



INTERRUPT YOUR OVEREATING

Break the stronghold of food.
Lose the weight and improve your
health without counting calories

TINA REDDER

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YOUR "WHY"

. Why do you want to take back control?

INTERRUPT

What keeps you stuck in a cycle around food?

FILL THE VOID

Become comfortable with being uncomfortable.

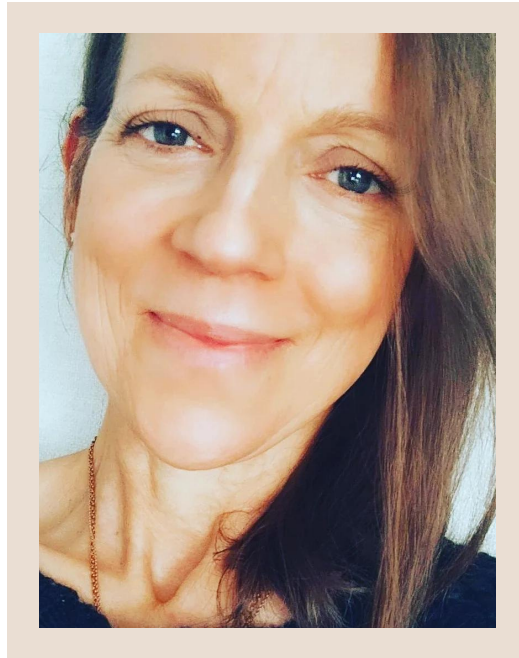
FOOD GUIDELINES

Guidelines to keep you on track.

THE STORY OF THIS GUIDE

How and why this guide was made.

I'M TINA REDDER



WELCOME TO YOUR ACTION PLAN!

Hi, my name is Tina,
an overcomer and conqueror of the stronghold
of food.

As a nutritionist I have been working online in the health
space for over a decade.

The steps in this guide are the steps I used for myself to
finally be free of food controlling my life.

If you are also done with being stuck in food, you are
at the right place. Read first the following chapters that
tell you what you will learn and how to make the most
of this guide before you dive in.

You can do this! If I did you surely can too,
Tina x

WHAT YOU WILL LEARN

After reading this guide and using it as your workbook, you will know what overeating is, why you might be doing it and the effects it has on your body.

You will identify your WHY, the deepest reason why you want to break free from the stronghold that food has on you. Knowing your WHY will keep you focused and on track to freedom.

You will find out what it means to be controlled by food and how to break the chains.

Discover the eating cycle you are stuck in and find a way to interrupt it. In the moment and in the long run. You need both.

But what to do when not eating? How to fill the void?
Solutions for these questions.

The food guidelines are here to help you make the best food choices and learn new habits to get you and keep you satisfied without counting calories.

Honestly, my biggest gain from conquering overeating is a clearer mind, to not be distracted and kept busy by thinking about food, what to eat, what not to eat, when to eat, how much to eat. And feeling bad and like a failure when it didn't go as planned. Then start again ...

Overeating, not having control over ourselves concerning food, is not something we like to talk about.

Not having self-discipline can make us feel out of control, it sure did me feel like that.

If our thoughts and feelings are constantly "in the food" we are missing out by not fully living the life we can be.

Life that God has planned for us.

MAKE THE MOST OF THIS GUIDE

To help you be successful in interrupting your overeating, I will give you a short description on how to use the information that I share with you here.

The guide is partly a workbook, partly information. The first part is dedicated to sharing with you information about overeating, motivation and being controlled by food to help you understand what can be happening and why.



The second section dives deeper into your personal cycle and habits, the how to and why. Here you will search and find the answers about your own personal experiences around overeating.

It is very important to actually go through the questions, fill in the answers and do the exercises you will come across. If you are like I sometimes am, you probably think that reading over it and maybe answering them in your mind will be sufficient.

Honestly, it won't be.

You have to do the work to make your efforts successful. And keep going back to it when needed, this is not a one time and done solution.

No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it. (1 Corinthians 10:13)

C H A P T E R

01

WHY DO WE OVEREAT?

What is overeating
and why do we do it?

OVEREATING, CAUSE & EFFECT

There can be many reasons why we overeat and you know this is a fact if you are an over-eater like I was. The reason is different for everybody but the actual interrupting most of us need is the same.

Whether the reason is based on emotions, good or bad, social influences, habits, mindless eating, external cues or just lack of awareness, you need to know how interrupt the action of overeating.

