



SUGAR FREE *Life*

Nutritionist-Guided Detox Program & Membership

MAINTENANCE *PHASE 4: Obstacles & Triggers*

PART 1



The Maintenance Phase

Maintaining a sugar-free lifestyle isn't as simple as just ditching the sweet stuff. For long lasting success, you need to actually get under the hood, calling out all the emotions, eating habits and daily triggers that cause you to reach for that packet of TimTams, ice cream, or sugary iced latte at 2pm every day. Once you have identified your unique sugar triggers, you'll be far more successful at working the strategies to prevent future binges, slipups and setbacks. Pens (and maybe tissues) ready? Let's dive in...

Pre-Trigger Events

Uncovering The Hidden Clues:

Think of the last day or two when you felt that pesky, hangry urge for something sweet - and only a sugar treat would satisfy! Where were you? What were you doing, and with whom? How were you feeling at that exact moment, and how common is that feeling?

MY HIDDEN CLUES:

Identifying Triggers

Calling Out Those Sneaky Triggers:

Now, let's get real - what do you think set off that craving? Was it the sight of a tempting sweet dessert, a stressful day at work or with the kids? Or maybe it was just a case of mid-afternoon boredom or pre-menstrual munchies? Dig deep and write down the sneaky trigger(s).

MY TRIGGER POINTS:

How To Overcome & Deal With Obstacles...

Obstacles and slipup are going to happen - it's inevitable so best be prepared! This is all part of the journey to becoming sugar-free. However, there many things you can do to help make this process less bumpy and guarantee more successful long term outcomes. Let's explore the ways:

Mindful Awareness

Next time a craving creeps up, take a **deep breath** and **tune into your body, thoughts and feelings** (without any judgment). Just observe what's going on, and catch yourself having a "trigger moment". Remember, *you don't have to automatically grab that cola or Bounty bar; sit with it!*

Cravings Toolbox

Got a fierce sugar craving? Time to **create a cravings toolbox filled with healthy coping strategies**. Whether it's a quick walk around the block, a soothing cup of herbal tea, or jamming out to your favourite tunes, find what works for you and keep ideas handy for when those cravings strike.

Surroundings Modification

Take charge of your surroundings by purposely **removing any and all sugary temptations** from your workspace and daily activities. **Overhaul the pantry**, and restock with sugar-free, more wholesome snacks that will better fuel your body. Make your surrounds filled with positive vibes that encourage and support your sugar-free journey each day.

Sugar-free Besties

Remember, **you're not in this alone!** Reach out to your friends and peers in the [Facebook Community](#) for backup when those pesky cravings hit hard. Inside the community is a safe place to share your frustrations and the struggles for some extra encouragement and high-fives along the way!

SUCCESS PLANNING

Cravings Toolbox

Make a list of ideas you can use to support your journey:





Practise Mindful Eating

Start Practising A More Mindful Approach To Eating

Slowing down, and taking your time when eating, can go a long way in helping you to quit sugar. Don't just automatically reach for sweets or snacks when you feel flat; purposely pause, and sip water or herbal tea. What's really happening here? Wait 10-15 minutes and see if the craving is just as intense—many times it will disappear if you just sit with it!

Remember To Hydrate

Hydrate Instead Of Automatically Snacking...

As mentioned above, a sip of water or herbal tea can help distract you long enough to push through sugar cravings. It also hydrates you providing an energy and brain booster. Sometimes just sipping on plain water can be enough to make that craving for TimTams and iced coffee vanish!



Food & Sugar Diary

Consider Tracking Your Food Intake With A Food Diary...

Keeping track of every little morsel that crosses your lips, is an excellent way to better manage food cravings and isolate which foods might be tripping you up. Sometimes we eat without realising it—we weren't even really hungry—the food was simply just there. A food/sugar diary can be quite telling, and help track which foods may need to be swapped.

Catch The Triggers

Become An Absolute Boss At Trigger Spotting!

You already did an exercise on discovering **your triggers**, and now that you are aware, you can do something about it. Know your triggers and **arm yourself with a Cravings Toolkit** to make sure nothing sneaks through. Keep a list of these helpful activities or motivation tips handy so you can use them in the moment when a craving hits. Gotcha sugar!



30 Days No Sugar Challenge

Set your intention and complete this **30 Days No Sugar Challenge** within the next month...

MONTH:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



? How did your month go?

✓ WHAT WENT REALLY WELL?

? WHAT DO YOU STILL NEED TO WORK ON?



Continue your journey...

Keep momentum going by visiting the program's support pages and exploring all the tools and bonuses.

click here! →

[MEMBERS ONLY](#)

[FACEBOOK COMMUNITY](#)



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