Dear Diary,

I am feeling so enlightened during this break. I really do think that I crave projects and being a part of so many things. Although this was a time of rest for me, I still decided to create a youtube channel with Eric, help him organize everything he needs for the PCT, edit a video of our journey, get all of my administrative work done, as well as being adamant about filling out my own journals and food diary and gratefulness documents.

I think that I am definitely a go-getter. Part of that might be because I get bored easily, but I think it’s because I see so much opportunity around me and it kills me to not utilize as much of it as I possibly can.

Today, I was hoping to write a little bit about my goals with food for the next few months. After reading about a third of the Mindful Eating book so far, I want to make sure I write some of this down and start manifesting before I forget some important details:

* I need to use smaller bowls, plates, cups, and containers when I serve myself food. This will allow me to not only eat less, but also feel like I am eating more subconsciously as well.
* I need to either make less food to start with, or only give myself 80% of the amount that I normally would give. This is because usually when I’m about half way through with a meal, I can feel that I am usually full, but a part of either my OCD self or just my humanistic traits make me think that I still need to eat everything on the plate until it is clean. Because of this, I need to only portion out enough food that I should eat in one sitting, instead of probably twice the serving size that I should be having (which is normally how much I probably eat!)
* I need to be way more mindful about preparing my food and eating my food. Taking a longer time to make it look nice, chewing for a longer period of time, and not being distracted by anything when I eat.
* I need to surround myself with people more when I’m both making and eating food. It will make me want to make my food look better and be more mindful about making it, and will also drastically reduce the possibility of me either binging, emotionally eating, or mindlessly eating
* I need to get rid of all trigger foods in my apartment. I think that it’s good to have foods that are sweet or a little bit carby if I am craving them or when my body needs a bit of a break from a rigorous week of good eating, but only if I can trust that I won’t overeat them. I think it will help to portion out a LOT of my food. I’m definitely going to start actually doing meal prep this quarter, which will help a LOT. I’m planning on doing meal prep for my lunch every day so that I never have to worry about overeating during the day. Then, every night I’m going to try to actually use recipes to make dinner about 3 times a week, so that I can utilize my leftovers for dinner the next day. I’ll need to go to the grocery store more often, which will just be a matter of stopping by after yoga!
* I need to set my table and eating area before I have a meal. No more eating on the couch laying down with my bowl on my lap. I need to sit down at the kitchen table and place silverware next to my plate, as well as some sort of water or tea or drink to accompany. I also need to choose small items and kitchenware to place around my meal to make it look bigger and subconsciously trick my brain to think I am eating more food rather than less food.
* I need to make sure everything around the kitchen and my apartment is clean both before and after I make a meal to ensure that the messiness doesn’t trigger overeating as well (because that’s something that I’ve found definitely helps)
* Whenever I eat anything at all, it is NOT ALLOWED to be out of the can, carton, bottle, or jar. I must scoop just one (or two if it’s small) servings into an actual appropriately sized container and then eat it out of there so that I can make sure I’m not mindlessly eating 5 to 10 servings of peanut butter or something.
* I need to stop buying so much food in bulk. The only things that make sense to buy in bulk are bags of spinach and maybe nuts or seeds.
* I need to treat my body like the temple that it is. No more being lazy or feeling sorry for myself or hating myself. I am going to LOVE MYSELF EVERY DAY by telling myself how beautiful I am. I am going to love my body every day by working out and exercising and stretching it and treating it well with both nutrients and good exercise. I am going to love my skin and hair and teeth and eyes every day by keeping them in good hygiene and giving them the right nutrients and not smoking unnecessarily or consuming too much alcohol. I am going to dress nicely and look nice every day so that I am a representation of the positive way I think of myself.

This is only the beginning. I’m going to be referring back to this list as often as I can so that I can easily set attainable daily goals to make these ideas a reality.

This quarter is a turnaround for me. I learned SO MUCH about myself last quarter, and I found myself in some dark places. But now I can utilize this experience and this new information to transport me to a higher and enlightened version of myself.

It all begins with manifestation.