

Family & Social Dynamic

HAVE A POSITIVE CAN DO ATTITUDE.

BE SECURE IN YOUR DREAMS.

- 👉 Share your tasty recipes and the food you love, bring plenty for everyone. Introduce raw recipes your loved ones can relate to.
- 👉 Be lighthearted, non dogmatic and nonrigid flow with the given energetics while keeping it positive.
- 👉 Be allowing and accepting of other peoples choices non defensiveness and non judgement opens way to true understanding.
- 👉 Feel no need to educate others. Let others come to you instead of offering unsolicited (and often unwanted) information.
- 👉 Be easy in relating understanding, compassion, and openness go a long way.
- 👉 Avoid debating.
- 👉 Choice a celebratory attitude when sharing with others, simply sharing your own experience and the benefits you receive is more beneficial than trying to sell or convince anyone.
- 👉 Don't take it personally if others don't agree with you or relate to you.
- 👉 Find your sense of belonging in relishing in the truth you've found rather than seeking it in others.
- 👉 Understand that trying new things and changing diet can be threatening and scary for others... be gentle with an easeful attitude.
- 👉 Don't expect others to understand your choices.
- 👉 Share your authentic enthusiasm and joy around your experience without expecting anything in return. Just share!
- 👉 Go where others want to go when going out to eat. If necessary eat before or after, be easy to get along with and non demanding. Take care of yourself so others don't feel like they need to.
- 👉 Remind others they need not prepare for you, you'll bring something to share. If they do want to prepare for you give them a simple recipe to follow.
- 👉 Have a good time with it.
- 👉 Feel confident with your choices instead of self conscious.
- 👉 No need to take it all too seriously, do what you do for yourself, and don't worry about what others think this is key in sustaining your path and being self empowered. What's significant is the conviction and confidence you carry yourself with not what others think about you. If this is affecting you in your food and lifestyle choices how is it affecting you in all areas of your life?
- 👉 Give thanks for what your diet and lifestyle reveal, live in gratitude.
- 👉 Laugh with others and let them tease and joke this is a great ice breaker... no need to take it seriously... laugh with them! Go along with it to create a relaxed atmosphere. If you aren't able to laugh ask yourself what you're really feeling, what's the true root of resistance/ defensiveness you may be experiencing?
- 👉 Generally you'll find that if you are easeful, others will be too. Set your intention before gathering and use it as a guideline to maintain integrity with your priorities.
- 👉 Keep smiling on the inside for knowing what works for you and how you are ultimately benefiting others as a result.