

Strategy #1:

Aim for “good enough” instead of “perfect”.

Remember: The decent method you follow is better than the “perfect” one you quit.

Strategy #2:

Let go of food rules.

Let go of this rule and really aim to tune in to your physical hunger and fullness cues instead? The more layers of complexity you insert between you and these feelings the further away you get from any sense of self regulation.

Strategy #3:

Build in strategic “Cheat Days”.

Give yourself peace of mind and preserve your sanity by allowing yourself to let go at a predetermined time of predetermined duration. (This requires further discussion)

Strategy #4:

Own your choices (Really. Own them.)

Do you ever barter with yourself? Make deals, trades or swaps related to food?

In this mindset, one “good deed” gives you license to “sin” elsewhere. These trades rarely pay off — they usually just amount to a lot of mental gymnastics that help you avoid making tough decisions and help you justify overeating.

Strategy #5:

Stop rationalizing.

Busy, Traveling, working or had family social occasion? You’re not a powerless victim of circumstance. Own your choices if you are temporarily derailed then so be it. Acknowledge and move on. Don’t let it become the catalyst to a downward spiral that ends in New year’s resolutions 12 months alter.