

30 Days Inner Joy Challenge

Creating your own joy without food or shopping

Day #1: What creates your happiness. List all of them.

Day #2: What conditions are necessary to feel happiness?

Day #3: What are the unconditional ways you love yourself or others.

Day #4: How would you describe your relationship with food?

Day #5: How would you label yourself? People pleaser, perfectionist, worrier, etc

Day #6 Knowing humans have limited amounts of energy, how effective do you feel with the time you have been given?

Day #7 : What are your greatest distractions?

Day #8: How do you fill your own JOY bucket?

Day #9: What specific food habit or pattern do you need to break up with?

Day #10: What does selfish even mean? You are the only one who can create your own happiness.

Day #11: Go an entire day without refined sugar or flour- what were the thoughts that came each time you were tempted?

Day #12 How comfortable are you with quiet moments in your life?

Day #13 What thoughts do you have about thin people?

Day #14: Accepting your current weight doesn't mean you are going to continue to lose weight.

Day #15: List all of the labels you give yourself. Then list all the 'hats you wear'. How are they different?

30 Days Distraction Challenge

Embrace Hunger as a Tool

Day #16: Procrastination: what are your favourite ways to procrastinate and why

Day #17: What's the difference between false pleasure and delayed gratification. Tell me the difference between the two and how you feel in both of them.

Day #18: Take a tally of every time you people pleased today- hint- you didn't say what you really wanted.

Day #19: Where is your belief that you can be successful with permanent weight loss and why.

Day #20: Weight loss is simple but not easy. What is your reaction to this statement?

Day #21: How are you sabotaging yourself- make a note of each time you do today.

Day #22: Tell me all the dreamy parts of your life.

Day #23: Permission granted to the life you always wanted.

Day #24: If you wouldn't teach a child a new skill with punishment and willpower, why use this approach for weight loss?

Day #25: You create your own success. True or False

Day #26: Curiosity is the best fuel for success

Day #27: Not good enough is always a lie.

Day #28: When have you invested in yourself and it has paid off in spades?

Day #29: Failure brings success- how has this been true for you?

Day #30: Love (unconditional)has everything to do with weight loss

30 Day Inner Joy Challenge

I commit to creating my own JOY and not from food

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