

Action Steps

1	Give yourself a visual. For the next few days, notice the colour of your plates and the colour of your pee. Notice how beige your current meals are and how dark your urine is. Simply becoming more aware of these two things are useful visuals to help you to want to make the change.	
2	Shift your mindset from cutting foods out of your diet to adding goodness in.	
3	Enjoy your food, savour every mouthful and go out of your way to make new food memories.	
4	Complete the My New Habits table from the book or download from your book bonuses. Remember to work one small step at a time. Don't get overwhelmed. If adding in one extra vegetable is a big enough step for you then, great, do that. The key is to choose a step that feels doable to you to enable you to get started. Stop focusing on healing your skin and start celebrating each healthy choice you make. Give yourself a pat on the back (or a tick on your chart) for each glass of water or portion of vegetables you eat. It really is that simple.	
5	Decide how you'll track your progress. If it's a calendar, print it off. If it's a habit-tracking app, download the app and set it up. If it's a friend or family member checking in with you, have the conversation with them. What you use to track your habits doesn't matter as long as you track them.	
6	Decide how you'll get some accountability. Are the tools and trackers enough for you? Do you need some external accountability? If so, ask a friend or family member to check in with you, or invest in coaching.	
7	Complete the Overcoming Obstacles exercise from the book or download from the book bonuses.	

Action Steps

8	Print off or create your version of the fruit and vegetables tracker. Put it somewhere that you'll see it regularly. Add each different type of fruit and vegetable you eat to the tracker. Enjoy watching the variety of fruit and veg you eat go from single digits to double digits over the coming weeks.	
9	Choose a meal to start with from breakfast, lunch or dinner. I usually recommend people start with dinner. For the next week, you will Banish the Beige and add lots of colour to your dinner. Vary the vegetables you use. Make your meal LOADED if that resonates more with you. An easy way to do this is to buy a bag of salad greens. Whatever you're having for dinner, add a handful of greens. You can then add additional colours from there. Start slowly to give your digestive system time to get used to the extra fibre.	
10	Fill a reusable water bottle. Aim to finish the bottle by lunchtime then refill for the afternoon. Keep an eye on the colour of your pee. It should be pale yellow. If it's dark, drink more.	
11	Give yourself permission now to use the 80/20 principle in your diet and lifestyle and stop aiming for perfection.	

You've got this!