



Be That Girl!

with Jody Grimm

“That Girl” {noun}

definition: a girl/a woman who is **confident + proud**. she **builds others up and never puts herself down**. she **enjoys what she eats** but **rarely gains a pound** {and when she does, she welcomes it, trusting it's what her body needs}. she's **healthy + strong**, but not because she passes up on dessert or spends hours in the gym. in fact, she's quite **free** from limits or stress, from guilt or shame, from “shoulds” of any kind. she's **in touch with her body** and **isn't afraid to follow her gut**, inside or outside the kitchen. she accepts, with pleasure, the responsibility of **creating her dream life**. she's **happy + authentic**. she's **sexy + alive**.

she **glows**. she **shines**. she **radiates**.

does this sound like YOU? if yes, then get out there and spread the love! if not, are you ready to stop waiting, stop wishing, and **start being that girl?**

then get started with my 5 day action guide!

jodygrimm.com

day one: commit

repeat after me:

today is the day.

action:

sign on the dotted line below, enter the above affirmation into your smart phone as a daily reminder, and fully embrace your commitment to change.

sign: _____

day two: ditch processed foods

repeat after me:

i'm a woman who doesn't limit food out of guilt or shame. rather, i choose to eat whole, unprocessed foods because i respect my body and mind and only want the best possible fuel for my life.

action:

plan for a day of 100% whole, unprocessed foods {nothing that comes in a package} & follow through.

{breakfast}

ex: farm fresh eggs +
black beans + avocado

_____ ☐ made it!

{lunch}

ex: kale salad + quinoa
+ veggies of all kinds

_____ ☐ made it!

{dinner}

ex: lentil soup

_____ ☐ made it!

{dessert}

ex: orange chia pudding
w/fresh berries + honey

_____ ☐ made it!

day three: ditch calorie counting

repeat after me:

i'm a woman who doesn't calculate or obsess over calories. i know the nutrients in my calories are much more important than the number of calories themselves. i choose to eat whole, unprocessed foods and can feel free to eat as much as i'd like. i nourish myself with every bite.

action:

donate your scale or just throw it straight in the trash. toss out any type of record keeping you've kept in the past and commit to giving it up for good. oh and then, **write your body an apology/love letter** {"Dearest body of mine, "}, thanking your body for all she does on a daily basis.

day four: get moving

repeat after me:

i move my body for fun. it makes me feel sexy and alive. i choose to move my body because i love to get my blood flowing. i'm in tune with what types of movements are best for me.

action:

list ONE practical way you plan to move your body for pleasure today {for at least 30 minutes total} and follow through {ex. walk, dance, jump rope, swim, yoga}

tip: *if you don't know what movement excites you, try something new!*

congratulations on finishing day four!

remember to reflect on and celebrate your success, gorgeous lady. big changes happen slowly, decision by decision, and you've been making great ones so far.
shake off any slip ups and recommit to feeling incredible.

day five: increase time with people, places + work you love

repeat after me:

i know it's not just my food that feeds me. being healthy and happy means keeping my stress levels down and spending time with people who make me feel at my best, in places that make me feel at home, and doing work that inspires me.

action:

list 3 people, 3 places, + 3 work/activities that make you feel alive. next, schedule it in. add these people, these places, this work into your **calendar** (i.e. plan a phone call with a friend, book a flight, block off a full day to lose yourself in a project).

people i love

scheduled!

1. _____ ☐
2. _____ ☐
3. _____ ☐

places i love

scheduled!

1. _____ ☐
2. _____ ☐
3. _____ ☐

work/activities i love

scheduled!

1. _____ ☐
2. _____ ☐
3. _____ ☐

now that wasn't so hard was it? **it's actually quite fun to admit we have the power to change!** stay with it, step by step, and keep me in the loop, will you? [visit me on facebook](#) to say "hello" and [visit jodygrimm.com](#) stay up to date with all my latest adventures, in the kitchen and out and about in this beautiful world.

i'm SO thrilled to be by your side.

xo, jody