

## Protective Diet Class #156

### Calendar of Achievements

*In this class I invite you to keep a Calendar of Achievements so you can celebrate success even when it feels like you haven't made a bit of progress. Learn my tips so that when the going gets tough, or you find yourself on a detour on your path to optimal health, you can sit yourself down, open up your Calendar of Achievements, and experience the sweet success of all you have accomplished so far.*

#### Announcements

- Engage in [Protective Diet Living \(PDL\)](#). Get support. Inspire others. Success unfolds for the people who engage the most.
- Speak up in private PD-Ed chats: [Pre-Class Chat](#) or Saturday Morning [Live Coaching Hour](#). Don't slip through the cracks.
- Read the [Newsletter](#) associated with this class.

#### Vocabulary

Calendar of Achievements	Baggy Clothes Syndrome (BCS)	BMI	Optimal Health
Restricting	Hypercritical	Ideal Body Weight	Detox & Taste bud Reprogram

#### Action Steps for Starting Your Calendar

##### Pick Up a Calendar

- I prefer using a paper calendar that is already dated. Electronic works well, too. Get what works for you.
- Set up a consistent time when you reflect and record your experiences.

##### Keep It to Inspire Others

- If you practice a Protective Diet 100%, and you stick to it and follow through, you will be a billboard of health.
- People will take notice and start asking you, "How did you do this? What did you do?"
- When you get to your goal, you will want to be able to remember encouraging experiences you can share.

##### Keep It to Inspire Yourself

- Your sustained success depends on what you choose to **focus** on, which will dictate your **feelings**, **actions** and **results**.
- This calendar can train your mind to remember your successes, rather than perceived deficiencies that lead to quitting.
- Reflect on and record the health improvements and changes that have come about instead of picking yourself apart.

**IN YOUR FIRST 30 DAYS** a lot is happening and everything is new. Record everything you are experiencing. For example:

<b>30 Days on a Protective Diet</b>	
<b>Focus</b>	<ul style="list-style-type: none"> <li>→ I made a commitment to eat healthier this week.</li> <li>→ I am a student attending live PD-Ed classes and sharing my health goals in the support group.</li> </ul>
<b>Feelings</b>	<ul style="list-style-type: none"> <li>→ I ate on plan all day today and felt good.</li> <li>→ I am starting to enjoy the natural sweetness of fruit without sugar.</li> <li>→ I no longer long for coffee.</li> </ul>
<b>Actions</b>	<ul style="list-style-type: none"> <li>→ I stocked my pantry and set myself up for success.</li> <li>→ I tried a new vegetable this week. I Baked Tortilla Chips instead of buying fried chips.</li> </ul>
<b>Results</b>	<ul style="list-style-type: none"> <li>→ I inspired coworkers and family members with my dedication to my health.</li> <li>→ I saved money this week by eliminating packaged processed foods.</li> </ul>

**2 MONTHS IN** you might attend a social function where food is involved and you could feel challenged. This chart shows how you might experience it if you are not focused on your achievements (left) contrasted with how you could experience it with a fully functioning Calendar of Achievements to remind you of all the benefits you are enjoying (right):

<b>2 months on a Protective Diet</b>							
<b>Focus</b>	<table border="0"> <tr> <td>How do I explain this?</td> <td>→ My cells are cleaning house.</td> </tr> <tr> <td>What will people think?</td> <td>→ My endothelium is getting strong.</td> </tr> </table>	How do I explain this?	→ My cells are cleaning house.	What will people think?	→ My endothelium is getting strong.		
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**3 MONTHS IN** is an exciting time on a Protective Diet. Write it all down so you can reflect back when things get hard again:

3 Months on a Protective Diet	
<b>Focus</b>	<ul style="list-style-type: none"> <li>→ I have Baggy Clothes Syndrome (BCS)!</li> <li>→ I need a new wardrobe. Good thing I've saved so much money eating a PD.</li> <li>→ I am becoming a great cook.</li> </ul>
<b>Feelings</b>	<ul style="list-style-type: none"> <li>→ Confident</li> <li>→ Accomplished</li> </ul>
<b>Actions</b>	<ul style="list-style-type: none"> <li>→ I graciously accepted a compliment about my noticeable weight loss.</li> <li>→ I took my monthly progress photos. I am making regular entries in my Calendar of Achievements.</li> </ul>
<b>Results</b>	<ul style="list-style-type: none"> <li>→ I have high energy. The path to disease reversal is clear to me.</li> <li>→ I know what to make for dinner each night when I get home.</li> </ul>

**6 MONTHS IN** your new diet is no longer a novelty. You may perceive a lull in progress (left). Your calendar will help you (right):

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**1 YEAR IN AND BEYOND** you may experience doubts again. You could be incredibly successful at doing this and forget all that you have achieved along the way and throw in the towel. Your calendar will help you. Watch this class for many more examples of things to record on your journey to optimal health. Don't go another month without celebrating.

### Cooking Tips

- [Numi Mint Indulgent Tea](#) or [Chocolate Rooibos](#) + [Black Tea](#) + [Soymilk](#) = bold cup of tea in the morning.
- Use a French Press for brewing [loose tea](#) in larger amounts for [Protective Pale Ale](#).
- A stainless steel [Berkey](#) water purification system provides filtered water for [Recipes](#) in the PD Test Kitchen.

### Student Q&A

Q: What ingredients should I bring in my suitcase if I'm traveling in Mexico for 2 months?

Q: Do you ever use Chaga tea?

### Encouragement

- I don't want you letting a day pass without living it on purpose. I want you taking action toward your goal. This is your day! You have an opportunity 3 times a day (breakfast, lunch & dinner) to do something for yourself to achieve your goal.

*If you have been in this classroom and you have gone off plan, make today the day.  
Go get your calendar. It's never too late to get started again.*

### Recommended Recipes

- |  |  |   |   |
|--|--|---|---|
| <input type="checkbox"/> <a href="#">Protective Pale Ale</a> | <input type="checkbox"/> <a href="#">Sneaky Greens Ultimate Mac &amp; Cheeze</a> | <input type="checkbox"/> <a href="#">Baked Tortilla Chips</a> | <input type="checkbox"/> <a href="#">Perfect Steel Cut Oats</a> |
| <input type="checkbox"/> <a href="#">King Sauce</a>          | <input type="checkbox"/> <a href="#">Gluten Free Apple Pie</a>                   | <input type="checkbox"/> <a href="#">Air Popped Popcorn</a>   | <input type="checkbox"/>  |

### Recommended Classes

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> <a href="#">#025 Accepting &amp; Loving the New You</a> | <input type="checkbox"/> <a href="#">#143 Mastering Mindful Eating Part 1</a> | <input type="checkbox"/> <a href="#">#157 Preparing to Be Away</a> |
| <input type="checkbox"/> <a href="#">#028 Inner Child Frame of Mind</a>          | <input type="checkbox"/> <a href="#">#144 Mastering Mindful Eating Part 2</a> | <input type="checkbox"/> <a href="#">#134 Tea Party</a>            |