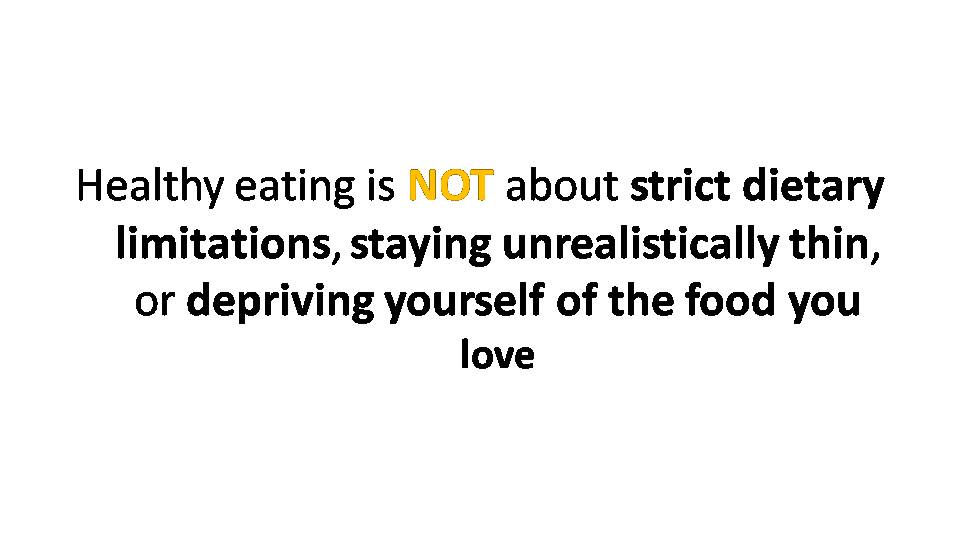
# Chapter 8: General Guideline To Overall Well-being



**S1**: Hello! Welcome and thanks for choosing this video course. In this video, we are going to talk about the General Guideline to Overall Well-being.

