



THE CRITIC-FREE DIET

THE MOST HEALING DIET THERE IS!

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FREE VIDEO SERIES <http://ninamanolson.com/video-series>

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1 AWARENESS

DAY 1 & 2

Notice the inner critic. **Listen** carefully to what and how your “mean mirror voice” expresses herself?

Write down 5 things that your critical voice says

(ie. your belly's too big, your arms are too flappy, your hair is too thin – what YOU specifically say to yourself)

Getting to know your inner critic/mean mirror voice allows you to differentiate her voice from your higher self/authentic voice

2 SELF-COMPASSION

DAY 3 & 4

Interrupt the critic voice with self-compassion and loving kindness.

Experiment with these two phrases to see what resonates best for you:

May I love myself completely, just the way I am.

May warmth and kindness fill my heart. May I love myself.

3 ZOOM OUT

DAY 5 & 6

Imagine your eyes are like a camera lens than can zoom out to the whole of you – the whole of your physical self and the whole of your inner world.

Look in the mirror and zoom out to **see your specific brand of beauty!**

4 BE REALLY NICE & LET THE KINDNESS IN

DAY 7

Say nice things to yourself, eg. "I look nice today" or "that color looks really good on me."

Start flexing the be-nice-to- yourself muscle. Let in your kindness!

REPEAT IN ANY ORDER AND AT ALL TIMES!