



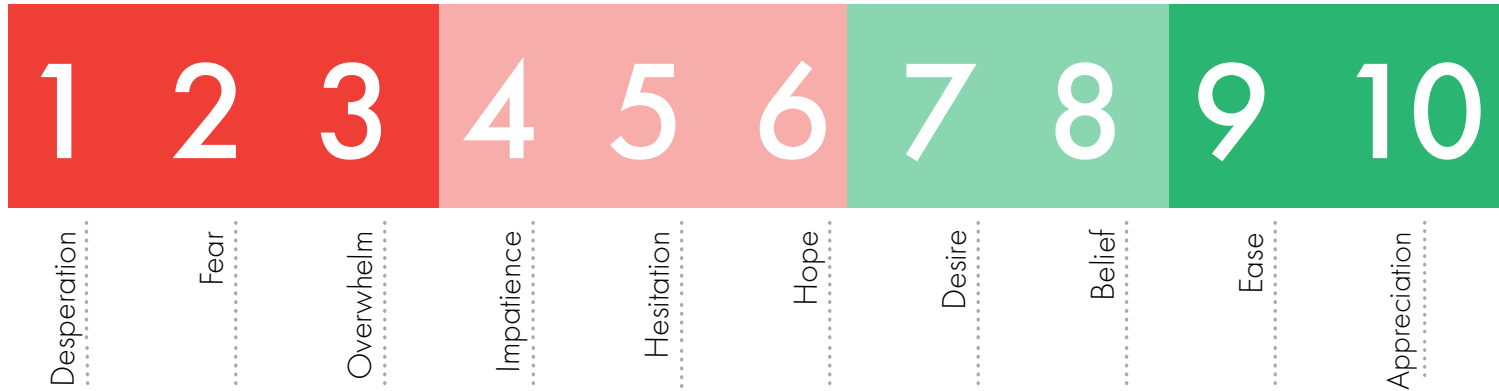
## I CAN'T

Force & Struggle



## I CAN

Ease & Flow



- 1 = Desperation/helplessness – Diets never work for me, why bother, I’ve tried everything, nothing works
- 2 = Fear/doubt – I don’t feel safe, I don’t want the attention, I won’t be comfortable
- 3 = Overwhelm – It’s too hard, too many rules, I’m too busy, it’s too much work, I have to use willpower and discipline
- 4 = Impatience/frustration – It’s not working, it’s taking too long
- 5 = Hesitation – I’ll give it a try
- 6 = Hope – Maybe this is the missing lin, if she can to it maybe I can
- 7 = Desire/commitment – I want this so bad, this has to work, I will do what I have to do
- 8 = Belief/certainty – I’ve got this, I know I can and will do it this time, this is my moment, I’m the boss
- 9 = Ease/effortlessness – This is the easiest thing I’ve ever done, I decide and my body follows
- 10 = Appreciation/bliss/love – I love my amazing body, I appreciate its perfection, all is well in my body, it is done