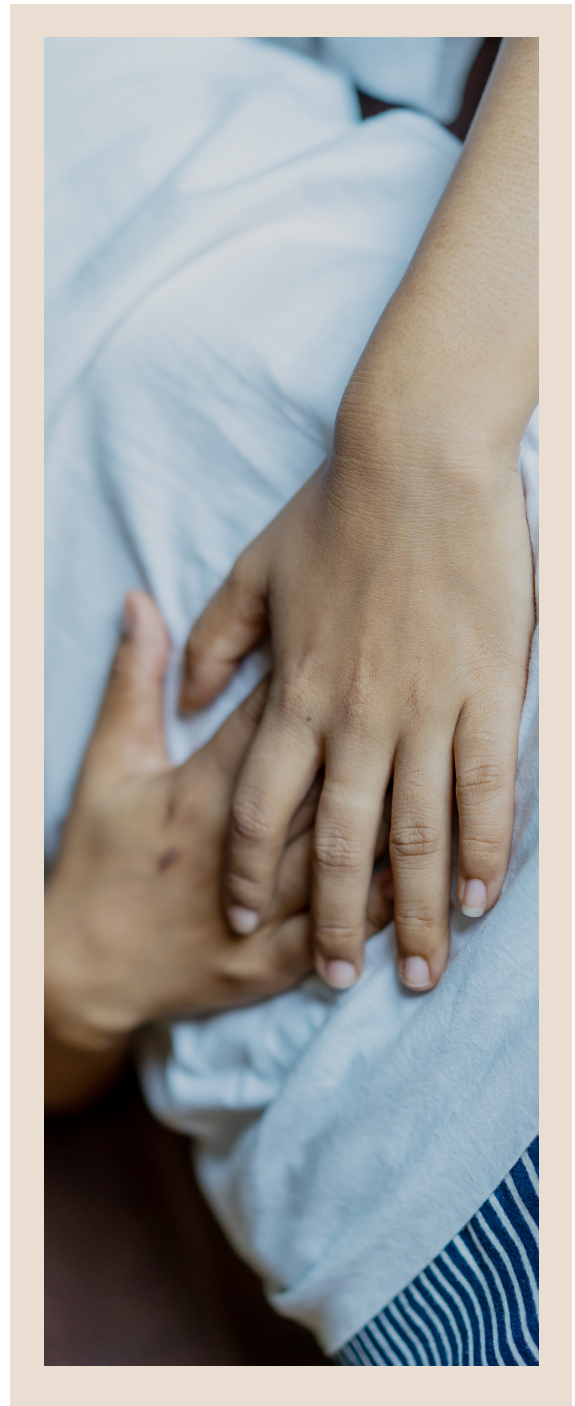
Not having control around food can leave you feeling physically uncomfortable, think of acid reflux, a bloated stomach, nausea but also emotionally like a failure.

Because of lacking control around food, overeating can also lead to a list of serious health problems including obesity, heart disease, high blood pressure, and high cholesterol.

Not an unimportant part, something that has to be addressed.

We do crave what we often eat.. Thankfully we can reprogram our taste buds and we can change the terrain in our gut by the foods we choose to consume. to reduce cravings.

The body needs food to exist which makes it extra challenging because we can't just quit eating altogether like we can quit smoking or drinking.



Do these sound familiar?

I feel a lack of control around food.

I don't trust myself to stop eating when full.

I have lost weight before but regained it.

I often eat when I'm not physically hungry.

I don't recognize my true hunger and fullness cues.

I often eat too much, until I physically don't feel well.

I often find myself overeating when I'm alone.

I tend to graze and nibble, never having a regular meal.

I feel guilty, weak and ashamed after overeating.

I tend to eat more when I'm emotional.

I use food as comfort.

I think about food often when I am not hungry.

I try to succeed on my own strength, not relying on Divine help.

If yes, it is time to free yourself from the hold of food on you.

What do I want to change?

.....

.....

.....

For surely I know the plans I have for you, says the Lord,
plans for your welfare and not for harm, to give you a future
with hope. Jeremiah 29:11

C H A P T E R

02

MOTIVATION & EXCUSES

"The only thing standing between you and
your goal are the excuses you keep
telling yourself."

MOTIVATION & EXCUSES

Motivation can come and go, and it does. What do you do when you are in a dry season, motivation wise?!

We need motivation to change and to break habits, but motivation is not enough. It is not something you can rely on.

It is a fleeting emotion.

We have feelings, we are human, our mind and moods are often untrustworthy.



We should stop looking for motivation and start to look for the reason, your WHY.

Your WHY is deeper than motivation, and it will keep you dedicated to your goal.

Your deep personal reason will not be easily affected by moods and emotions.

On the other hand we have plenty of excuses.

We make excuses to use as a shield against our fears, when we have to move out of our comfort zone.

Excuses to rationalize our lack of commitment and to keep ourselves comfortable.

Waiting for "motivation" is also an excuse btw, just saying.

Excuses, what lies do you hear in your mind?

"My friend snacks all day and she is perfectly fine."

"Once this busy season is over I will make improvements."

"I could but I just don't want to."

"I worked so hard, I deserve it."

"I'm pretty sure I won't go to hell for eating this donut right!?"

What are your excuses?

WHAT ARE MY EXCUSES?

Take time to think of the reasons behind the previous times
you quit, gave up on yourself.

Why was that?

Journal, meditate or pray about it.



C H A P T E R

03

CONTROLLED BY FOOD

When do we elevate food to a higher
plane than it should be?



WHEN FOOD BECOMES AN IDOL

A false idol is something that wants your attention so you can't focus on what is important. It influences our behavior, it costs us our energy, thoughts, attention and sometimes even our money.

Like all false idols, food makes promises it can never fulfill. A short-lived satisfaction is all you get, leaving you with the mess.

I used to feel out of control with my mindless eating and unhealthy eating patterns. The enemy in my mind was having a field day by telling me I was a fraud, a powerless person without self-control.

And yes, food tastes good, and it should! We were created with 10.000 taste buds on our tongue to enjoy the sweet, the salty, the savory!

