

# BODY COMPOSITION MANAGEMENT

## Motivation

It is important to understand our motivation in making the food choices that we do. You may recognize some of the points below as they relate to your relationship with food.

## Food as a signal

Thinking back over the years, the times when you have been making the poorest food selections may have been the times when you were under the greatest levels of stress. Stress can come from a variety of sources: work, relationships, children, finances, a partner's alignment with your life goals and others. When these sources are reduced, your food choices will improve.

In a sense, poor eating habits may merely be a symptom of a wider issue in your life that needs to be addressed.

## Food for nourishment

Food is essential for our survival, period. There may be times when you feel a certain sense of guilt at meals. It is almost as if food has become an enemy that is preventing you from achieving your ideal self. This feeling is very dangerous because it sets up a negative cycle.

When food is viewed as a source of strength, it is far easier to establish a virtuous cycle in which our strong nutritional choices move us toward our ideal self. By acknowledging this flawed view of food, it will become easier to see food for what it really is: a source of energy and pleasure.

## Food as self

There may also be periods in your life when you believe that you are a "good" person when you eat well and a "bad" person when you make poor food choices. *Realize that you are the same person regardless of your food choices.* This is important, particularly in conjunction with why we like a certain types of food.

**In order to gain power over food, it is best to avoid defining ourselves by the food choices we make. Once a choice has been made, it is done. Regardless of its nature, all we can do is focus on the next choice. Worrying about the past is a waste of time.**

## Wiring

Have you ever wondered why we like fatty or sugary foods? It's because they taste good and make us feel good (at least they give that illusion). It's not because we're losers!

It's important for you to take total responsibility for your food choices. Although it may be interesting to know everyone's personal life struggles, there is only one person who decides what you eat. With few medical exceptions, *the way you look is dictated by a huge number of decisions that you make on a daily basis.* In order to change ourselves, we need to take responsibility for ourselves.

**What we look like today is based on the decisions we have made in the past. Likewise, what we will look like tomorrow is based on decisions we start making right now. It's a classic conflict between short-term pleasure and long-term gain.**

## STARTING TO CHANGE

We all have limited willpower, and we should apply it sparingly. The people in your life who appear to have tons of willpower are just the same as you. However, they have learned to apply their limited willpower to gradually mold themselves closer and closer to their ideal selves.

Radical change does not work. We are trying to change habits that have been formed over years and quite often, generations. This is powerful programming that needs to be adjusted.

The ultimate goal is to develop a healthy, long-term lifestyle that will bring out your ideal self. Make this long-term change in a manner that maintains your quality of life. **Visualize the person within that you are helping to strengthen and bring forward!**

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