

# WELL FED DAILY

## OVERCOMING HOLIDAY CRAVINGS

### ONE DAY AT A TIME

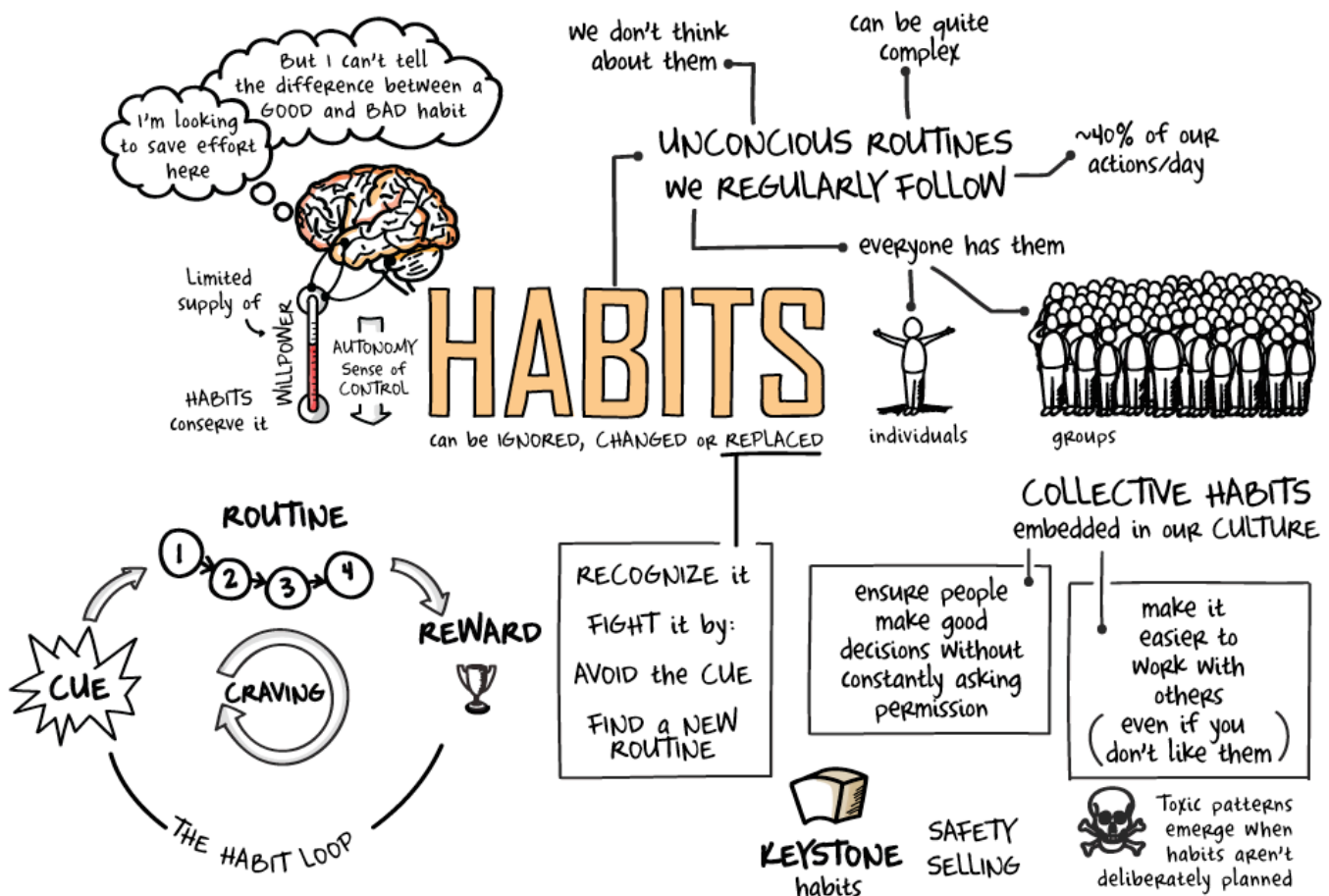
## How to Use the Habit Loop

*To get to where we want.*

Your life goals are NOT your habits. It is easy to get caught up in the desire to make massive changes in your life. We watch incredible weight loss transformations and think that we need to lose 20 pounds in the next month as well. We want to earn more, do more and be more, right now. Trust me, I'm preaching to the choir.

It is important to remember that lasting change is a product of daily habits, not once in a lifetime transformations. If you want to start a new habit and begin living healthier and happier, start small. As Leo Babauta said,

***“Make it so easy that you can’t say no.”***



# The GOLDEN Rule

## *Of Habit Formation*

Keep the *SAME* Cue

Keep the *SAME* Reward

Create a *NEW* routine

*step 1:* Decide what you want your new habit to be.

*step 2:* Identify the cue, routine and reward for the habit you wish to change.

### OLD LOOP

*Cue:* Buffet Line, Hunger  
*Habit:* High Carbohydrate, sugar-laden foods.  
*Reward:* Feeling of satiety, enjoyment of food  
*Craving:* Emotional comfort and flavor  
*Belief:* I don't believe that I have a thin healthy vibrant person inside me. I do not believe that eating more can help me become thin. I don't believe I am worth the time and effort.

### NEW LOOP

*Cue:* Buffet Line, Hunger  
*Habit:* Mostly veggies with good protein and fat sources. Real Food.  
*Reward:* Feeling of satiety, enjoyment of food  
*Craving:* Health feeling, looking and feeling great  
*Belief:* I believe that I can be healthy and vibrant. I believe that foods and these dietary changes can help me achieve my goal. I believe that my life and health are the most important thing I have and I believe that inside me there is great potential.

(In this scenario, the cue and the reward stayed the same)

*step 3:* BELIEVE in what you are trying to achieve, the habit.

*step 4:* Reinforce the CRAVING for health.

ONLY go after habits that are  
IMPORTANT to you!

What habit(s) are you looking to develop?

---

Identify the Cue:

---

Identify the Reward:

---

How can you make it so easy, you can't not do it?

---

## *with* THANKSGIVING

---

Thanksgiving day is upon us. It is the time of the year to remember all that we have been blessed, those things we are truly thankful for. But it shouldn't end with Thanksgiving. Expressing gratitude is one proven way to boost happiness. I encourage you to create a habit of thanksgiving. Create a gratitude journal or vow to verbalize two different things you are grateful for everyday. Take your time and truly reflect. This could very well be your key to happiness and lasting success. Everyday through the end of the year, I challenge you to record at least two things that you are thankful for.

*I am thankful for.....*

I.

2.