We should enjoy our food but we should not forget that it is our fuel and it should be used to keep our bodies healthy and strong.

Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. Philippians 3:19

QUESTIONS TO PRAY, MEDITATE OR JOURNAL ABOUT

☐

Do I often eat beyond my satisfied hunger?

☐

Do I waste a lot of time thinking about food, time that could be used more beneficially?

☐

Do I use food for other reasons than nourishment? For celebrating, making myself feel better, to relax, to cope with stress?

☐

Do I crave sugar, processed foods, baked goods, processed foods, fast food, soda?

☐

Do I often eat foods I know I should not be eating because of their effects on my health?

☐

Has food and eating become a false idol to me?!

QUESTIONS TO ASK YOURSELF ...

Why do you eat what you eat? Why do you eat when you eat?

Write down your personal thoughts and habits regarding food. And don't beat yourself up about it! That's not the goal here. Instead acknowledge your weaknesses, but also your strengths. Give 1-2 examples of both.

Weaknesses don't have to hold you back. Identify yours, lean into them.

Try to break them into smaller pieces to make it less overwhelming and vague. After this honest internal assessment you will feel less intimidated and ideas on how to improve in these areas will come to you.

...but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. 2 Cor. 12:9

WEAKNESSES AND STRENGTHS

Spend a few minutes to examine your weaknesses and strengths around food.

Strengths can be cooking, planning, easy meals, meals on a budget? Do you have a weakness for specific foods, in specific situations?

Acknowledge them. Challenge yourself to accept your weaknesses and practice to lean in more on your strengths.

Try to use a strength to enhance a weakness.

Example ... Your weakness is chips. Your strength is food prep.

Use your strength and prep yourself something crispy, salty to have when a craving hits for chips. Something like oil free popcorn could be a solution. And don't have chips in the house.

C H A P T E R

04

THE CYCLE

Learn how to interrupt it.
Break free from the cycle you are stuck in.

THE OVEREATING CYCLE

The next step is to identify the overeating cycle you are in.

Finding your most challenging moments in a day.

What is your biggest set-up for a mess-up?

There is the big cycle of overeating ...

life happened - overeating - feeling bad physically and mentally - resolution to start again tomorrow

Then there is a much deeper, personal cycle you will discover on the next page. Your daily cycle of habits that leads to your overeating. Look at the example first below.

Now where can be an opportunity to interrupt this cycle in the example?

Maybe by not skipping breakfast?

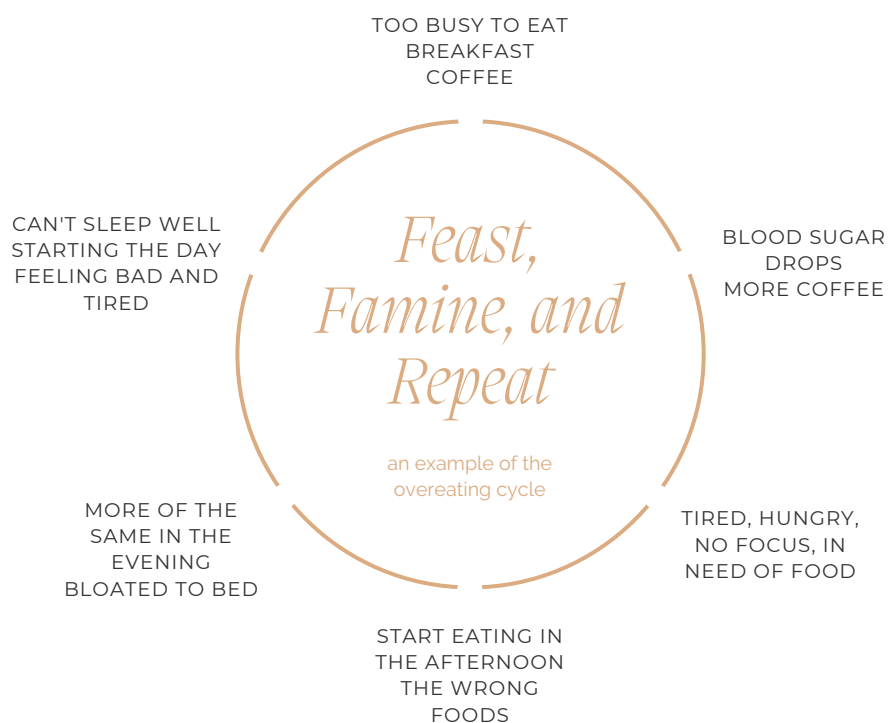
How?

For example by ...

Getting up 10 minutes earlier to have some time to eat.

Preparing breakfast the night before. Overnight oats, a sandwich you can grab, chia pudding, boiled eggs, whatever you can eat in 10 minutes.

Taking healthy snacks with you for the afternoon to keep you from getting ravenous like nuts, fruit, crackers and almond butter.



Fill in your own personal overeating cycle below.
How and when does it often start? How does it evolve throughout the day?

