

Welcome!



The First Step – Thought!

“Thoughts lead on to purposes;

Purposes go forth in action;

Actions form habits;

Habits decide character; and

Character fixes our destiny.”

— Tryon Edwards



A wide-angle photograph of a beach. In the foreground, a series of dark footprints are visible in the wet sand, leading from the bottom left towards the water. The ocean is a deep blue with white-capped waves breaking onto the shore. The sky is a lighter blue with scattered white clouds. The overall scene is bright and serene.

Small Beginnings!

“Journey of a thousand miles begins with the first step.”

How do you eat an elephant? One bite at a time.

Drops of water become a flood

Success follows when one thing is done purposefully, enduringly, repeatedly, until it becomes second nature

Definition of an expert:

An expert is someone who achieves exceptionally high performance levels on a particular task or within a specific subject matter.





Expert

While some suggest that devoting 10,000 hours to studying and practicing a subject or skill helps you achieve the level of expert, others believe that for some people it could take 20,000 to 25,000 hours to truly master a subject.

My “First” first step: Avoiding Added Sugar

- No sugar (not even honey) added to coffee – adding cinnamon to coffee
 - No soft drinks – drink only water – infused with lemon
 - No desserts – eat only fruits
 - No snacks – occasionally eat nuts
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- Keep my fingers crossed: going on week three! I am not an expert yet!
 - No weight loss yet.



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What is
Your First
Step?





My “Second” first step:
“Mindful Eating.”

There are no menus or recipes for this way of eating, because it’s more about **how you eat** than what you eat, which makes it less restrictive than fad diets.

What is Your First Step?



Labyrynth in Brookside Gardens, MD





- “Mindful eating grew out of the concept of mindfulness, which is being aware using all of the senses of the present moment...It involves the development of a special kind of awareness that you bring to the table whenever you eat.”

Susan Albers, PsyD.

Mindful Eating Exercises to Try
(clevelandclinic.org)



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mindful eating strategies

- Sit down while you eat
- Eating at your desk, in the car or while you're making the kids dinner are all prime examples of mindless eating. Turn off the TV and get rid of distractions. "[Research](#) indicates that if we sit at a table, that helps us to be mindful of how much we're eating and enjoy our food more because we're focused on it."

- Dr. Albers



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mindful eating strategies

- **Use all your senses**
- Make an effort to observe the look, smell and mouthfeel of your food. Take small bites. Chew slowly. This is easier said than done and may require practice. “When you’re getting started, set a timer for 20 minutes with a small portion of food and make sure it lasts that long,”
- Close your eyes: feel the texture, temperature.
- Experience new tastes. Salivary amylase releases new tastes.

