

3 DAYS TO

*Peace with
Food*

PEACE WITH FOOD - PEACE WITH SELF



Welcome! Thanks for being here - I'm Katey

12 years ago I turned my life in a new direction. After a lifetime of hating my body and myself I was able to figure out how to find a me that I was happy with. It didn't start with the perfect food plan, or with being stricter with myself. Instead I found things about me that I could love, focused on them and the rest fell into place. I lost 120lbs in less than a year - but more importantly found peace.

Are you fighting with food every day?

I've found that women will often eat as a response to negative self talk. And they don't even know they are doing it! Instead, they feed themselves more negative self talk after they eat....

And so starts a vicious cycle. Sure, you can make a meal plan, eliminate sugar, eat low-carb, restrict your favorite foods - but if you don't stop the negative self talk when you aren't perfect, it will only last so long.

The first step to diminishing that negative self talk is to realize *when* you are doing it.

Are you angry with yourself when you go off your planned foods?

When you fight with a significant other?

When your clothes don't fit?

When you are the go to person at work and it's all too much?

When your kids push your buttons?

When finances are stressing you out?

When you're shopping for a new outfit?

Any other time?

Use the 3 day tracker below to see when you are telling yourself you aren't worth it - note the time and check the box that correlates with what's happening in that moment. Note if you found your self eating at that time.

At the end of the day count up all the negative self talk you've given yourself - I think you'll be surprised

So how do you fill out this tracker?

Simple!

Think about WHY those thoughts popped into your head - did you have some tense words with someone? are you looking in the mirror? thinking about money?

Keep an eye out for any negative thoughts. Note the time when you realize you are having one.

[illegible]

What do you think - does that all make sense?

Be kind to yourself - negative self talk may be so embedded in you that you may not even notice. I mentioned before that I lost a bunch of weight - not carrying it all around certainly made some things easier - no more stares or panicked looks when I approached an airplane seat, no more disgusted looks when I ordered dessert in a restaurant or walked into the gym, no more fear that the car that parked next to me was too close for me to squeeze through the door...all positives...

But, they don't even come close to comparing to how awesome it is to just be ok with myself - to have lost that continuous negative soundtrack that played in my head. To know that I have something to offer to family, friends, new people I meet. To see that me being ok with me gives others permission to do the same. Here's an picture of me before I realized this. Look - still happy and loving my girls...but being a me who found a way to loves me now is so, so much better.



SELF-TALK TRACKER

Day 1

WHAT TIME DID
YOU NOTICE
YOUR NEGATIVE
SELF TALK?

Food

Significant
Other

Clothes

Work

Kids

Finances

Shopping

Other

DID
YOU
EAT?

Totals

SELF-TALK TRACKER

Day 2

[illegible]

SELF-TALK TRACKER

Day 3

[illegible]

How did it go?

Were you surprised at the number of times each day you gave yourself negative self talk?

If so - you are not alone xo

Food is nourishment - but we use it for so much more. It's difficult to get a handle on your relationship with food if you've been using it to help with everything that's not hunger too.

Join me for a short chat to see if we can get to the bottom of it together and bring you closer to finding Peace with Food.

[Click here to Schedule](#)

Or maybe you found that negative self talk *IS NOT* a problem for you - something else is keeping you from finding peace with food.

That's ok!

We can figure out what you need. Let's connect - click that button above to find a time that works for you xo

Scheduling button not working for you? - try this -

<https://tinyurl.com/peacewithfoodchat>