

# The Mindset Behind Getting Into Awesome Shape

## BOOTCAMP

...It's Not About Being Perfect

### Week 5: Lesson 1



The background image shows a woman in a black top holding a pineapple. In the foreground, there is a table with various dishes, including a pizza, a burger, a salad, and a smoothie. In the background, two women are standing, one in a red dress and one in a white dress.

## Time To Take Action With Your Nutrition

The most common obstacle that my subscribers and clients ask about is sticking with an eating plan.

Don't make it harder than it needs to be.

Try to be more aware of what you eat, when you eat, and why you eat the things you do.



You can exercise your butt off but if you're consuming crap you're going to continue to be frustrated with your efforts.



If you don't get your eating off on the right track, you'll continue to feel like you're smacking the head against a brick wall.



A person is sitting on a couch, eating popcorn from a bowl and a slice of pizza. They are holding a remote control in their left hand. The background is a plain wall.

## **So what is your relationship with food?**

Do you eat for pleasure?

Do you eat for comfort?

Do you rely on food as your friend when things go wrong?



Do you stop at one treat or snack?

Eventually, you get a stomach ache, headache, nauseous, feel guilty.

“Tomorrow I’ll start my new eating plan...”



Can food, realistically,  
fix that emotional need  
on a deeper level?





# BOOTCAMP

## ACTION STEP

**Open and complete Your take-action-with-your-nutrition-sheet.pdf nutrition sheet...**

Then share it in the Bootcamp  
Private Facebook Group...

