

What is your Philosophy on Food?

Philosophy on Food

Since starting this healthy living journey myself, I have learned how important it is to teach you HOW to choose proper actions, that will give you the results you desire and thus your life will change. While for some, this seems to be enough to make LASTING change... for many, it just does not go deep enough. HOW to do it is not the issue.

In the book, *The Slight Edge* by Jeff Olson, he states, "Diets don't work; they can't. They are doomed to fail because most diets dictate WHAT your actions should be. They don't deal with WHERE your actions come from."

While, our program is not at ALL a 'diet', we have realized that the journey towards change does not start with our actions. Long before we acted in regards to food, we had an ATTITUDE about food. Our attitude about food has been shaped by our (deep) underlying PHILOSOPHY about food.

Many of our 30 Days to Healthy Living Clients have experienced HUGE success on this program. Many of us getting on the program desire TRUE HEALTH and a physical TRANSFORMATION. However, without identifying & changing your philosophy about food, our success with any healthy living journey will not last.

We HAVE to change the way we THINK

If we do not change our thinking, no amount of how-to's will offer a REAL solution. It is not that the ACTIONS you will learn to take with this program are wrong (they are spot on)...it is that (some) people do not KEEP doing them. (Some) People do not persist. Why is that?

Because focusing on the actions (the what-to-do's and the how-to-do's) is not enough. It is the attitude behind the actions that KEEP those actions in place. Unfortunately, though, attitudes are fickle.

Emotions change. In addition, you cannot dictate how you FEEL. Today you may be excited about getting healthy. Although, what if you are not excited tomorrow?

To find true success, we have to back it up ONE more step. We have to get to your PHILOSOPHY.

What is a philosophy you ask?

Your philosophy is what you know, how you hold what you know, and how it affects what you do.

A positive philosophy turns into a positive attitude

which turns into positive actions, which turn into positive results, which turns into a positive lifestyle. The only way to consistently control your attitudes, actions and results; is to CONTROL YOUR

THOUGHTS. Your thoughts stem from your PHILOSOPHY. "What the mind of man can conceive and believe, the mind of man can achieve." Your PHILOSOPHY is the source of your success or failure.

Today, take some time to get clear about YOUR philosophy and ask yourself these questions:

- 1) What do I KNOW about food's relation to health?
- 2) How do I HOLD that knowledge about food & health?
- 3) How does what I know and how I hold it affect what I DO?

Write them down and be honest with yourself. Has your knowledge about health and what's good for you, been skewed due to your family history or past? Maybe, you KNOW all the right things about healthy living and food but you only resort back to your knowledge when you feel like you have put on some weight or start having some health challenges.

Write down why you have struggled with your health or weight over the years. It is for YOUR eyes only. I am not saying this exercise will be fun, although I am saying it will be FREEING! Once you create a philosophy about food that actually serves your body, you literally will start transforming your LIFE!

