

Whats Feeding You Movement

By: Ebony Gould

I designed this movement to create a routine of intentionality leaving minimal space for what no longer serves you. Creating bridge of the mind, body and soul to hold yourself accountable. The WFYM creates structure and positive momentum throughout the day. Below is an example of what my WFYM looks like, use this example to create a routine for yourself, join the movement by sharing on social media using the hashtag

#WHATSFEEDINGYOUVMNT  or #WFYM 

Example:

STEP 1

MIND,SPIRIT,SOUL: Your first thoughts set the tone of the day you will have. Start your day with affirmations, prayer, meditation, and thankfulness. This enforces good energy. This is your reset button.

BODY: Nutrients, just like affirmations fuel the mind, it's also important to fuel the temple. Breakfast is the most important meal of the day. Make healthy food choices. The food we indulge in has an effect on our mental health, (it's called comfort food for a reason). For example; my breakfast typically looks like oatmeal, turkey sausage/bacon, fruit, and coffee/tea/water.

Step 2

MIND,SPIRIT,SOUL: Being intentional about the things that you indulge in throughout the day is important. To keep the positive momentum instead of listening to secular music start

your day with a calmer tone. This helps stimulate your mind gradually allowing space for you to take full advantage of your true thoughts/feelings and emotions. For example, I listen to jazz or christian music then transition into podcasts and youtube videos (mentors, life coaches, sermons, topics related to my brand) then rap/R&B. Jazz music allows me to focus on any thoughts that I have to be amplified due to not hearing any lyrics (words) other than my own. Then christian/ gospel music for confirmation/reassurance. Next podcasts and youtube to gain knowledge on anything that I may have come across in this process or to catch up on my subscriptions. The main point of this step is SUBSTANCE instead of filling your life with low vibrational social topics that have no benefit, look for outlets that help you **EEVOLVE!** Create boundaries for fun, knowledge, and rest.

Body: Become disciplined to feed yourself nutrients that are healthy and adapt to a fitness routine. Remember your body is your temple. Everything that you are ingesting orally has an effect on you. So make healthy choices throughout the day, treat yourself in moderation. Yes, substances such as drugs, alcohol, and hookah etc are included. For example, typically I'll have a turkey wrap, popcorn, peach tea/water and maybe a fruit for lunch. I meal prep my dinner meals 5 days out of the week and implement a fitness routine 4 days of the week. I also make it a point to have naps when possible. If it's hard for you to get 8 hours of sleep instead of scrolling aimlessly on social media, make a swap for a 30-45 min nap. I'm purposely leaving little space for anything that can deter me from any physical goals I have set for myself.

Step3:

Body, Mind, Spirit, Soul: The last thoughts/ emotions you have

before bed has a great effect on the quality of rest you will receive throughout the night. Here is where I reiterate prayer, manifestations, affirmations, gratitude, meditation and thankfulness. For example, in my prayer I thank God in advance for the rest I will receive as I sleep to be rejuvenated *for* the day ahead of me. Thanking God in advance for bringing peace to my mind, calming my thoughts, yet bringing any clarity that I may have missed throughout the day. Casting out my cares gives him full control, trusting in him that he knows the best outcome for my life. (Also implementing a *hygienic* routine) allowing yourself to completely unwind. Another suggestion *is setting* an alarm, utilizing the focus mode setting if you have an Iphone or do not disturb function. This creates a healthy boundary to put yourself first as well if accessing your phone contributes to interfering in not *getting* the sleep you need.

I hope this movement creates a healthier dynamic for you.

Start mapping out a routine feeding yourself all you need to EEVOLVE into the highest version of self. Don't be afraid to make adjustments if necessary. I look forward to seeing your interactions on social media using the #WHATSFEEDINGYOUVMNT💙! Or #WFYM💙

What will you be feeding you?