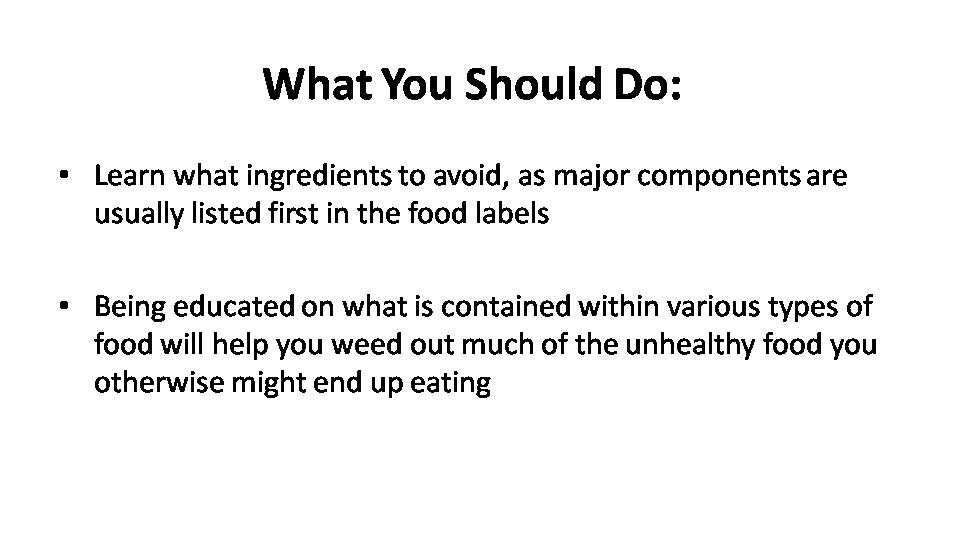


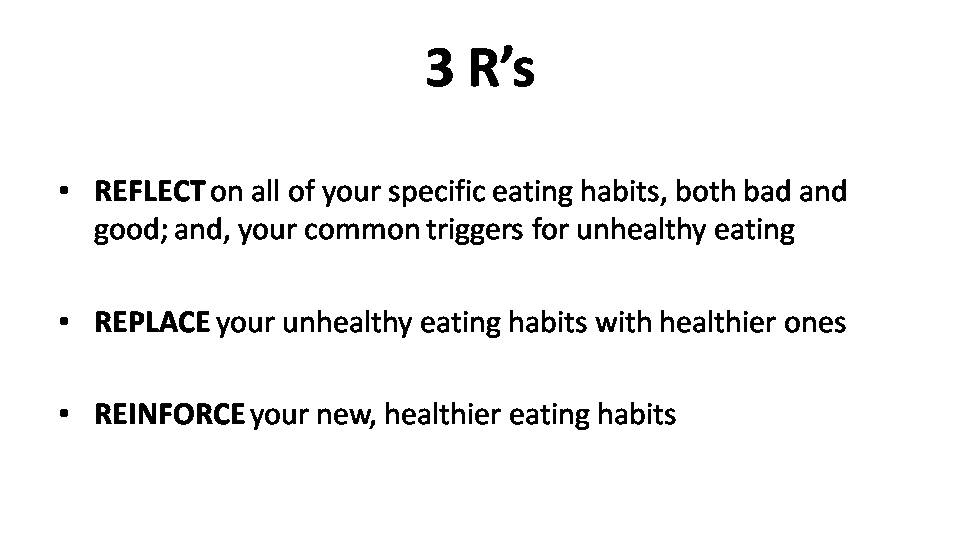
**S2**: Before going in depth, we should understand that healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the food you love.

**S3**: Rather, it’s about feeling awesome, improving your health, stabilizing your mood and having more energy.

**S4**: Ever feel overwhelmed by all the conflicting diet and nutrition advice out there? You're NOT alone! It seems that for every expert who tells you a certain food is good for you, you’ll find another saying exactly the opposite.

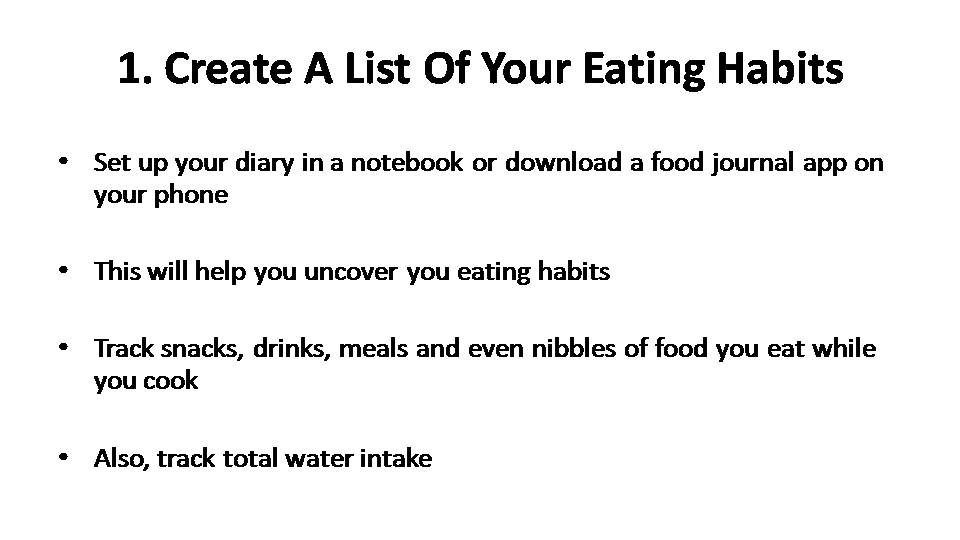
Quite often, convenient food are laced with too much sugar, salt and other ingredients, which are not considered healthy. These ingredients can often be hidden, so it is important as part of your education to learn to read food labels while at the grocer.

**S5:** Learn what ingredients to avoid, as major components are usually listed first in the food labels. Being educated on what is contained within various types of food will help you weed out much of the unhealthy food you otherwise might end up eating.



**S6:** Permanently improving your eating habits requires a thoughtful approach in which you Reflect, Replace, and Reinforce. By following these simple approach, you can cut through the confusion and learn how to create a varied, healthy and tasty diet that is good for your mind and body.

