

Healthy Habit and Mindset Keys

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Why Do We Focus on Healthy Habits and Mindset at TFM ?

- Let me share one of the most common things I hear from people in the community or when they are seeking coaching
- You might be asking, does any of this really matter for me and have the potential to either improve my journey or impede my progress?
- How knowledge alone does not work
 - One of my favorite Jim Kwik concepts – “Knowledge is power: You hear it all the time but knowledge is not power. It's only potential power. It only becomes power when we apply it and use it.

Somebody who reads a book and doesn't apply it, they're at no advantage over someone who's illiterate.

None of it works unless YOU work. We have to do our part. If knowing is half the battle, action is the second half of the battle.”

Have you explored what gets in your way?

- Anything outside of you that you have identified as a barrier or reason you are struggling
 - Situations
 - People
 - Atmospheres
- Anything from inside you that you have identified as a barrier or reason you are struggling
 - Emotions
 - Beliefs or thoughts
 - Habits

Translating Your Knowledge into Action

- First thing I encourage EVERYONE to focus on, and to focus on it regularly is WHY you have chosen this journey of improving your health and/or losing weight
- Next, I encourage EVERYONE to become curious
 - What are the steps and behaviors that support you reaching your goals?
 - Observe how things work—what helps, what makes things more difficult, and MOST important “how can I be my best supporter and not my worst enemy”

Why do people do what we do?

- We generally choose behaviors or things that we believe will help us to feel good
- How can you focus on other ways of feeling good aside from the temporary comfort or high from eating
- Can you increase the value of feeling good physically, being pleased, acknowledging a supportive behavior, enjoying a sign of progress

How can you more actively work on the healthy habits and mindset keys to success?

- Select a couple of your identified barriers and focus on how to shift these, not 257 things all at once – too overwhelming
- Attend the TFM community groups that help you with accountability and to remain engaged rather than putting things on the back burner
- Explore coaching as a means of exploring the further development of your habits and mindset
 - For some people therapy is a great resource to further process
- Enroll in the Healthy Habit and Mindset Keys Masterclass

What will be covered in the Masterclass?

- **Lesson 1: Intro, Mindset, Paradigm Shifts**
- **Lesson 2: Word Choices, Self-Talk, Self-Compassion**
- **Lesson 3: Your Relationship With Food**
- **Lesson 4: Managing Hunger**
- **Lesson 5: Setting Boundaries for Yourself & Others**
- **Lesson 6: How to Create and Change Your Habits**
- **Lesson 7: Emotional Eating**
- **Lesson 8: How Our Brain Affects Our Drive**
- **Lesson 9: Cortisol and Stress**
- **Lesson 10: Disordered Eating and Addiction**
- **Lesson 11: How To Stop Bingeing/Addictive Foods**
- **Lesson 12: Why We Self-Sabotage**
- **Lesson 13: Strategies to Stop Self-Sabotage**
- **Lesson 14: Wrapping Up to Move Forward**

Live events for the Masterclass?

- Friday 6/02 Workshop: Exploring Your WHY That Is Worthy (1hr)
- Monday 6/05 Workshop: Removing Barriers and Creating New Habits (1hr)
- Wednesday 6/07 Q&A (45 min)
- Friday 6/09 Workshop: Creating Your Plan & New Relationship W/ Food (1hr)
- Monday 6/12 Workshop: Ending Emotional Eating (1hr)
- Wednesday 6/13 Q&A (45 min)