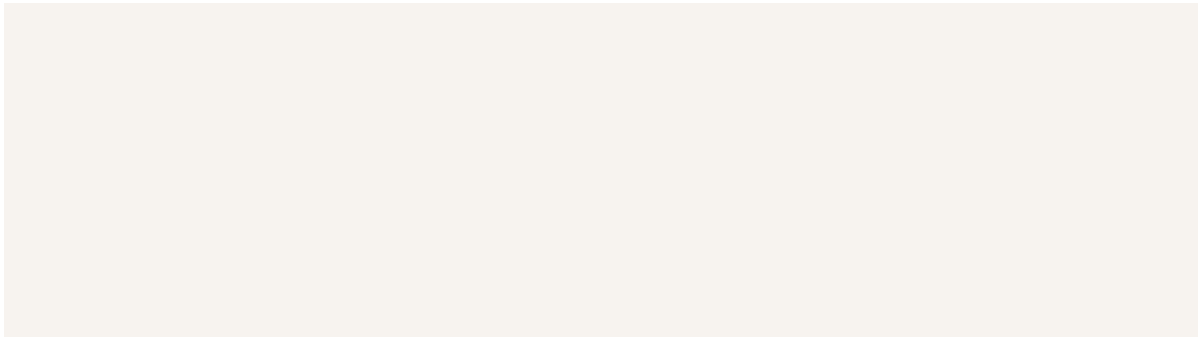
*Feast,
Famine, and
Repeat*

your overeating cycle

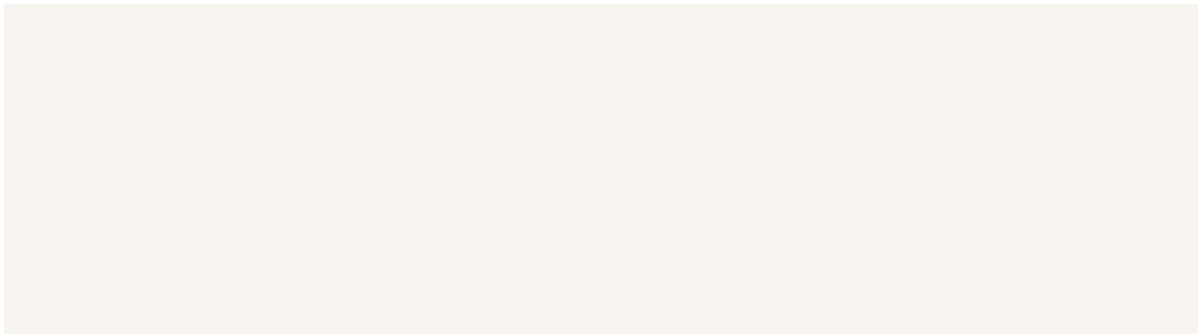
ANALYSE YOUR EATING CYCLE

Answer these questions after filling in your overeating cycle.

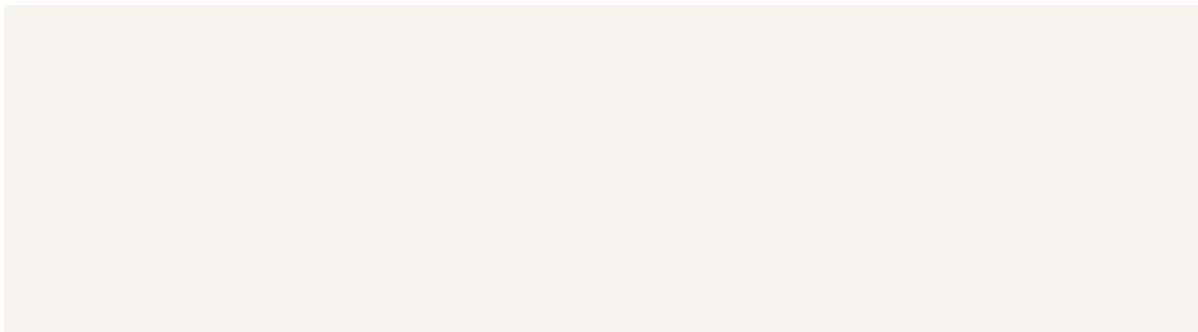
WHERE IS AN OPPORTUNITY TO INTERRUPT AND WHY THERE?



WHAT CAN YOU DO DIFFERENTLY TO GET AN OTHER OUTCOME?



WRITE HERE AFFIRMATIONS OR SCRIPTURES THAT SPEAK TO YOUR SOUL TO INSPIRE YOU AND KEEP YOU FOCUSED



HOW TO USE YOUR INFO

Now that you have identified your overeating cycle and found a spot for an opportunity to start breaking it you need to make a plan. A plan that is challenging but doable.

Identify the first outcome you are reaching for, in the example it was to eat breakfast. What is yours?

If it feels overwhelming, divide the gap between now and outcome in a few smaller steps.

"Eat breakfast" sounds simple enough but how to achieve this when you are daily in lack of time and stuck in your habits?

The plan can be

- Start preparing for breakfast the day before.

Make a simple, filling, nutrient dense, protein rich breakfast in the evening.

Something that only takes a few minutes of your time to make.

Depending on diet, this can be overnight oats with nuts, seeds, fruit or hard boiled eggs, berries, cucumber and cherry tomatoes.

When really motivated, meal prepping would also be an option.

- Get up 10 minutes earlier to eat your breakfast.

In the example, this could be the first step to prevent overeating in the afternoon and evening. The steps will be different for everyone.

[illegible]

C H A P T E R

05

YOUR WHY

Why do you want to take back control over
your behavior and thoughts around food?