* **REFLECT** on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating.
* **REPLACE** your unhealthy eating habits with healthier ones.
* **REINFORCE** your new, healthier eating habits.



**S7: 1. Create A List Of Your Eating Habits**

The simplest way to track what you eat and drink is by setting up your diary in a notebook or downloading a food journal app on your phone. This will help you uncover you eating habits. Keep track of everything that goes into your mouth. Include all snacks, drinks, meals and even nibbles of food you eat while you cook. Don't forget to track your total water intake as well. Tracking how much water you drink will give you insight into whether or not you need to consume more water to help you stay hydrated.

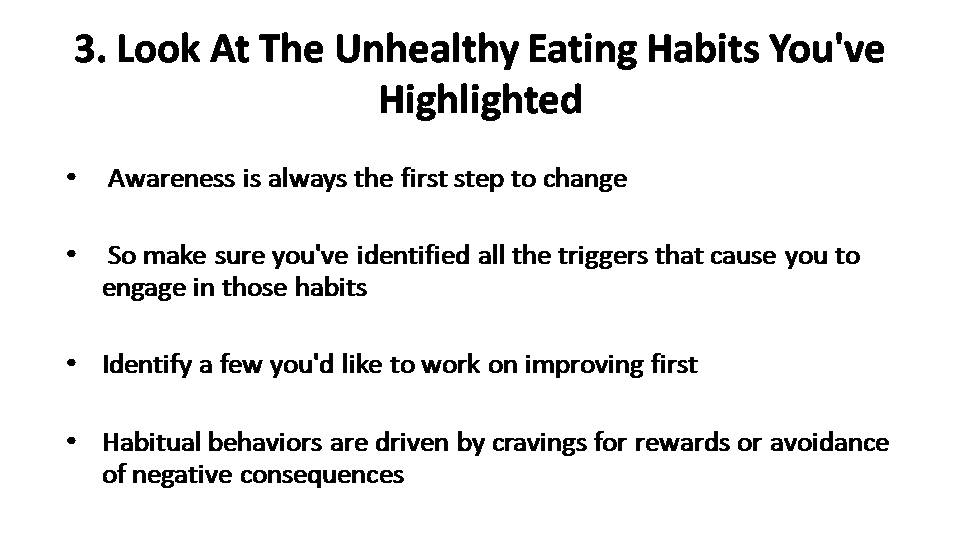
After you've kept your journal for a few days, star or highlight areas where you think you could make changes. For example, you might notice you don't drink enough water or typically skip breakfast. These are great areas where you can make healthy changes.

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**S8: 2.** **Highlight The Habits**

Highlight the habits on your list that may be leading you to overeat. Common eating habits that can lead to weight gain are:

* You eat when you are not hungry
* You ignore nutrition advice
* You are always cleaning your plate
* You eat too fast
* You are always eating dessert
* Going wild on weekend
* **You kick it with unhealthy pals**
* **You habitually use food as therapy**
* You Skip meals (or maybe just breakfast)



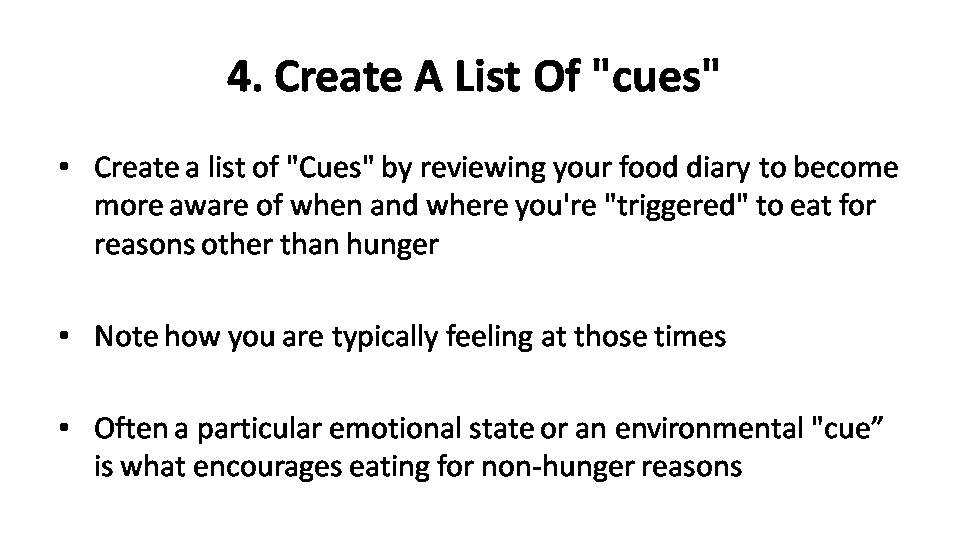
**S9: 3. Look At The Unhealthy Eating Habits You've Highlighted**

