

Permission to Be Human Action Plan

Learning to live HAPPY, THIN, AND FREE is a process. There is no perfect straight line to success. It's a journey, and every journey will have wet, slippery, thorny patches. There will be both gorgeous vistas and horrible storms. You'll get blisters. You'll see sunrises. You'll go until you don't think you can't take one more step...and then you'll go some more. Pretty soon you'll be a seasoned trekker, and things will fall into place.

One thing that can
derail us is thinking that
we must be perfect.

There is no perfect.

But there is progress.

This "Permission to be Human Action Plan" is offered with love as a roadmap to follow in the event that you find yourself on the other side of the Bright Lines, and you want to get back on track.

Ask Yourself These Questions

1. What was the situation?
What happened?
2. What led up to it? What had I been feeling?
3. What sabotaging thoughts did I have right before I picked up the bite?
4. How do I feel now that I've crossed the Bright Lines?
5. Did I write down my food last night?
6. Have I been using my Nightly Checklist Sheet and other tools?
7. Did I use my Emergency Action Plan to protect my Bright Lines?
8. What could I do differently next time?
9. What have I learned?
10. What action can I commit to taking RIGHT NOW that will support me in getting back on track with my Bright Line Eating program?



BRIGHT LINE EATING™

Live Happy Thin & Free