FIND YOUR WHY

What is your deepest desire regarding your health and body?

WHY do you want to lose the weight?

WHY do you want to be healthy?

WHY do you want to take back control over your behavior and thoughts around food?

The answer to these questions is deeply personal. Maybe you already have a strong reason, maybe you will have to do some digging in your heart and mind.

Your WHY has to be very strong and very clear. You have to feel it inside your soul, see it in your mind's eye. It should make you emotional. It is necessary to move forward.

Go deeper and deeper. Aim for 5 layers of why. Look at the example below.

WHY are you here?

I want to stop overeating and I want to have control over food again, not the other way around.

WHY?

I want to lose the weight I have gained these past years.

WHY?

I don't feel good, I have no energy and I feel uncomfortable in my clothes.

WHY?

I want to do fun stuff, be healthy and enjoy the life God has given me.

WHY?

I want to be an example for my kids.

Now it's your turn.

Try to put it into words.

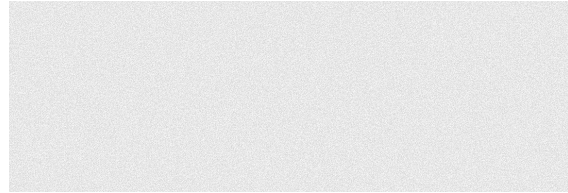
It should make you emotional, keep digging until you feel it!

MY LAYERS OF “WHY”

LAYER

1

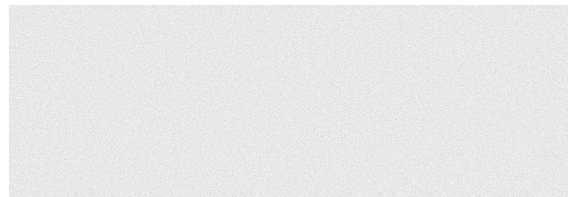
WHY interrupt my overeating?



LAYER

2

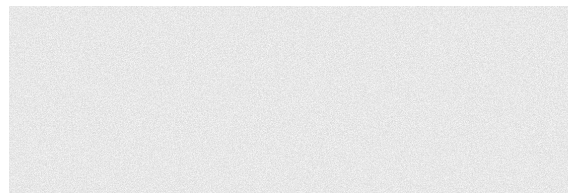
WHY?



LAYER

3

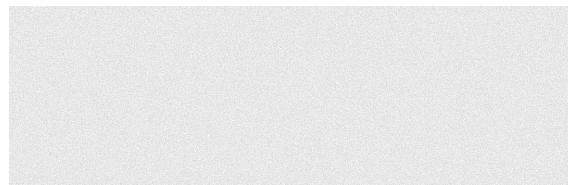
WHY?



LAYER

4

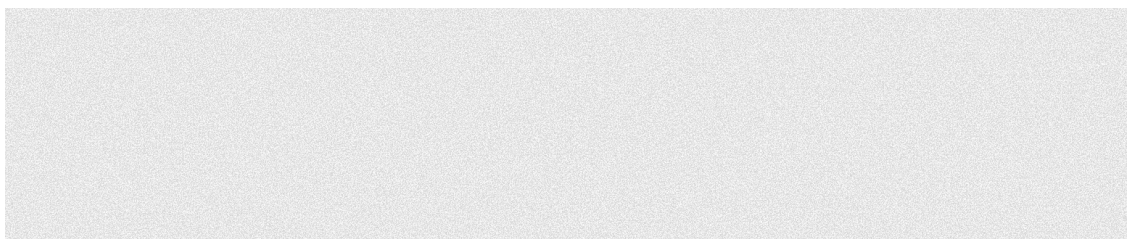
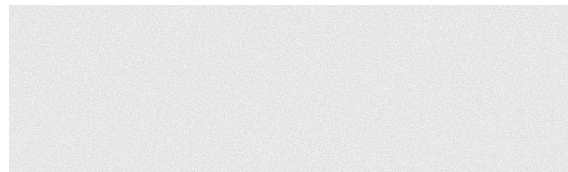
WHY?



LAYER

5

WHY?



C H A P T E R

06

INTERRUPT

“to stop the continuous progress of an activity or process by causing a disturbance or intervening briefly. It involves breaking the continuity of something, often temporarily, by intruding or causing a disruption”

INTERRUPT OVEREATING

Here I will show you how to interrupt overeating in the NOW. When you are in the action of overeating.

But also how to interrupt the cycle, the habit of overeating you are stuck in. This is to lessen and prevent the occurrence of being out of control around food.

There are no magical formulas to do this. Luckily we are given self control, we just have to learn to apply it.

The technique I used and teach here is Interrupt - Back Away - Pray.

Interrupt before or as it starts. Walk away from "the scene", literally if possible. Take a set amount of time, 3-5 minutes, to gather yourself.

Use prayer, scripture, invite the Lord to guide you. Try breathwork, meditation, journaling, whatever works for you in that moment.

It is ok to be upset with yourself in as long as you come out of the 5 minutes with a different attitude.

After the interruption, if possible, do something else to take your mind off of food. Often a short break is enough to change courses.



And yes, you might have to do this multiple times a day but it will get easier and less frequent. Practice and don't get discouraged.

By making the conscious choice to interrupt you are building a new pathway in your brain.

