

RESETTING THE NARRATIVE

Writing Prompts

Sometimes we just need to reset the narrative. Answer these questions to get your brain back on your team.

1. What is my long term goal?
2. What have I done today to move the needle forward?
3. What is making me feel uncomfortable right now?
4. What emotion is showing up along with feeling uncomfortable?
5. If I give in to my uncomfortableness and eat the food I shouldn't eat (do the behavior I don't want to do), how will I feel afterwards?
6. What is one thing I can do right now to recommit to my long term goal?

When we take this pause to be mindful about our goals and our progress, we rewire our brains to push through being uncomfortable.