Awareness is always the first step to change. So make sure you've identified all the triggers that cause you to engage in those habits. Identify a few you'd like to work on improving first. Habitual behaviors are driven by cravings for rewards or avoidance of negative consequences. So don't forget to pat yourself on the back for the things you're doing right. It’s important to celebrate. (I think that’s just as true in life as it is with habits.)

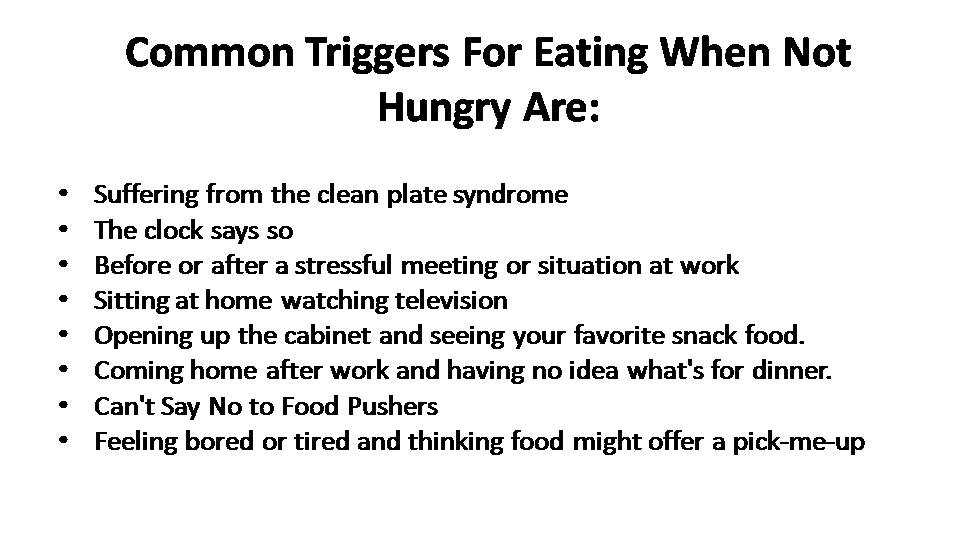
We want to continue doing things that make us feel good. And because an action needs to be repeated for it to become a habit, it’s especially important that you reward yourself each time you practice your new habit.

For example, if you've chosen to have salad instead of burger as your dinner, celebrate your progress with a reward. Take time to celebrate!

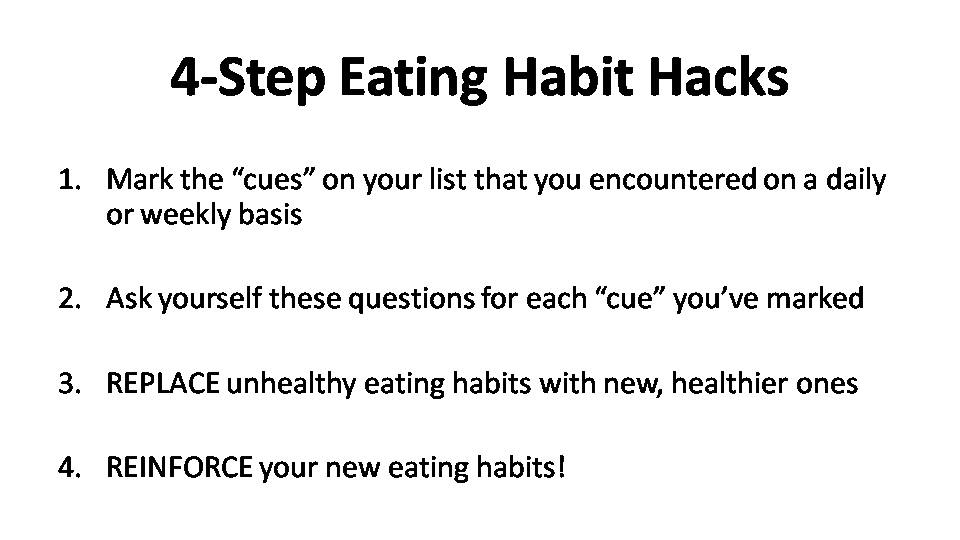
Always remember to reward yourself as you make simple changes that in the end will result in achieving your overall goal.

