

Inside Out Truths

1. Your body requires Joy – it is not optional. It has many sources. Food is only one of them. You need multiple sources and must sprinkle it thru every corner of your life.
2. Your body craves your undivided attention. Weight is its most effective tool. Like a toddler, it will keep poking you until it knows you are listening.
3. Your body came factory equipped with the information you need to reach and maintain your natural weight. Accessing your “owner’s manual” is a skill you learn.
4. Your body contains an internal GPS - that little voice in your throat and in your belly that whispers to you. Its messages are always in your best interest and will never mislead you.
5. Your body deserves grace for your present weight. It is the byproduct of muting painful feelings and thoughts. There is no judgment, only awareness. Weight is not a life sentence.
6. Your body craves connection with you. Learning the skill of loving yourself will trigger your fight/flight sensor is triggered by facing yourself. It will be uncomfortable. Stand still.
7. Your thoughts drive which actions you take and which actions you avoid. Embrace curiosity. Why do you think that way? Realizing you have always had a choice is powerful.
8. Your thoughts love being on autopilot. Your brain loves efficiency and thought patterns are by design repetitive. Learning to create order out of chaos is a learned skill.
9. Your brain thinks you are your “stories”. Story thrives on drama and emotion. All that emotion influences your current decisions. Letting your stories go allows you to grow.
10. Your inner mean girl is exhausted from spewing venom in your face. Hateful self-talk grows like cancer in your body. Invite her to stand down and Refuse to participate in her games.
11. Your habits of playing small, perfectionism, people pleasing and approval seeking are all driven by shame. All humans feel shame. Recognizing it is the beginning of deep healing.
12. Your emotions not enemies to be muted or avoided. Feeling all emotion is a super power. Emotion will flow thru you if you don’t shortcut the process. You are born with this skill.
13. Your mind is accustomed to being in charge. When your body and mind disagree:
YOUR BODY MUST ALWAYS BE THE WINNER. PERIOD, THE END!