



**Mind  
over  
Munchies**

[www.thrivyest.com](http://www.thrivyest.com)

**Win the Battle Against Mindless Snacking**

# THRIVEST



hey there,

I'm Emily (aka Thrivest, founder) Here's a little bit about me. I'm an empty nester with a passion for helping women change their eating habits in order to feel their best, lose weight and keep it off. Around my mid 40's, I found myself tired, overweight, and my snacking was on auto-pilot, mostly out of habit. I felt stuck and ready to change. I did not want to enter my 50s this way. I took a closer look at my life.

My health: mental, physical, and spiritual. I began to find ways to have more energy and better sleep. I challenged my current habits and routines. I began to realize the mindless snacking - often out of boredom, stress, frustration, loneliness, and tiredness, had become my comfort - the way I numbed or distracted myself either once I walked in the door mid-afternoon, or after dinner - or some days both, afternoon and evening!

My goal is to educate, inspire, and even challenge the messages women tell themselves. "It's okay, it's just a handful of mini chocolate chips", " a few bites is fine" and while it is fine and okay, the real question is, is it necessary? Your whims and spontaneous eating will always satisfy your current wants but they will never satisfy your goals.

Picture yourself with support so you don't have to figure it out alone. Most women will continue to set good intentions and make internal promises to themselves without any support or nutrition education. What sounded good in the morning has a hard time standing up to the pull of the pantry at 4 pm or the ice cream that calls your name around 9 pm. If the only thing you get from this is a new way of looking at your mindless munching, it'll be worth it.

[www.thrivest.com](http://www.thrivest.com)

# PLAY THE MOVIE FORWARD CHALLENGE



This is a great tool and requires complete honesty with yourself. Picture your afternoon or evening like a movie reel. It has a beginning, middle, and ending. You get to write the storyline. What will really happen if you have just a few snacks? When a craving is happening, it's easy to get caught up in the feeling. Take a moment to really visualize what will really happen. Will you have more than you intended? Late-night snacking undoing your workout? Feelings of regret? Perhaps when you wake up the next morning disappointed for breaking another promise to yourself. Also, play the movie forward with a different choice. What will happen to your night if you skip the snacks? Get detailed in your mind ...will you be able to enjoy a cup of tea, maybe read a good book, get a good night's sleep and wake up feeling proud of yourself! The cool thing is you are in control of your choices.

[www.thrivest.com](http://www.thrivest.com)

# SURF THE URGE

## CHALLENGE



Cravings are REAL....but have you ever had one that, literally, lasted forever? They can certainly feel that way but they DO pass. This happens in minutes not hours. Picture an urge or a craving like a wave. It can feel large and often overwhelming. Now, picture yourself on a surfboard. You're simply aware, taking a mindful pause, and not running to the old habits. That's huge!!

Here's a practical tip: Set a timer for 20 minutes and see if the craving is still as strong. If it is, try this...Make a deal. Tell yourself you can have the desired "thing"...tomorrow. I doubt you'll wake up and wished you had those cookies, or chips, or ice cream. My guess is you'll wake up energized and without regret. Remember, cravings and urges are 100% normal and don't say anything about you. It's a normal part of change.

# want lasting change?



I created what I wished I could have found. There are several outstanding programs out there but I had yet to find a place where I could build habits, receive live feedback, and talk to a real person who had done the hard work AND had the educational credentials to back it all up.

If you're wanting to understand the struggle from a holistic perspective and focus on your overall health with a priority of changing your mindset then you've found the right place! There's not a "one size fits all" approach, however, there are nutritional guidelines that do fit each person. The goal is freedom from the mindless eating in your life and finding true relief from the exhausting "tug-of-war" in your mind and heart.

Is your goal a healthier lifestyle without a negative mind? What will happen if you don't take action toward a mindful approach to your eating and snacking? Are your eating habits really taking you in the direction you want to go?

I would love for you to join Thrivyest. Check out all the details here at [www.thrivyest.com](http://www.thrivyest.com)

*supporting your success*

*Emily*



# thrivyest

RATED #1 TEXT TO WAKE UP TO

## Rise & Thrive



# thriviest

TIPS TO THRIVE EVERY THURSDAY

Subscribe Now

shopping list



## Grocery Staples

### BREAKFAST

- Oats
- Berries
- Eggs
- Dave's Killer Bread
- Avocado
- Bananas
- Almond Milk
- Special K 15g Cereal

### LUNCH

- Spinach
- Tomatoes
- Cucumbers
- Baby Bell Peppers
- Almonds
- Pita & Wraps
- Veggie Burger
- Tuna
- Low Sodium Soup

### DINNER

- Zoodles
- Marinara
- Meatballs
- Chicken
- Fajita Veggies
- Shrimp
- Brown Rice
- Cauli Crust Pizza
- Romaine

[www.thriviest.com](http://www.thriviest.com)