The more you use the new pathway the more natural it will feel. It becomes more solidified while the old one gets broken off little by little.

And remember, if you are physically hungry, then by all means, eat!

Only true hunger counts in these early learning stages.

For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline 2 Timothy 1:7



HUNGRY AND FULL

recognize the cues of your body

Symptoms of hunger

- Abdominal pain or cramping or contractions in the stomach.
- Cravings are often directed towards specific foods, hunger is hunger.
- Empty or growling stomach
- Grumpiness
- Headache
- Lightheadedness
- Low energy
- Hangry
- Shakiness or weakness

Feelings of fullness

- Being full is a sensation in the stomach.
- The feeling of hunger is gone. Often this is easier to recognize for many than the feeling of fullness.
- If you had enough to eat the food stops tasting as good when you were truly hungry.
- When full you can feel comfortable, satisfied, satiated, happy or inner calmth.
- To feel these feelings is eating mindfully and slowly necessary.
- It takes 20 minutes for your stomach to recognize fullness.

Tips & Tricks

When you are hungry most foods would sound and look good to you. An apple, a banana, a salad, you would be happy to eat it.

Interrupt yourself before reaching for a snack by using the interrupt-walk away-pray method. Emotional hunger can come on suddenly, but it can also subside quickly.

Drink water when not sure if you are truly hungry or not. Dehydration is often disguised as hunger.

Feeling stressed can make you reach for food when you're not hungry. We live in a stressful world and managing stress is one of the most important things for our health and weight.

Take breaks from the news and social media.

Get plenty of quality sleep.

Exercise regularly and do things that make you happy every day.

C H A P T E R

07

THE VOID

Get comfortable with being uncomfortable.



FILLING THE VOID

The feeling of being comfortable with being uncomfortable is what you are going to have to conquer to become free from overeating and all the emotions associated with food.

There is no way around this desert of emptiness. It is totally normal to feel a void, when you stop using food for self-soothing, as stress relief or entertainment.

All kinds of unexpected emotions can creep up when not eating or having the feeling of not being allowed to eat. Not being able to do something you are used to do to make yourself feel better. Sadness, anger, feelings of it not being fair ... are emotions that in reality have nothing to do with food.

What to do with the time you are not eating or thinking about food?

Walk away and pray, meditate, journal for 3-5 minutes as you learned in the interrupting overeating chapter. You can do this outside too.

Distract your mind by moving your body.

Go for a walk around the block, your dog will appreciate the extra time outside. Put on your favorite music and have a dance party and get yourself in a better mood.

Bring your journal or book to a park nearby to reset your mind.

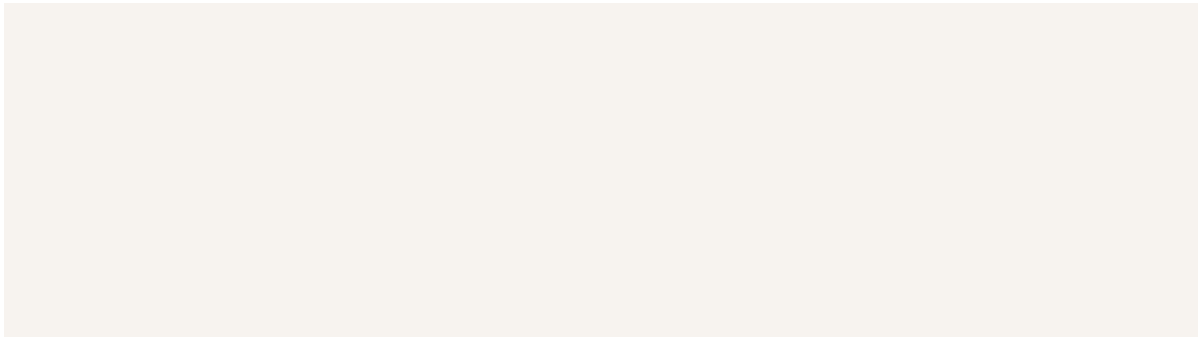
Keep yourself busy to avoid eating when you're not physically hungry.

Plan daily activities, chores, or tasks to stop yourself from eating mindlessly, but also plan your meal times to prevent becoming overly hungry.

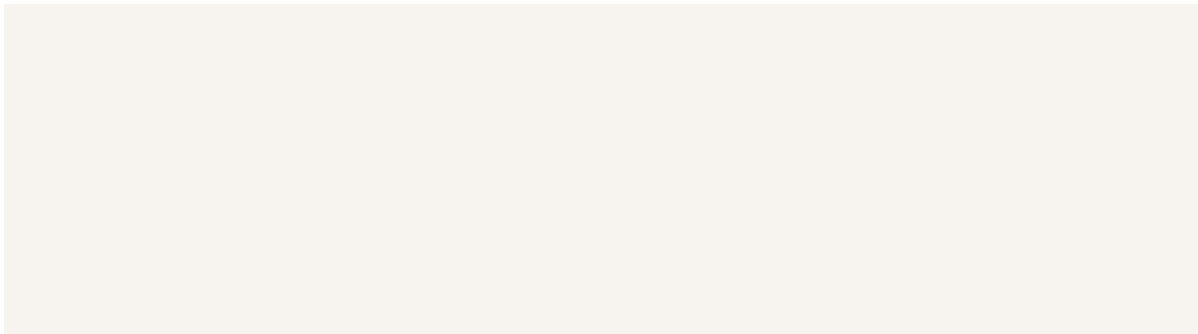
IDEAS TO FILL THE VOID

You have to be ready to act when you feel the void creeping up!
Write your ideas below on what you can do to distract yourself away from food.

