

Possible Roadblocks in Your Journey

By Jen Muzzi, RDN/LDN, RYT-200, Chef

There are many reasons or excuses that can block our path or detours us off our new journey, such as: friends and family or “peer pressure” for old habits/ways, hitting a plateau, get emotionally fatigued. This can sometimes lead to feelings of inability or inadequacy or burn-out. The thing to remember is that you *can* always make you way back onto that path. You may need to reevaluate how you are doing it. Take a step for a moment to review what you have been doing. Then ask yourself:

Question #1: Are you *enjoying* it?

Question #2: Is the time of day appropriate? What other times of day or days of the week may be better?

Question #3: Where can you find inspiration?

Question #4: Do you have triggers or temptations that lead you to stray off your path? What can you do about them?

Question #5: Are you surrounding yourself with a positive environment?

One answer that could help you to avoid roadblocks is learning to say “**No**”.

There are many times in life where you may have to say “no” to some people and put yourself first. You are working on a better version of yourself through your health and lifestyle, so don’t worry about other people’s feelings when it comes to *your* health or situation. If you want to eat less fried chicken or cut back on alcohol, but your best friend keeps bringing home Popeye’s and wine, you have the right to say “No” or “No thank you”, if you need to be fully polite. Not that there’s anything wrong with enjoying fried chicken and wine occasionally, it’s just for example.

Setting boundaries is huge when it comes to self compassion. For you to be your best self, you can say, “I’m sorry, but that’s something I don’t want to eat/do right now.” Or “Thank you for your thoughtfulness, but that’s something I don’t want to eat/do right now.” Making your needs clear will can help others to understand why and what you are doing.

Besides setting boundaries and re-evaluation, you have to accept and realize that this will take time to get used to and you may not have many instant results. Here is a fantastic quote from Yoga Journal magazine:

“self-transformation doesn’t happen overnight, but you *can* overcome negative patterns one step at a time. If you are gentle with yourself and accept your setbacks with compassion, you can change your life for the better”

Self compassion for self-transformation.

It's ok and normal to get discouraged, but just remember that you can be gentle with yourself, give yourself grace, put yourself in a positive environment and be patient. 😊

Be Well, Eat Well, Walk your Dog and Bon Appetit!

~ Chef Jen



<https://www.yogajournal.com/philosophy/nurture-the-new-you/#:~:text=One%20of%20the%20messages%20in,your%20life%20for%20the%20better.>