# Stop Night Cravings: Pick ONE Anchor (4 Minutes) Transcript

(Transcripts are generated by AI and may contain errors)

## Introduction and New Yearu2019s Eve reset

Hi, it's Linda. You might be watching Hi, it's Linda. You might be watching this on New Year's Eve and you might be this on New Year's Eve and you might be tired. The day is almost over. Others of tired. The day is almost over. Others of you may be thinking about, "I'm scared you may be thinking about, "I'm scared about the year that's getting ready to about the year that's getting ready to come up. What if I didn't accomplish come up. What if I didn't accomplish everything this year? Then what's going everything this year? Then what's going to happen next year?" Well, tonight I'm to happen next year?

## Reset breath and feeling safe

" Well, tonight I'm going to give you a small reset, not a going to give you a small reset, not a big plan, but before I do talk about big plan, but before I do talk about foods and dig in, I'm going to do what's foods and dig in, I'm going to do what's called a reset breath. We're going to called a reset breath. We're going to just stop for a moment. Let's take a just stop for a moment. Let's take a deep breath in through the nose deep breath in through the nose and breathe out through the mouth and breathe out through the mouth and say to yourself, I'm safe.

and say to yourself, I'm safe. I'm really big in just letting the I'm really big in just letting the shoulders drop down. Because when it shoulders drop down. Because when it talks about being safe, I just want you talks about being safe, I just want you to know right moment you you're safe.

to know right moment you you're safe. All right, listen. I'm going to actually All right, listen.

## Holiday week reset overview

I'm going to actually be covering and talking about I'm really be covering and talking about I'm really getting kind of excited. It's about the getting kind of excited. It's about the holiday week reset. And so I'm going to holiday week reset. And so I'm going to talk about three anchors that you can talk about three anchors that you can try. You don't need to do all three. So try. You don't need to do all three. So just know there'll be three anchors and just know there'll be three anchors and you're going to be able to pick just you're going to be able to pick just one. This is not about being perfect.

## Morning anchors for the day

one. This is not about being perfect. The first anchor is called morning The first anchor is called morning anchors. Morning anchors is that you'll anchors. Morning anchors is that you'll drink your 16 ounces of water. You will drink your 16 ounces of water. You will eat your protein and fiber. Yes. And you eat your protein and fiber. Yes. And you do a five minute movement. You know, do a five minute movement. You know, your protein could be um chicken and your protein could be um chicken and some mixed vegetables. For some people some mixed vegetables. For some people it they like spinach in the morning. It it they like spinach in the morning. It could be eggs and spinach.

could be eggs and spinach. And then you'll do your five minute And then you'll do your five minute walk. walk. walk.

## Plate method and balanced meals

That's anchor one. Anchor two is your That's anchor one. Anchor two is your plate method. plate method. And your plate method is when you have And your plate method is when you have your protein.

your protein. Again, it could be any protein. It could Again, it could be any protein. It could be tofu. It can be your meat protein. be tofu. It can be your meat protein.

You can also have half the plate is You can also have half the plate is non-starchy vegetables. And then you can non-starchy vegetables. And then you can have some color. Color may be a small have some color. Color may be a small fruit. For some folks, it's just fruit. For some folks, it's just vegetables that's very colorful. But vegetables that's very colorful. But what you want to do is have a plate that what you want to do is have a plate that rules. that's going to hold you all day.

rules. that's going to hold you all day.

## Afternoon snack and night reset

Then that's your anchor two. I do Then that's your anchor two. I do encourage a small snack around three encourage a small snack around three because for some folks that small snacks because for some folks that small snacks keeps you pretty steady at night. A keeps you pretty steady at night. A snack could be some chia pudding. It snack could be some chia pudding. It could be a light Greek yogurt. It could could be a light Greek yogurt. It could be a little bit of nuts. Just something be a little bit of nuts. Just something simple. And then the last anchor is your simple. And then the last anchor is your night reset. Have you ever stood in a night reset. Have you ever stood in a kitchen? I know I have. It's like, "Wow, kitchen? I know I have. It's like, "Wow, I don't know. I'm just exhausted." And I don't know. I'm just exhausted." And sometimes with that tiredness, you're sometimes with that tiredness, you're like, "I want to munch. I want to eat." like, "I want to munch. I want to eat." And actually, it could be that you And actually, it could be that you didn't eat enough all day, but we won't didn't eat enough all day, but we won't talk about all that today. All I want to talk about all that today.

## Simple evening steps and breathing

All I want to do is just give you some things that you do is just give you some things that you can do differently. So, the first thing can do differently. So, the first thing would be to drink some water.

would be to drink some water. The second would be to have a little bit The second would be to have a little bit of protein. The third is to have some of protein. The third is to have some vegetables. After you do all that, oh vegetables. After you do all that, oh yeah, by the way, I do want you sitting yeah, by the way, I do want you sitting down. Sit down, take a couple deep down. Sit down, take a couple deep breaths. So, after you do the water, the breaths. So, after you do the water, the protein, the vegetables, I do like 10 protein, the vegetables, I do like 10 breaths breaths breaths in, in, in, out 10 times. And then ask yourself, do out 10 times. And then ask yourself, do you really need something or want you really need something or want anything? Well, listen. I have the anything? Well, listen. I have the holiday reset and this I will be able to holiday reset and this I will be able to give to you. If you send me a message give to you.

## Support, coaching, and next steps

If you send me a message that just says reset, I'm going to send that just says reset, I'm going to send it to you. If you find that nights are it to you. If you find that nights are very hard for you and you don't know very hard for you and you don't know what should I be doing, put night and what should I be doing, put night and then I can help work with what might then I can help work with what might work for you. Well, I will let you know work for you. Well, I will let you know that if you're looking for, you know, that if you're looking for, you know, weight loss and you're looking for blood weight loss and you're looking for blood sugar improvements or more energy, then sugar improvements or more energy, then you might just want to meet with me and you might just want to meet with me and then we can talk about how um you can then we can talk about how um you can have a healthier journey and what it have a healthier journey and what it might look like. Well, might look like. Well, one small change. Remember, you're only one small change. Remember, you're only going to pick one, going to pick one, okay? One anchor. Okay, okay? One anchor. Okay, take a deep breath, take a deep breath, breathe, breathe, breathe, and I want you to have a good year.

and I want you to have a good year. Happy New Year, everybody. All the Happy New Year, everybody. All the information will be in the post below. information will be in the post below.