



The Action Points

1. Be realistic, clarify, and set boundaries

It is important to be realistic and clear in your expectations for people in your life as far as what support you need. Once you are clear in what changes you are working on developing and what support you need, clarify these with others you are close enough to and seek to understand their objections if they have any. And then set clear expectations and boundaries depending on the relationship about what you need, can and cannot do, will or will not discuss, etc.

2. Practice responses

It is helpful to have statements that you are comfortable using when colleagues, friends, or family members express negative responses about your changes in eating and fasting strategies. Depending on your personality and communication style, you can practice these to be gentle but firm. You are advocating for yourself, your goals, and your abilities.

3. Access resources

There is a sample letter template in the resources section on this website that you can provide your doctor to help inform them about what you are doing and ask for their medical support. Join the weekly group fast challenge to watch the daily videos. And attend any of the support groups (now called classes) that fit your schedule and topic of interest. I'd love to see you in any of the healthy habits and healthy mindset groups.