

The 4 Steps Worksheet:

- 1) **I'm desperate for change, because...**

(examples: I'm tired, have diabetes, carry unwanted body weight, am in pain, feel inflamed, am addicted to sugar, struggle with gut issues, suffer from skin problems).

- 2) **I know exactly what to do. I have a solid plan to fix the problems! If I...**

then I will improve my situation and will have less pain. (examples: avoid carbs, eat meat, take 8K steps per day, get 8 hours of sleep each night, do daily breath-work, learn to deal with emotions, take sky breaks, lift weights 2x per week). These are ideas of what can go on your bubble sheet.

- 3) **I have incredibly good reasons to believe that this is going to work. I'm inspired by...**

(examples: people in my group, specific Carnivores, YouTube channels, books)

- 4) **And as I see and feel better results, I'm going to be motivated. Here's what's getting better so far:**

(examples: energy is improving, mood is better, cravings are going away, sleep is deeper, skin is clearing up, pants are fitting better, _____")

If I put in the work every day to do the things that I know are good for my overall health, there is ZERO chance that SOMETHING isn't going to get better. It may not be the scale today. But SOMETHING is going to improve: The number of push-ups I can do. The number of steps I take. The number of hours I sleep. The food that I eat. How strong I am. How hydrated I am. How much seafood I eat. How much I smile or laugh. How many kind things I do for someone. How grateful I am. **SOMETHING will improve.** And those small improvements add up.

Affirmation: "I have important and valid reasons for making these changes. I have a solid plan for change, and I have steps that I can control. I have great hope that these changes WILL work for me, and I can see signs already that my plan is good for my health and for my life. I can improve **something** in my life every day, and I am working towards the things that I truly want in life. I have EVERYTHING I need in order to get where I want to be. I am improving, and I will see those improvements show up in many areas of my life (including the way my clothes fit and how I feel) if I stay consistent. THIS TIME IS DIFFERENT."