**S10: 4. Create A List Of "cues"**

Create a list of "Cues" by reviewing your food diary to become more aware of when and where you're "triggered" to eat for reasons other than hunger. Note how you are typically feeling at those times. Often a particular emotional state or an environmental "cue” is what encourages eating for non-hunger reasons.

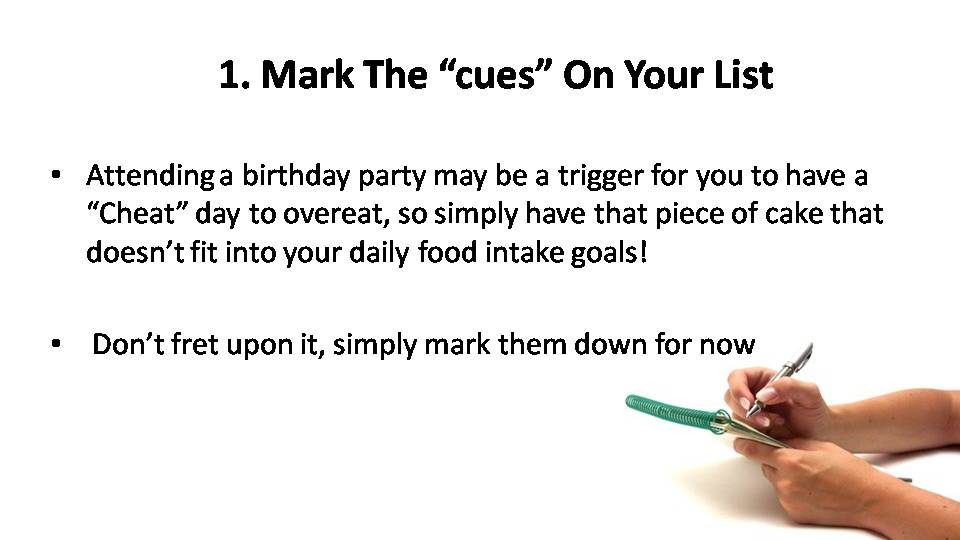
**S11: Common triggers for eating when not hungry are:**

* Suffering from the clean plate syndrome
* The clock says so
* Before or after a stressful meeting or situation at work
* Sitting at home watching television
* Opening up the cabinet and seeing your favorite snack food.
* Coming home after work and having no idea what's for dinner.
* Can't Say No to Food Pushers
* Feeling bored or tired and thinking food might offer a pick-me-up



