that my healing journey is unfolding exactly as it should.
- I'm grateful for building the mindset that my best is enough for today.
- I'm thankful I can change the way I make decisions by mastering the freedom goggles, and using them everywhere I go.
- I'm grateful for trusting that God's timing is perfect, even when it doesn't match mine.
- I'm thankful for believing that the actions I'm taking now are creating my future reality.
- I'm grateful I'm learning how to show up for myself even when I want to abandon myself and my goals.
- I'm thankful for learning how to practice self-compassion and learning to quiet my inner critic.
- I'm grateful for stepping into alignment with the person I want to be.
- I'm thankful for that I get to teach my brain positive anticipation (hope belief faith) of what's to come....instead of teaching it negative anticipation (fear, hope, dread, worry)
- I'm thankful for connecting with the truth that freedom is already within me, and all I have to do is continue learning how to work with my brain instead of against it.

Gratitude/Thankful

The Future

- Thank you in advance for the peace I'll feel when I trust myself completely around food.
- I'm grateful in advance for the fact that this daily ritual gets easier and easier the more I practice it and connect.
- I'm grateful in advance for the version of myself that is making decisions from a place of confidence.
- Thank you 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.
- I'm grateful in advance for more and more freedom that comes with rewiring my thoughts and beliefs....and thinking about my thinking.
- Thank you in advance for the emotional resilience I'm building right now.
- I'm grateful in advance for the ability to notice my triggers as they are happening and bring myself back to calm.
- Thank you 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.
- Thank you in advance for little by little seeing myself as enough, exactly as I am.
- I'm grateful in advance for the ability to enjoy life without constantly analyzing my body.
- Thank you in advance for learning how to be emotionally available to myself in moments instead of turning to food or coping mechanisms.
- I'm grateful in advance for becoming the version of myself who can confidently handle life's challenges with grace.
- Thank you in advance for trusting my brain and body to work together seamlessly.

Gratitude/Thankful

The Future

- 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.
- Thank you in advance for feeling proud of how far I've come, and acknowledging myself in general just gets easier and easier.
- I'm grateful for the relationships I'll nurture by showing up as my healed, authentic self.
- I'm grateful for the version of me who loves and respects herself deeply, and values her own value of self more than others. .
- Thank you in advance for the lasting freedom I'll have created by committing to this work and rewiring my brain. .
- I'm grateful for feeling more and more at peace in my mind, body, and soul.
- Thank you in advance for the ability to 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 grateful for trusting that God is guiding me in every step I take.
- Thank you in advance for little by little feeling like I am fully into my identity as someone who is free.
- I'm grateful for the belief that success is inevitable when I trust myself and God.
- Thank you in advance for the peace that comes from living in alignment with my values and my inner compass.
- I'm grateful 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.
- I'm grateful for feeling the fruits of my labor, feeling the shifts within, and knowing that my faith and effort will always be rewarded.

Celebrating/Proud Of *The Past*

- I'm proud of myself for taking the first step toward planting seeds of healing.
- 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.
- I celebrate my willingness to believe in possibilities I couldn't yet see.
- I'm proud of myself for showing up for my healing even when it feels uncomfortable.
- I celebrate the courage it takes to release old beliefs and try something new.
- I'm proud of myself for turning rejection into redirection and finding connection within.
- I celebrate the strength I am building by choosing to keep going, even when it feels impossible.
- I'm proud of myself for surviving challenges that once felt insurmountable.
- I celebrate the moments I chose growth over staying comfortable.
- I'm proud of myself for starting to notice the stories I was telling myself and questioning their truth.
- I celebrate my decision to ask for help when I needed it.
- I'm proud of myself for beginning to rebuild trust in myself.
- I celebrate the resilience I found in the face of adversity.
- I'm proud of myself for turning my pain into a catalyst for transformation.
- I celebrate my ability to find strength in moments when I felt weak.

Celebrating/Proud Of *The Past*

- I'm proud of myself for seeing the potential for change, even when the path forward wasn't clear.
- I celebrate the version of me who started this journey, even with doubts and fears.
- I'm proud of myself for finding ways to reconnect with who I truly am.
- I celebrate my ability to release guilt and move forward with self-compassion.
- I'm proud of myself for planting seeds of change when it would've been easier not to.
- I celebrate the clarity I gained from reflecting on my choices and patterns.
- I'm proud of myself for leaning on faith when I didn't have all the answers.
- I celebrate the courage it took to break free from old, limiting beliefs.
- I'm proud of myself for stepping into my power, even when it felt unfamiliar.
- I celebrate my ability to find gratitude in the lessons learned from failure.
- I'm proud of myself for choosing to trust God's plan over my fears.
- I celebrate the resilience I showed in moments of uncertainty.
- I'm proud of myself for creating space for healing, even when life felt overwhelming.
- I celebrate my ability to recognize that healing is a process, not a destination.

