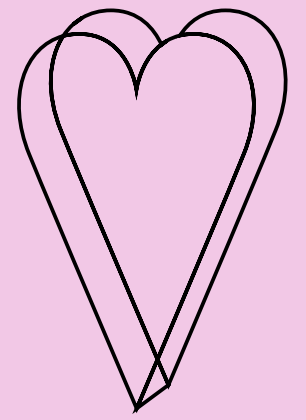


TFGG

the fit girl gang

**The
Self Love
Project**
PART 4



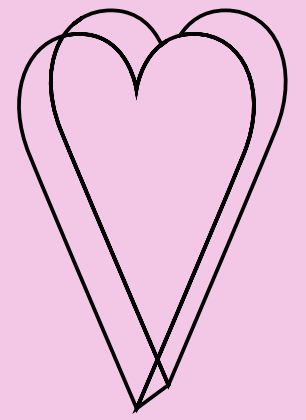
Part 4: Habit Replacement

WATCH THE PART 4 VIDEO FIRST

It feels so easy to label someone an alcoholic or drug addict, but why is it so hard for us to call ourselves out on our own addictive behaviour? Here's the thing: as much as you might not label your own self deprecating habits as "that bad", deep down you know they aren't good for you.

Whether it be over-training, obsessive calorie counting, binge eating, face picking, judgemental shit talking, or hundreds of other things, we all suffer from our own negative addictive habits. The thing about quitting them is, it's hard to quit cold turkey! There is a reason that gum exists for smokers. We need something to replace our old habits and the time we spent on them with something else! If something has been taking a chunk out of your day and your mental space for an extended period of time, it's going to be insanely hard to drop the habit without doing something else in its place.

Part 4 of the SLP is all about identifying the addictive habits we want to break, and finding out what we can replace them with that will elevate our overall wellbeing and quality of life.



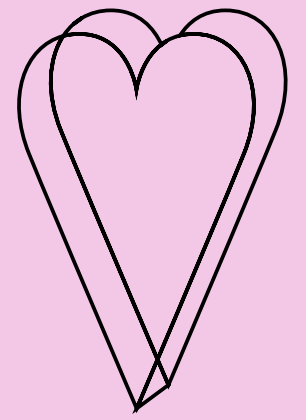
Actionables

1. Bad Habit Identification

Just like I talked about in the video, it's SO important to identify our own bad habits and be honest with ourselves about them. There is such a wide range of habits that yours could fall into, and I don't want you to get overwhelmed by trying to cut them all out right away! Follow this formula to address what matters most right now:

- What are the 3-5 habits you find yourself doing repetitively that deep down you know are having a negative impact on your life and mental state? These can be actions, thought patterns, or anything at all that comes to mind.
- What is the number one thing that you listed that you know is having the greatest negative impact on you?

Let's focus on replacing that one first.



Actionables

2. Finding (the right) Good Habits.

Here's the deal: you have SO MANY OPTIONS. And sometimes, "so many" can become really overwhelming. Just remember that in doing this, we have literally all the time in the world! You can (and should) keep trying things until you find something that sticks. Maybe you'll find a few things that you love to do right away, maybe it'll take awhile, but either way the process is so worth it.

Something to think about: as a child we are encouraged to constantly play. Grown-ups tell us to try new things, think with our imaginations, and there is basically no judgement if we are good or completely awful at the things we try. As an adult, we're expected to know who we are, what we like, and what we are good at. But that is some mother fucking bullshit if I have ever heard any. So I encourage you just to try! Embrace your creativity! Try things that have always intrigued or intimidated you and don't be afraid of judgement. Always wanted to do a pottery class? Go for it. Like the idea of a book club? You read those books. Want to ride a horse? Get on a damn horse! It's time to quite boxing ourselves into who we think we are "supposed to be".

Good Habit Ideas:

- Facetime chats with someone in your life that makes you feel good.
- Going for a walk (with a friend, cute pet, or just alone to get some fresh air)
- Stretching (while listening to relaxing music)
- Taking on a Pinterest AF craft or home reno project
- Foam rolling (you know you're supposed to be doing this on the reg babe!)
- Take a course in something you have always wanted to learn
- Pick up a skincare routine (like I said this one was HUGE for me)
- Take a bath (but like a hardcore bath, with music, candles, alllll the good smells)
- Meditate (remember, there is no wrong way to do it)