

The Foundation

What is your goal? Sure there is the obvious goal to obtain Freedom from Candida (change here according to program it's in) but take that a step further. What is the real goal here? Examples may be; more time with my children, to feel the best I can, To be able to eat again, to not be embarrassed every time I eat... The list will go on. Sit and think about these goal for a moment. What are the obtainable goals that will be the result of your new freedom?

Write your WHY list! This list is extremely important. Why are you doing this? Why are committing to such a life changing program? Why are you spending money on this program? Why is reaching those above goals so important? This is crucial and you will be referring back to this list multiple times as you retain your brain and habits. It's here that you make your WHY bigger then your BUT! Every time an obstacle comes up that the mental chatter begins you will revert here.

Example: you are at a birthday party for you mother and cake is being served

Inner thoughts:

- 1) wow that cake looks so good! I've been doing really well I'm sure a small piece wont hurt me
 - 2) No, I have been doing good and I don't want to blow it
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- 1) BUT it's my moms birthday, it only comes once a year. On top of that my niece made the cake and it would be rude not to try it.
 - 2) That one piece can give us a negative reaction and we could be bloated and uncomfortable for days. Already I feel more energy, more confident, spending more time doing activities with my kids. I know if I eat that it will reverse that for at least 3 days. Not worth it.

What are your foreseen obstacles? This is huge for success. There is no way you will be able to take 100% advantage of this program if you do not plan and prep for success. Success, and reaching your goals, are not just something that might happen. They are going to happen so lets get the hard part out of the way from the beginning. Some examples of obstacles you will face, by no meals limited to; holidays, birthday parties, really any social events. Extra busy week with the kids leaving less time to plan and prep. A vacation or last minute business trip. Friends or family trying to sabotage

your progress. As you look forward take notice of what may be true for you and your life style and know that you will get through it. Think through how you might handle each situation. I'm going to tell you planing and prepping the food is going to be KEY!! Being prepared with your food ready to go for you will be the saving grace through any obstacle you can think of. This is for you to think about your mental work and communication that will need to happen. From experience you will even notice that the anxiety you feel right now thinking about these challenges will not even occur when the challenge really does happen. You've already dealt with it and really most people don't pay attention to what you eat or drink at social events. You got it! Any situation that comes up, you got it handled!

Now, How does life look after reaching your goal? I want details here. Write how you feel, what you look like, what new activities you'll be participating in. Embody the feeling that writing this list gives you. What kind of internal peace will reaching your goals give you, maybe even peace for the loved ones around you. What daily routines will no longer exist and what new routines will take their place that allow you to live your life to the fullest. Really envision your life post program with all of your new skills, living in freedom.