

Hello Ageless Beauty!

Important tips and reminders shared in Module Five:

1. **Create Your New Food List:** Based on your Discovery results, write down the caution foods you will mostly remove from your diet. Determine how many of the grains your body tolerates that you can eat each day or week by adding and deleting until you discover what works best for you. Some women are able to handle 1 or 2 grains a day, while others do better with only a few each week. This is where you will be discovering your personal carbohydrate threshold.
2. **Choose Your Lifestyle Approach:** By the Numbers or Keeping It Simple? Keep in mind, you can try both and even alternate approaches. The most important thing is to have a daily plan. Use the Lifestyle Worksheet or an App for daily tracking. If you don't record what you are eating, it is easy to assume you are more on track than you really are. This phase will take time to fine-tune into a sustainable plan. Be careful not to slide back into old eating habits. When you sense you are veering too far off course, move back into a 3 to 30-day elimination to reset.
3. **Are you ready to notch up your nutrition?** After reading Chapter 10, choose one or two foods that you are going to "train" yourself to permanently eliminate from your diet. Additionally, choose one or two nutrient dense foods, you will add in on a regular basis.
4. **Your Imaginary Journey:** Did you take a few minutes to see yourself reach your goal and living in victory? It is worth the effort. Start each day with this exercise and marvel at how good it feels to look and feel your best. This will help you stay motivated when you face your challenges or moments of low self-discipline.
5. **What is your greatest challenge?** Write it down and list several healthy ways to address it. Don't focus on the obstacles in your way. Focus on the solutions. This should include identifying any lies that feed into this challenge. Write a counteractive and positive self-talk statement that you will say every time you face this particular stumbling block.
6. **How's your self-discipline bank account?** Pay attention to when you have the lowest amount of discipline and motivation. Brainstorm ways you can counteract this. For example, if discipline is low when you are tired, consider getting more sleep, taking a power nap, or doing short exercise sessions to boost circulation and brain power. If you are lonely or bored, what can you do to reduce these issues?
7. **Rate your usual stress level from 1-5 with 5 being high.** If you are 3+ most days, this is an important area to address as it affects you mentally, emotionally, spiritually, and physically. Choose one of the scriptures from Module 5 to memorize and repeat when you feel stressed. Ask God to help you renew your mind and adopt a healthier perspective about the stressors in your life. Brainstorm how to reduce or remove common stressors

8. **REMINDER:** Your Virtual Program Website is: <https://www.eatlivethrivediet.com/elt-virtual-dashboard/> The Password is: **VICTORY**

Praying for success in your lifestyle journey!

Danna & Robyn