

# Break the Diet Cycle

Stop blaming yourself for diet failures—it's time to change the approach. This challenge will help you reflect on why diets haven't worked, shift your mindset, and take the first steps toward sustainable habits. Complete the tasks below to start building a better relationship with food.

## Diet Reflection

Write down 3 diets you've tried before and answer:

- What did you like about them?
- What didn't work?
- What would've made them sustainable?

## Red Flag Checklist

Use the checklist below to identify diet "red flags" you've fallen for:

- Extreme calorie cuts.
- Eliminating entire food groups.
- Rigid, all-or-nothing rules.
- No plan for maintenance.

## Break the Food Guilt Cycle

Identify 3 foods you've labeled as "bad" and plan how to enjoy them in moderation this week without guilt.

## Create Your Anti-Diet Plan

Write down 1-2 small habits you'll focus on this week that don't involve restriction. Examples:

"I'll eat a protein source at every meal."

"I'll track my meals to build awareness, not to be perfect."

