

## EMBRACE PROGRESS NOT PERFECTION

### WORKING WITH ME ISN'T LIKE ANY OTHER NUTRITION PROGRAM

I focus on the psychology of binge and emotional eating. I will never tell you what to eat and when. In this way, I teach you how to change your mindset, think for yourself, and eat naturally, easily, and intuitively and so that eventually, you won't give food a second thought until you're hungry like a 'normal eater'.

### MEANINGFUL CHANGE DOESN'T HAPPEN OVERNIGHT

It has taken years of dieting to get to this point. And in all honesty, it will take you longer than a few weeks to transform your relationship with food and then find balance.

But after three months, six months, and a year, you'll be amazed by how this approach can change your life. The longer you practice the techniques I will teach you, the easier and more natural eating will be. And then you'll never have to stress about your eating or your body again.

### CHANGE COMES IN WAVES

You won't suddenly stop bingeing or stop feeling out of control around food. The change will come in waves. In some weeks you will find it easy. Other weeks, you'll find yourself returning to your old patterns, but what you will notice is that binges are not as intense as they do not last that long, and you can get over them quicker. Over time, the waves will get smaller and smaller until the water only has ripples.

### COMMIT TO MY COACHING TEACHINGS LONG-TERM

This is a lifestyle and not a diet. I teach you first how to change your mindset (which is the hardest part) and then you will naturally find a truly balanced approach to living that suits YOU. I am positive that if you follow the steps in this program and celebrate progress, not perfection, that you will get there.

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### INVEST IN YOURSELF

Ask yourself, "If it takes me a year, but I never have to diet ever again, will it be worth it?"

### YOU REALLY CAN'T FALL BEHIND

I want you to succeed which is why our time together can be quite intense sometimes. We may only be together for a short amount of time so I want to provide you with as many tools as I can within our time frame that you can use for life. \*Ask me about long-term coaching options.\*

### EMBRACE PROGRESS, NOT PERFECTION

Each small change you make is a massive win. Over time, those small (seemingly insignificant) changes ARE the difference. Let go of being a perfectionist and embrace any small successes. Notice the little things that are changing, but it's the little things that add up to make a big difference.

### MINDSET IS EVERYTHING

Once you change your mindset, your behaviors will follow.