

When it comes to our health, we often realize we have fallen into a pattern of feelings, thoughts or actions that don't allow us to live the life we want so we look for a change. When our weight, body image and overall self-care have fallen by the wayside the change we look for is often a new diet or exercise plan.

- But why is looking for a new plan our normal pattern?
- Why do we look to diets or exercise to fix our problems?
- Why is it that we start new diets over and over again?

A large majority of people start dieting at a very early age. But no matter when dieting started for you, something happened that flipped a switch in your head that told you that you had to look a certain way or be a certain size or weight in order to fit in. That desire for "fitting in" comes from the desire for love and acceptance.

You were born with a perfectly healthy body image. You didn't just wake up one day and think "my body isn't good anymore," something or someone changed your thought pattern.

Thought patterns lead to heart patterns, and heart patterns lead to action patterns. Whether those actions are beneficial or harmful to us, they become part of our identity.

If my heart pattern tells me I'm too fat to ever be loved, then my identity is an unloved person. If my heart pattern tells me I'm not good enough because of the size of my clothing, then my identity becomes that of an unaccepted person.

We have to start with a shift in our minds and hearts in order to change our actions.

Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in His eyes. Romans 12:2 TPT

So whether you eat or drink, or whatever you do, do it all for the glory of God. 1 Corinthians 10:31

Your *why* will look different than mine in the physical form, but ultimately each of us should have a *why* that is rooted in bringing glory to God's and the calling He has placed on our life.

In order to find the answer to your *why*, you'll need to answer a few questions. But first, let me show you my answers so you have an example of where this is going:

What is it about your health that you want to change? I want to have more self-control in the foods I choose to eat.

Why? Because I have realized that when I overeat or eat things that aren't the best option, I feel bad and I don't have the energy I need to live life well with my family.

Why? I know that low-nutrient value foods make me feel sluggish, which leaves me without energy. Plus, I tend to overeat when I choose things that aren't based on whole food choices and then I feel guilty afterward.

Why? I feel guilty because I feel like I'm a failure at eating healthy. This keeps me in a cycle of thinking my value is based on my behavior. Also, when I overconsume, my weight fluctuates so much that I physically feel bad and self-condemning thoughts fill my head.

My ultimate why: I want to make healthy choices, that nourish my body in a way that gives me the constant energy I need to enjoy my family, to serve in my church and community, to do my job well and to keep my mood level. I also want to make the best choices so that I enjoy the length of all the days God has given me and do not wrestle with health issues that can be avoided simply by choosing the right foods.

Now it's your turn. Write down one or two of the biggest areas you battle in being completely healthy. Use those answers to start the why process.

What is it about your health that you want to change?

Why?

Why?

Why?

What is your ultimate why?

Now write your ultimate *why* on a notecard.