Celebrating/Proud Of *The Present*

- I'm proud of myself for committing to use the tools I'm learning every day.
- I celebrate my ability to notice when I'm falling into drama and shift to the facts and data.
- I'm proud of myself for actively connecting to who I want to BE and how I want to FEEL.
- I'm proud of myself for taking ownership of my nervous system and brain.
- I celebrate trusting the process, even when I don't see immediate results.
- I'm proud of myself for leaning into discomfort and choosing growth over fear.
- 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.
- I celebrate my willingness to create space for rest and reflection.
- I'm proud of myself for building trust with my body and my choices.
- I celebrate the consistency I'm bringing to my healing journey.
- I'm proud of myself for replacing the all-or-nothing mentality with small, steady progress.
- I celebrate my ability to recognize triggers and choose healthier responses.
- I'm proud of myself for using freedom goggles to shift my perspective when needed.
- I celebrate my commitment to rewiring my brain for peace and clarity.
- I'm proud of myself for noticing when I'm assuming failure and redirecting to success.

Celebrating/Proud Of *The Present*

- I celebrate the way I've learned to honor my emotions without judgment.
- I'm proud of myself for focusing on planting seeds of joy and trust.
- I celebrate my ability to hand over control to God when things feel overwhelming.
- I'm proud of myself for practicing self-compassion and replacing criticism with kindness.
- I celebrate the strength I've found in creating new, empowering habits.
- I'm proud of myself for using the data I see to make better decisions, rather than adding drama.
- I celebrate the courage it takes to rewrite my beliefs every single day.
- I'm proud of myself for choosing peace over perfection in my daily actions.
- I celebrate the patience I'm showing myself as I work through challenges.
- I'm proud of myself for trusting that the small steps I take now are creating a brighter future.
- I celebrate the alignment I feel when I act from a place of authenticity.
- I'm proud of myself for noticing the good in my life, even in difficult moments.
- I celebrate the way I've committed to being emotionally available to myself.
- I'm proud of myself for recognizing and stopping negative assumptions before they spiral.
- I celebrate the strength I've built by showing up for myself every single day.

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 celebrating in advance knowing that my brain has been rewired and it's never too late to transform
- I'm proud of myself in advance for learning to connect with my body more and more each day.
- I'm celebrating in advance mastering these tools and getting better at them the more I practice.
- I celebrate the belief that I'll always be able to connect with myself, no matter what.
- I'm proud of myself in advance for creating peace between my mind and body.
- I celebrate the confidence I'll have to "will" my success into existence.
- I'm proud of myself in advance for making choices rooted in self-trust and peace.
- I celebrate the clarity I'll feel when living fully aligned with my new self-image.
- I'm proud of myself in advance for consistently choosing joy over fear.
- I celebrate the strength I'll have to handle challenges with resilience and grace.
- I'm proud of myself in advance for expecting connection instead of rejection.
- I celebrate the deep trust I'll feel in my body's wisdom and ability to thrive.
- I'm proud of myself in advance for creating freedom through my thoughts and beliefs.
- I celebrate the alignment I'll feel as I embrace the life I've consciously built.

Celebrating/Proud Of *The Future*

- I'm proud of myself in advance for using the tools I've learned to stay grounded and empowered.
- I celebrate the joy of knowing my success is inevitable and fully within reach.
- I'm proud of myself in advance for trusting my inner compass in every decision I make.
- I celebrate the freedom I'll feel living with a self-image that uplifts and empowers me.
- I'm proud of myself in advance for letting go of fear and stepping into my full potential.
- I celebrate the legacy of self-trust and freedom I'll create for myself and others.
- I'm proud of myself in advance for co-creating with God to align my life with my values.
- I celebrate the ease I'll feel knowing I've built a life of balance and purpose.
- I'm proud of myself in advance for living with unshakable faith in God's plan.
- I celebrate the calm I'll feel knowing I've rewired my brain to work with me, not against me.
- I'm proud of myself in advance for showing up fully as the person I want to be.
- I celebrate the clarity and joy I'll feel from choosing love and connection.
- I'm proud of myself in advance for embodying the freedom I've worked so hard to create.
- I celebrate the peace that will come from trusting myself and my journey.
- I'm proud of myself in advance for inspiring others to find their own freedom.
- I celebrate the reality I've built that feels light, joyful, and completely aligned.