



Roadmap to Food Freedom

Snuff out unnecessary cravings and other triggering feelings using the proven N.O.T.E. Process brain-training regimen. Remember, consistent repetition over time is key.

		NOTICE	OBSERVE	TRY	EXPERIENCE
ATTENTION DEFICIT	Attention Deficit is the tendency of attention to wander onto the problems and challenges in our life while ignoring the blessings. This drives the creation of significant unnecessary cravings, urges, and triggering feelings.	The tendency of attention to wander unmanaged and to focus on negative aspects of your life and creates triggering feelings and cravings.	How your focus on the negative in no way changes your experience, but it does depress your well-being.	“Change the Channel” by focusing on something that is working: a gift or a blessing.	The immediate reduction of triggering thoughts and feelings that drive you to eat.
PSYCHOLOGICAL RESISTANCE	Psychological Resistance is the tendency to come into conflict with what is happening in this moment thereby causing the creation of unnecessary triggering feelings and cravings.	The tendency to resist what’s happening now with the thought “This should not be like this.”	How your resistance to what’s happening now has no effect on what’s happening now—at least for now—although it does make you feel worse.	Giving what’s happening now your full permission to be just as it is—as you relax with it.	The resulting improvement of how you feel, more calm and in control, even in the midst of the very same circumstance.
EMOTIONAL REACTIVITY	Emotional Reactivity is a mental tendency that causes us to react unskillfully to feelings and cravings and unnecessarily amplifies those feelings making them irresistible triggers.	The tendency to experience feelings through the lens of the mind’s stories, history, and baggage with those feelings.	How the lens of the mind creates the appearance of something more powerful and troubling than a simple pattern of sensations.	Coming into harmony with the sensations of the emotion using the R.I.D.E. process*. * (Relax, Inspect, Delabel, Enquire)	How you are able to remain calm, untriggered, and in control even with the emotion present.



Food Freedom Practice Calendar

Use this calendar to log your brain-training practices using this week's N.O.T.E. Process.
Join us at our live coaching session for more.

This week's Mental Poison

DAY	Yoga Practice	Real-World Practice #1	Real-World Practice #2	Real-World Practice #3
SUNDAY	_____	_____	_____	_____
MONDAY	_____	_____	_____	_____
TUESDAY	_____	_____	_____	_____
WEDNESDAY	_____	_____	_____	_____
THURSDAY	_____	_____	_____	_____
FRIDAY	_____	_____	_____	_____
SATURDAY	_____	_____	_____	_____