

CHALLENGE

DAY 40: Temptation—RESIST!

Go to your favorite restaurant, order your favorite meal and DO NOT OVEREAT. Stop before you are full, like you have been practicing. For some reason eating out at restaurants makes this harder. Most likely it's because we don't want to "waste" food or it tastes better when it is first prepared, but no matter, when we overeat we end up enjoying it much less.

If you don't trust yourself to stop, put at least ½ of the meal in a carryout box before you even start eating. This will help lessen the temptation to keep going and finish what's on your plate. Again, do it all the way. Don't eat the rest as soon as you get home or come up with other ways to sabotage the challenge. You know what I'm talking about. 😊

Think about how you feel as you walk out of the restaurant. Do you ever feel good when leaving a restaurant? Isn't it nice to feel light and good when you're leaving? Remember that feeling!!!