

DAY FOUR

SELF-KINDNESS / COMPASSION

The next elements you'll be working on practicing are self-kindness and compassion - for yourself and your body.

Be sure to catch the short training for day four here: <http://www.ronidavis.com/dayfour> for more then refer to your steps and questions below.

1. Continue practicing your strategies from days one through three.
2. BE KIND. And COMPASSIONATE to YOU. As often as you can.
How? Simple. You start by setting an intention to. Then, as you spend your day noticing your thoughts, noticing how you feel and what you need, ask yourself often, what is the kindest choice I can make for myself right now? Notice what comes up for you when you ask that and make a note below.

3. How is the self-compassion element going for you? Are you struggling with this one? Why or why not?

4. Let's do an overall check in with how you're feeling so far? What have you been noticing yourself thinking or feeling about the process in general so far? Judgments that you're "failing" because you're not perfect? Or maybe that you're "failing behind" because you missed a day? Maybe you feel like it's hopeless and you'll never change anyway so why bother? Maybe there's a part that's scared you can change and afraid of what life would be like since the struggle is all you know? Maybe you're frustrated because I haven't talked much about food or weight and you're not sure what any of these things has to do with your struggle? Whatever it is, comment below...

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Notes For The Live Call

Have questions for me? Use this section for any notes you want to make prior to our live call.

IMPORTANT REMINDERS

1. Filling out your worksheets is required to qualify to win the scholarship I'm offering for my Cognitive Eating Academy when it opens again in September.
2. This is PRACTICE, one that you cannot fail, or fall behind in. It's your life, your practice, your growth, your own pace. Be kind to and patient with yourself.