



YOUR

WHOLE30<sup>®</sup>

MINDSET



The Whole30 is a short-term self-experiment designed to help me learn how specific foods work for me. I will not treat the Whole30 as a diet by counting calories, reducing portions, or focusing on bodyweight.



The foods I eliminate are not bad, they're just unknown. These food groups can be problematic for some, but I won't know how they work for me until I eliminate them, reintroduce them, then compare my experience.



No foods are good or bad, just like I am not good or bad based on what I eat. There is no morality attached to food, and my worthiness is not related to the food on my plate.



For 30 days, I'll give myself a well-deserved break from the scale and bodyweight and focus on all of the other benefits I'm seeing. My goal is to improve physical, mental, and emotional factors like,

\_\_\_\_\_,  
\_\_\_\_\_,  
& \_\_\_\_\_.



As I stop relying on food or drink to relieve anxiety, deal with stress, or numb my emotions, I will develop new self care practices like,

connecting with another person,  
\_\_\_\_\_,  
& \_\_\_\_\_.



During the Whole30, my only job is to put Whole30 food in my mouth. There is no "perfect" Whole30; I am successful when I simply follow the rules. I will not compare my Whole30 to anyone else's.



My physical and mental health is important. I am making a commitment to myself and the Whole30 process, including reintroduction. I am worthy of keeping this commitment, I deserve this experience, and I will advocate for myself during this time.