



**Natalia García**

Functional Nutrition & Wellness

# Aligning Your Mind & Intentions

**Hi,**

The goal here is to bring awareness to what stands in your way and focus on what you know you want to accomplish.

Set aside some time to fully focus and write what comes to mind in response to these questions below flash the keyword here is right; just mentally noting the answer doesn't hold you accountable or have the same affect - The simple act of writing down your unedited in the world is a worthy transformation.

- **What makes me want to do this program? What is my dream for my body in my life that this program will make possible?**
  
  
  
  
  
  
  
  
  
  
- **What are three specific goals I have for these 12 weeks?**



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- What are the top 3 things that hold me back from my goals? (Examples are, emotional eating, sugar addiction, choosing for quality foods, busy life, food pushers who encourage bad habits, fear of failure, fear of success)
- What beliefs do I have that might be holding me back? Examples are "I have of tried before and failed" or "giving up sugar is too hard, and I can't do it" or "I don't deserve to give myself this much time and attention"
- How does struggling with my individual concerns, whether these are not feeling comfortable in your own skin, digestive issues, poor self-esteem, lack of energy, food cravings and being overweight or sick diminish or pushes me away from my happiness in from my ability to fulfill my life's purpose?



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- How do I see my life changing by learning to properly nourish and take care of my body and health through Functional Nutrition?
  
- What positive experiences have a hide in the past that resulted from eating well and practicing self-care and nurturing?

The more you can bring to light the obstacles and opportunities that may be hidden in your subconscious mind, the better chance you have of navigating around them.