

SUN

MON

TUE

WED

THU

FRI

SAT

# January 2019

**1** Resolve to quit dieting & instead, treat your body with kindness & respect.

**2** Throw out the bathroom scales!

**3** Engage a non-diet practitioner to support you on your journey.

**4** Write a list of positive affirmations to read to yourself each day.

**5** Delete all calorie-counting apps on your devices.

**6** Compile a list of non-appearance ways of measuring your worth.

**7** Unfollow/unlike all pages/people promoting unhealthy messages.

**8** Fill your social media feeds with healthy messages by following pages that promote body acceptance.

**9** Try a new form of physical activity that promotes enjoyment in movement rather than "burning calories".

**10** Engage a support buddy for moral support.

**11** Practice a Loving Kindness meditation.

**12** Do a wardrobe spring clean & throw out all the clothes that no longer fit.

**13** Share this calendar & encourage others to join you on the no-diet revolution.

**14** Purchase some well-fitting clothes that you feel good in.

**15** Compile a list of everything dieting has robbed you off & all the reasons to quit it for good.

**16** Cook yourself one of your favourite meals & enjoy by candlelight.

**17** Write empowering messages for yourself on your bathroom mirror with whiteboard pen.

**18** Give yourself a loving massage with a scented oil or cream.

**19** Clear out all diet foods, supplements & other products.

**20** Write a compassionate letter to your body.

**21** Ask your workplace to adopt a "no diet talk" lunch room.

**22** Write a list of all you can achieve with the time & energy wasted on dieting.

**23** Be kind to & patient with yourself; progress takes time & isn't easy.

**24** Post a social media post/blog describing why you've quit dieting.

**25** Make a plan to reintroduce any "forbidden" foods back into your diet.

**26** Commit an act of kindness for another person.

**27** Brainstorm assertive responses to unhelpful comments about food, eating, weight/shape.

**28** Ask 5 of your closest friends to describe why they choose to have you as a friend.

**29** Make a playlist of non-dieting & recovery podcasts to listen to.

**30** Treat yourself to a massage, facial, or pedicure.

**31** Spend some time reflecting on your last month & setting your intention for the next one.