



YOUR  
*Communication*  
STRATEGY

★This is how I now view/use/relate to food:

★This is how I now view/use/relate to my body:

★This is how I now view/relate to/handle stress:

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★This is how I now view/relate to/handle my emotions:

★This is how I now see my journey (Short-Term + Long-Term -- Now + Forever)

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★This is the strategy I am now using (Now + Forever)

★This is the best friend, champion, woman I'm choosing to be for myself and to myself throughout this lifetime:

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★Why is THIS time different? (Because I'm saying so! Because I'm CHOOSING it to be so. Because I've DECIDED it to be so. Because I've finally found something I want to COMMIT to practicing and becoming forever.)

★What's the evidence that confirms/proves that this time is different? How am I different this time around?

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★Who do I need to communicate any of this to? [WHO + WHAT DO I WANT TO SAY?]





*Soundtracks of  
Awesome*



★My Inner Compass Soundtrack

★My Fuck It Soundtrack



★My Relaxation Soundtrack

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★My Walking Therapy Soundtrack (Or Moving Therapy)

# *It's an Inside Job...*

You're beautiful down to your bones, can't you see it?  
Your beauty, your body, your brain, they just prove it.  
I dream of the day you'll look in, and you'll see it.  
Until then I'll just nudge you, remind you, and repeat it.

