



The Action Points

1. Reframe Your Self-Talk

Write down examples of messages you say to yourself about your abilities to make positive changes in eating healthily and fasting. If they are negative and based on a fixed mindset, rewrite them from a growth mindset that makes them honest but encouraging.

2. Identify Small Steps

Think about your goals as far as building your fasting muscle and changing how you eat. Now identify incremental steps you can take to build up to the bigger steps you want to use to reach your overall health and weight goals. If you want to do 42-72 hour fasts, create a plan that starts where you are and stretches you to the longer fasts over the next few weeks or months.