

Belief Systems



1. What are my positive beliefs about eating plant-based? (ex: 'I will be more healthy,' 'I will lose weight,' etc.)

2. What are my negative beliefs about it? (ex: 'it's too hard,' 'I'll lose people I love,' etc.)

3. With the above, ask yourself what's true and what may be a story (a belief). Write in detail.

4. What do you need in order to let go of what may you hold you back?

5. Write the mindset that best serves your plant-based goals and helps you to move forward.