

# STELLAR *Life*

Hosted By *Orion*

## Break the Cycle of Yo-Yo Dieting

Transcript and 10 Point Checklist

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Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take

**TODAY** to start living a Stellar Life!

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# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Make a list of all of the negative terms you use about dieting and food, like “cheating” and “restriction.”
- For each negative word on your list, come up with two or three positive words.  
Consciously work on changing your phrasing to these positive terms.
- Set yourself a challenge of giving up all sugar for three weeks. During this time, observe your body and moods closely to see what a difference this makes.
- Shake the low-fat or no-fat mentality. Instead, tell yourself that fat is your friend, and focus on eating healthy fats.
- Start off each day with a breakfast featuring protein and fat instead of protein and carbs.  
Save the carbs for later in the day.
- Don't completely deny yourself indulgences! Instead, focus on eating mindfully; indulge when it will be truly satisfying, not just because there are brownies in front of you.
- Commit to overhauling one meal a day, starting with breakfast. Only once you've mastered how to handle breakfast, move on to lunch, then finally dinner.
- Visualize your own wheel of unwellness in detail. Write down what form it usually takes for you, and how events often play out.
- Beside each entry on your wheel of unwellness list, write at least two options for positive ways to break the cycle at that point (and get on the wheel of wellness instead!).
- For the next two weeks, set your alarm 30 minutes earlier each day. Use that extra time to do something physically active.