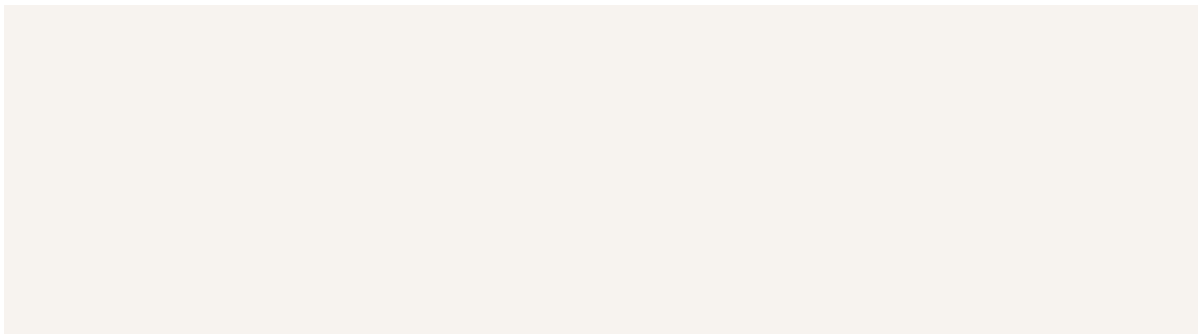
FUN THINGS TO DO WHEN CRAVINGS HIT



CHORES OR TASKS IN NEED OF ATTENTION I NOW HAVE TIME FOR



LIST OF ACTIVITIES, OF TRIED INTERRUPTIONS THAT HELPED ME
AND CAN DO AGAIN WHEN NEEDED



C H A P T E R

08

FOOD GUIDELINES

"So, whether you eat or drink, or whatever
you do, do everything for the glory of God."

1 cor. 10:31

Food Guidelines



1

Eat adequate amounts of whole foods

The goal is to be satiated for at least 3-4 hours.

Finding the right amount for your body may take some time, try and adjust. When you don't feel satisfied but hungry after 1-2 hours or grazing all day, you need a bigger meal.



2

Eat breakfast

Don't skip breakfast, even while intermittent fasting. Eating later in the evening is associated with weight gain, heartburn, low sleep quality and bloating. Start with breakfast and finish at 5-6PM. Breakfast will prevent getting vanished in the afternoon.



3

Set your own food boundaries

Make it very clear for yourself and also for family, friends, your support, what your new food boundaries are. If it's quitting sugar, processed foods or fast food, make the commitment. We crave what we often eat.



4

Simplify your cupboard

Swap out foods for more healthy, plant based options. If chips is not there, you can't eat it. If your family eats those things, get your own selection and make it inviting. Ready for you to eat it without thinking. Make it filling, rich in fiber and nutrients.



5

Honor true physical hunger

If you are hungry eat. Your mind has to know for certain that it is ok to stop when you are comfortably full. This will help you to prevent the "last supper effect", packing it all in before a period of "scarcity" comes. You can eat again when hungry.



6

Drink water first

Hunger and cravings are often dehydration. Most people are seriously dehydrated. Drink enough water throughout the day, at least 8 cups or 2 liters. More if you are a coffee drinker, workout or sweat more. Drink 30min. before a meal.

FOOD BOUNDARIES

Having boundaries around food is vital for health and weight management.

Effective boundaries are flexible and purposeful at the same time, allowing for realistic choices while providing a sense of stability.

To maintain health, happiness, and quality of life, it is important to create your own boundaries around food.

What can be good food boundaries?



Aim for two to three nutrient dense meals a day made up of clean protein, healthy fats and whole carbs.

Three deliciously abundant meals a day of real food will allow your brain to heal and get food in its rightful place. It will help you to overcome the scarcity mindset, change and lessen your cravings and fuel your body with nutrient dense meals.

Try to eat your biggest meals in the first part of the day.

Remember the saying ... eat breakfast like a queen, lunch like a princess and dinner like a pauper.

This way of eating can help you lose weight and gain better health. Your body needs a break to repair and detox during the night, not to digest.

Stop eating when comfortably full.

Taking a minute to say grace for what you are about to eat gets you in a mindful state of nourishing yourself.

Practice honoring your hunger cues and eat every time you are truly hungry. Enjoy plenty of nutrient dense, satisfying foods.

This will teach your body that it is ok to stop when almost full, it will be fed again when hungry.

HABITS TO CHANGE

Think of food boundaries that would benefit you.

Do you have food and mealtime boundaries? If you find them hard to maintain, keep revisiting your WHY. Give yourself some grace while learning, as long as you are moving in the right direction is all good.

Make a list of habits around food you can change, one by one.

Examples of habits to change can be eating on the run, eating while driving, while being distracted, while working, eating standing before the fridge, while watching tv. etc.



BUT ...

A few thoughts to read thru



HOW LONG DOES THIS PROCESS TAKE?

Maybe you have heard the statement that it takes 21 days to break a habit and to create a new one?

