



C h r i s n a R a v y s e

# 7 steps 7 days

7 Steps To Develop A Healthy Eating Habit In  
Only 7 Days

# Introduction

Looking after your health is a core element to living an abundant, vibrant, and fulfilling way of life. Being overweight has become the norm, but it's not normal. And even though we all have to love ourselves for who and what we are it does not mean we should just indulge in all the sugary treats and become overweight.

However and important thing that you must come to terms with is this simple fact — diets are a temporary fix and will not work for long-term health and wellness. Taking ownership of your current lifestyle and deeply rooted poor habits is the only way to go.

These seven steps are to help you develop a healthy eating habit in only seven days. You will be choosing one tip per day to focus on over the next week and you will begin to regain control of your overall well-being.

## **STEP 1: There is no time like right now!**

We often think we will start on a Monday or in the New Year, but what is wrong with right now? If you start right now you are one day closer to your goal.

So go ahead and take the first step today. No more waiting until Monday, the first of the month, or whatever excuse you have to put off until tomorrow what you can begin to do today.

The perfect time for anything is right now right here, waiting will not change circumstances for you to make it better. The only thing standing in your way is you.

## **STEP 2: Take responsibility**

You are the only responsible for the choices you make regarding what you eat and how much you eat. If you have struggled and failed in the past try to think back and determine what went wrong, I am sure you will know. More often than not the problem lies with our choices and not with the diet.

Be aware of your thoughts, and remember that you can do this and instead of putting yourself down start by motivating yourself and becoming your own best cheerleader.

**If you really want to do something you will find a way, if you don't you will find an excuse**

*— Jim Rohn*

## **STEP 3: Are you really hungry?**

Our emotions influences our relationship with food. And various things such as when you're feeling unhappy, stressed out, excited, lonely, or bored can be triggers for you that you are trying to fix those with food. So before you eat, it's important to stop and think; clarify if it's your stomach that is hungry or if it's your mind and heart that needs attention instead.

If you're eating for any reason besides physical hunger, you need to reconsider it.

Being mindful of your emotions will help you to distinguish between your emotions versus your physical needs. And this will be a very important lesson for you to get hold of your eating habits.

## **Step 4: Be clear on your goals**

You have to be very clear on what it is you want and why. Your motivation will get you started, but a habit will keep you going, and discipline will bridge the gap between your goals and accomplishment.

Look at your goals as stepping stones rather than final destinations; reaching the goal is not the end, but the means to another goal. Set them in such a way that with continuous and diligent effort, you can bring them to fruition.

Never give up! If "Plan A" doesn't seem to be working for you, stay cool, the alphabet has 25 more letters!

## **STEP 5: Focus on progress**

You have to focus on the journey and celebrate every achievement you have obtained. And stick with that one healthy habit before trying a next one. Along the way, you must be completely and totally honest with yourself if you are going to move forward and achieve your objectives. Regularly ask yourself if your behavior and your goals are in line. If so keep going, if not modify your actions.

Keep in mind that slow progress is better than no progress; look toward consistency as your goal. Quit expecting your results to be instant, dramatic, and spectacular!

## **STEP 6: Start with one thing**

Changing lifelong, deep-rooted habits will take some time and it can be easy to convince yourself that you are not making positive gains.

Therefore, start with one thing at a time to check off that you feel you have gained control over before moving to the next

1. Start your day with a glass of water
2. Remove all added sugar

## **STEP 7: Take time to chew your food**

It takes the brain almost 20 minutes to recognize that the body is full, by eating slower you will give your body time to send the right signal but you will also be able to really enjoy your food, the taste the smell and texture. Taking time to enjoy food helps you to enjoy the food in the moment rather than just mindless eating.



# Let your journey to success be intentional not accidental

## About the author

Chrisna Ravyse (Dr Chris) holds a PhD in Clinical Exercise Physiology and is a professor in Nutrition.

After having her third child after 40 she got stuck in a rut and was not able to get back to her fit and healthy self. Only after going through journey of self discovery and applying scientific principles of behaviour change did she manage to pull herself up.

Using her education, science, experience with clients and own journey she put together a proven system to help people change their habits for good. The elements summarized in this book is the core of what she uses with her coaching clients.