

# FOOD FREEDOM IN-THE-MOMENT SUCCESS STRATEGIES

It takes practice to develop the new skills required for Food Freedom. The goal is to make sure you mindfully choose what's right for you at the time, not to resist every temptation. These strategies will help you slow down and decide if it's worth it.



## TAKE DEEP BREATHS

- Stay calm. Changing your breathing helps you feel more in control.

## HAVE IT LATER

- Put the tempting food in a "time-out". Tell yourself you can have it in 15 minutes (or an hour or a day) if you still really want it. Use this time to ask yourself why you want to eat it and is it actually worth it.

## DISTRACT YOURSELF

- Move away from the temptation and shift your focus to something else such as go for a walk, read or text a friend.

## IMAGINE THE RESULT

- Imagine you're eating the food. Think about how you'll feel later or tomorrow. Are the consequences worth it? Will you be lethargic later, have digestive distress, or wake up with a headache?

## IF YOU DECIDE IT'S WORTH IT...

- Savor it. Go slow and thoroughly enjoy. Notice the taste, smell, color, flavor, and texture. Pause after the first bite and ask yourself if it's really as good as you expected. Consider whether it's still worth eating.

**REMEMBER YOU ARE IN CONTROL. ONLY YOU CAN DECIDE IF IT'S WORTH IT.  
THAT'S FOOD FREEDOM!**

Source: [Food Freedom Forever by Melissa Hartwig Urban](#)

Food Freedom - Life After Whole30

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