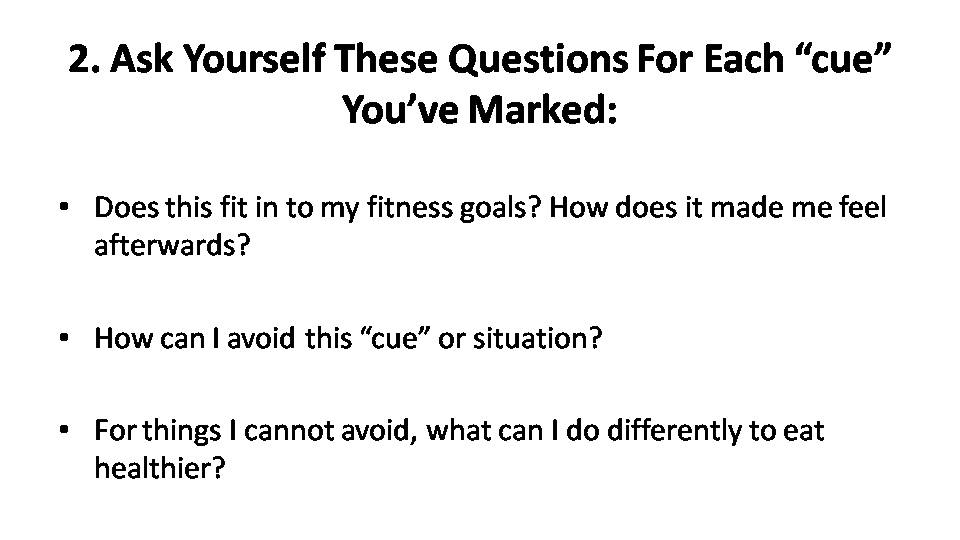
**S12: 4-Step Eating Habit Hacks**

1. Mark the “cues” on your list that you encountered on a daily or weekly basis
2. Now, ask yourself these questions for each “cue” you’ve marked
3. REPLACE unhealthy eating habits with new, healthier ones
4. Finally… REINFORCE your new eating habits!

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**S13**: 1. Mark the “cues” on your list that you encountered on a daily or weekly basis:

* For example, attending a birthday party may be a trigger for you to have a “Cheat” day to overeat, so simply have that piece of cake that doesn’t fit into your daily food intake goals! Thus, you may want to attend as many birthday parties as possible as a “cue” for you to overeat. Some cues may be as absurb as not going to the gym as a cue to binge! Don’t fret upon it, simply mark them down for now.



**S14**: 2. Now, ask yourself these questions for each “cue” you’ve marked:

* Obviously your answer will be NO, and you felt like PIG after you binge. Well, your answer may vary, just write them down to have clarity and create the “Pain” and “Disgust” so that you know you MUST CHANGE.

How can I avoid this “cue” or situation?

* After noticing the cues and the pain your non-empowering actions brought upon you, find a way to avoid that situation. This option works best for cues that don’t involve another party. For example, you choose a different route to work instead of your usual route to avoid that Mc Donald’s along the way.
* Or drinks lots of water when you realize that you’re in “Binge mode”
* Or change your workdesk that was once facing the vending machine / Coffee machine.
* Or choose another place to study instead of your home kitchen!

But you can’t avoid birthday parties of someone important, or your staff meeting right? So what can you do?

Ask this question:

For things I cannot avoid, what can I do differently to eat healthier?

* The key here is to plan ahead! And when you ask this question beforehand, your brain will naturally find better alternatives to make sure that you stick to your fitness goals!
* Maybe it’s bringing healthy snacks to work (especially when there are long hours ahead)
* Track your food, make sure it fits your daily macronutrients and don’t overeat. Being food-conscious in a party is a good way to control yourself.
* Eat lots of veggies before attending a party! Being filled before the party is a good way to not binge.

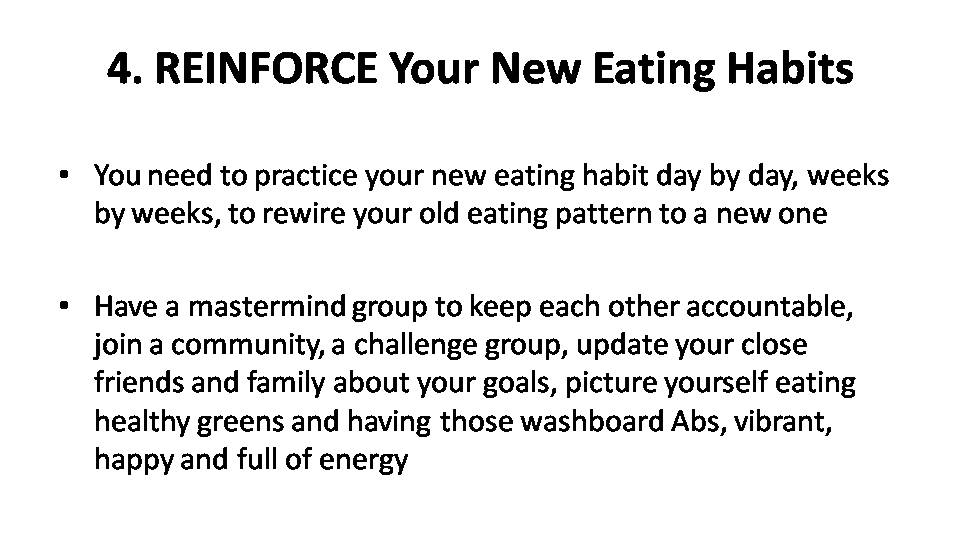
**S15:** 3. REPLACE unhealthy eating habits with new, healthier ones.

