



Hi Friends!

3 days. that's how long it took to successfully interrupt a pattern I felt like I couldn't get out of!

Let me explain: I love breakfast. I never miss it! It's truly my favorite meal of the day.

The problem was, I kept "eating breakfast" long after I was done with the meal, to avoid getting my day started. I could easily consume most of my allotted calories, before 10am.

I know I'm doing it to avoid getting my day started. And yet, I do it anyway. I'll get an extra piece of toast, some more fruit, some rice cakes, a little more cheese, etc. It's honestly, just RANDOM things. All in an attempt to avoid the day ahead.

I knew it was a problem, and yet, I kept doing it.

Until one day I decided I would put everything on my plate I intended to eat for breakfast. Then, clean the kitchen before I started eating. And then commit to once I finished my plate, to turn my computer on and get on with the day.

The first day I resisted HARD! My brain kept trying to convince me that one little snack before I start my day wasn't going to matter.

However, I know studies show: **When you take action on a craving, it reinforces the behavior. The more often I say yes to impulses, the STRONGER that behavior becomes.**

Secondly, Studies also show, **not eating the food reduces cravings better than eating the food. It does not in fact, quiet that voice when you give in.** *(even though your food noise will let you believe it will stop once you eat that graham cracker. It won't!)*

The second day, there was a little longing for the pleasure of eating rather than working.

But by the 3rd day, I went right to work. It got easier. I interrupted that pattern i 3 days and was able to work till lunch without snacking!

SUCCESS.

So, my advice to you today: Count the number of times you are taking an action to NOT indulge an impulsive craving! Even use a tracker or tally.

You will be surprised at how often your food noise shows up and you immediately give into it!

Need more motivation? Get 10 of my **[BEST weight loss tips here!](#)**

MY BEST WEIGHT LOSS TIPS

“

Diet Tips

**When you take action
on every impulsive
craving, you reinforce
the behavior.**

**Each time you resist,
you are strengthening
new habits.**

 Health Beet

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