I have to disappoint you on that one ... study have shown that the results vary depending on circumstances. It can take from 18 to 254 days for someone to form a new habit. The good news is that according to the study you can mess up once in a while and don't have to start all over! Just get back on track quickly! Remember that every time you honor the new habit you are making new pathways in your brain while lessening the old one.

Don't feel discouraged if after 3 weeks you are not there yet. Keep coming back to what you are learning about yourself, about your habits and keep at it.

After the first days to a week, motivation is worn out. That's when the temptations become stronger, as is the voice in your head of the enemy tempting you to give in.

Between 2 - 3 weeks is when most people quit. If you are able to pass the 3 week mark it will become easier with every day that passes by.

WHAT ABOUT SPECIAL OCCASIONS?

We tend to let our guard down during holidays and special occasions. When everybody around gives in to all the temptations it is challenging not to do also. Special occasions don't have to be attached to food but they often are. To resist the temptations to overindulge we have to change our minds and question if food and eating have to be connected to fun, holidays, vacations. You can approach special occasions, shielded with a new mindset, always keeping your WHY in front of you.

Enjoy the food, savor it, without making it the centerpiece. Know yourself and how steady you are in your new habits and make choices based on that.

DO I HAVE TO COUNT CALORIES?

No, not if you are eating a whole food, highly plant based, mostly unprocessed diet, you do not have to count calories. Eating until satisfaction, stopping when you are full, eating when physically hungry are all the skills you need to not have to count calories.

WHAT TO DO WHEN I REACHED MY WEIGHT & HEALTH GOALS?

While overcoming overeating you probably have lost weight and feel so much better and healthier. So happy for you!

If you removed all the temptations from your diet, are you secure enough to add some back in, very carefully and do you want to?

Chances are that you feel completely satisfied, satiated and free. Try to consciously decide how you are going to maintain all that you have achieved, and its worth to you. If the path is not strong enough it is easy to slip back.

SHOULD I CELEBRATE VICTORIES?

Yes! Acknowledging little and big steps towards your goal is very important. Break down big goals into smaller ones to make it less overwhelming and celebrate each small victory.

Every step forward should be a moment to stand still for a minute and see the progress you are making.

Keep a journal or a list of your wins to see the progress to boost your confidence! If you pray, thank God for helping you.

Find your personal way of celebrating and is moving you forward!

IS OVEREATING A SIN?

Overeating isn't a sin but it may show a lack of self-discipline. With better self-discipline you will achieve better emotional and physical health which will help you to find more joy in your life and in fulfilling your purpose.

Our bodies are called the temples of God and He wants us to take good care of it. (see 1 Cor. 3:16) Overeating is physically and spiritually unhealthy and hence it is important to overcome.

Like a city breached, without walls, is one who lacks self-control.

Proverbs 25:28

THE STORY BEHIND THIS GUIDE

When I finished putting this guide together I honestly wasn't sure if I was going to add this part to it but it just didn't feel complete so here it is.

As a Christian I draw a lot of strength from God and my faith. Being able to ask for guidance helped me tremendously in overcoming the stronghold that food had on me for a huge part of my life.

The guide and the techniques I used and share here don't need you to be a believer to work though.

Anybody who is truly done with how they feel now, being stuck in the overeating cycle and habits and is willing to do the work will succeed.

For me, I was so over the way food had a hold on me, a control I wanted to be free of. I wanted to make lasting changes. I didn't know that food could become like an idol we worship, never thought of it that way, but it was like that. Many women of faith often have a disconnect between their physical bodies, their weight, diet, eating habits and God.

I slowly but certainly got a deep desire to be free of food and what food meant to me. My WHY also became very clear. The spiritual desire to be a good, a better steward for my body, realizing that it is the temple of the Holy Spirit, made me want it even more.

God wants us to take care of our bodies and He says so in His word. We are to offer our bodies as a living sacrifice. A healthy body and renewed mind is needed for the energy to do His work.

If I wanted to get closer to God, to hear His guidance more clearly and to feel His love more, I had to distance myself from things that occupied my mind more than it should, like food. Having faith made it easier for me to fight back the voices and temptations of the enemy in my mind.

My soul was inspired but I also needed a plan for my physical reality to make this work. That is how this guide came to be. I needed a plan, techniques that helped me to interrupt and refocus, boundaries and a change of habits.

In between the steps and chapters you will come across a few verses from the Bible. Verses which have helped me on this journey.

I hope they also inspire you as did me.

THANK YOU!

This journey will make you feel empowered!

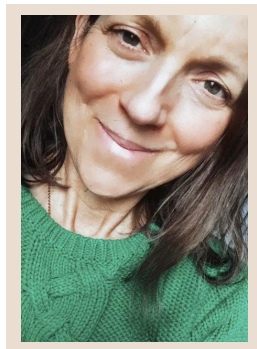
You are taking back your control.
Conquering this, huge thing, that has created a stronghold
in your mind.

Remember to focus NOT on what you give up but on
what you gain.

Getting closer and closer to reaching your WHY.

May your next choice be of an overcomer!

Tina x



"All things are lawful for me," but not all things are
beneficial. "All things are lawful for me," but I will not
be dominated by anything (1 Corinthians 6:12)

Disclaimer:

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