Now that you’ve asked yourself the above questions and have a clear sense of awareness, you simply have to take action to replace your old eating patterns!

Perhaps you overeat because you’re eating too fat? Eat slowly.

Perhaps you overeat not because of hunger, but due to stress, anxiety, anger or frustrations? Replace it with a non-eating activity such as going for a jog, visit a friend, read an uplifting book, talk to your family… you’ll definitely feel better and you’ll totally forget about your hunger!

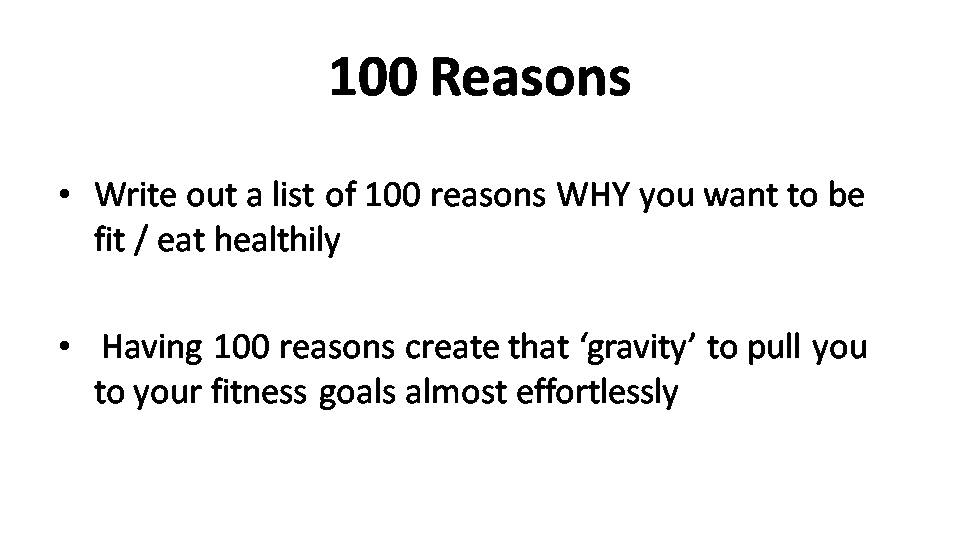
The key to lasting change is to PLAN AHEAD – so write down your daily, weekly and monthly fitness goals, what your food choices are, your body weight goals… and STICK TO IT!



**S16**: 4. Finally… REINFORCE your new eating habits!

Rome is not built in a day – so is your body and your habit. You need to practice your new eating habit day by day, weeks by weeks, to rewire your old eating pattern to a new one.

But this is the hardest part, because it requires patience. But stick with it anyways! Believe that it’s all worth it in the end. Special tips to make this work is to have a mastermind group to keep each other accountable, join a community, a challenge group, update your close friends and family about your goals, picture yourself eating healthy greens and having those washboard Abs, vibrant, happy and full of energy!

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**S17**: One of the best way to reinforce this habits and make it ingrained into your subconscious mind is to write out a list of 100 reasons WHY you want to be fit / Eat healthily’

Having the 100 Reasons WHY is going to pull you towards your goal, creating a gravity that guarantees your success, as many burnt out after pushing too hard for far too long. Thus having 100 reasons create that ‘gravity’ to pull you to your fitness goals almost effortlessly.

So there you have it! 4-Step Eating Habit Hacks and all the crucial information you ever need to start eating healthy and live a long, strong, fruitful and fulfilling life!