

10 QUIRKY THINGS THAT CHANGED MY RELATIONSHIP WITH FOOD, PEOPLE, & THE UNIVERSE

1. Eating French fries with a fork is not quite the same as with your hand **BUT**, you automatically eat less.

2. When I'm too tired, cranky, or sore to go to yoga those are the times I need it most.

3. Kombucha in a wine glass can serve as a real glass of wine about **75%** of the time.

4. Anticipating pain is far worse than actual pain

5. Having a dog has sky-rocketed my physical and emotional health

6. After the first few sips of morning coffee, it's really more about the comforting warm cup & may as well just be hot water at that point.

7. If I want to feel better in 5 minutes, I'll do whichever of these is most accessible: get out in the sun, make a green smoothie, do a backbend

8. An afternoon run can turn my day around like nothing else.

9. I can have whatever I want, as long as I have the courage to ask for it.

10. "Everything is okay in the end. If it's not okay, it's not the end."
John Lennon
(words I live by)

