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buddy system

Hi ladies!

Welcome to week one of the Eating Pretty Nutrition buddy system! We are thrilled to finally be up and running, and even more excited about all the enthusiasm from so many of you.

Over the last few weeks we had you ladies email each other to introduce yourselves, get acquainted and make a new friend.

If at any time you feel this program is not for you, or you are getting dead air from your buddy (life happens!) and would like to take on an additional buddy. Simply email buddy@eatingpretty.com and we will try our best to hook you up within the next few days.

Now on to the good stuff! Week one I would like to address one simple question: **WHAT IS KEEPING YOU FAT?**

(*Note: This harsh word 'FAT' can be substituted in with any issue in your life: unhealthy, mean, lazy - it is anything you hold on to, that is not serving you.)

One of the things that keeps me personally held back in this business is the inner-conflict I have promoting helping people to get 'skinny'. But in this world, to make sales you need make this promise. (and trust me, I can deliver results!)

However, I think the most important tool in overcoming anything in life is self-love. So it just doesn't feel right being 'just another diet'

*And yes, I can feel you rolling your eyes as you read that!
I always can.*

That was my struggle. How do I teach women proper nutrition, but really teach them self-love? Yes they will get thin – but it's so much more than that if they want to stay thin.

Most people roll their eyes at weight-loss affirmations, and most people can't stick to a 'diet' forever. So how do I teach health, and make it here to stay?

The one key element that no other diet teaches:
ADDRESSING YOUR EMOTIONS!

That is why I am so excited about **week one of the buddy system**. Now you have a safe place that isn't your judgmental mother, competitive best friend, negative sister.... (or insert person you can't talk to here)

You now have a buddy to talk through emotions with, but also celebrate breakthroughs, find support and so much more!

I hope you enjoy the challenge of week one, and I can't wait to discuss it with you on the Members Only Facebook Group.

Week One Challenge:

Your buddy is now your journal. For 4 days (Sunday night – Wednesday night if you want to miss weekends) I want you to write your food journal out for your buddy to see.

Include:

Food & the portion

Beverages

Mood

On the times you fell off the wagon, or were extremely tempted to, I want you to realize why you are reaching for that 'unpretty' food choice. What was the trigger?

ASK YOURSELF:

Are you actually hungry?

Did you just have a fight with a family member?

Are you overwhelmed at work and feel like you are entitled to binge?

Are you lonely, bored or sad?

And send a little report to your buddy telling them what happened – and how it made you feel, whether you overcame the urge or chose to indulge.

Sometimes just recognizing how often our emotions take over our better judgment is enough to make a change. When you have someone to coax you through it, and be supportive, and relate to – it is a recipe for success.

BUDDIES WHO RECEIVE THE JOURNAL:

You are not to write back anything but –

"I received your journal, Thank you. I am proud of you for sharing"

Every night for 3 nights. Simple and to the point.

On the forth night, or fifth day I want you each to write a letter of compassion to each other. About what you learned from seeing that someone else is going through what you are, what writing down your own challenges made you realize, offer advice and state what you choose to do differently for yourself.

Write anything positive, that you are compelled to say!

We will meet back in the group Wednesday. Feel free to post comments throughout the week, share support or ask questions.

I am proud of you for taking step one, buddies!

Lots of love,
Angela