



Feel Great About Your Body & Yourself Every Day!

Alice Greene
America's Healthy Lifestyle Coach

5 Secrets to Stop Drinking Soda

1

Gain Awareness of When You Drink Soda

If you are not paying attention when you are drinking soda, you can't easily stop.
Notice when you pick up the can of soda.
Are you thirsty, hungry, craving the soda or aware of anything else?
How do you feel when you stop drinking?

2

Don't Judge Yourself for Drinking Soda

When you judge yourself or feel judged, you will drink more of it.
Be neutral as you observe yourself drinking, no matter how much you've had.
Don't assume the worst about yourself.
Assume there is a good reason why you are drinking a lot of soda.

3

Become Curious About Why You Drink So Much Soda

There are 8 possible reasons for uncontrolled eating – and they can apply to soda.
Which of the 8 reasons might it be?
Can you be more specific?
Do the reasons change at different times of day?

4

Understand Your Pattern with Having Soda

You may notice there is a pattern to the times you drink soda or drink it a lot.
Does it happen more during certain times of day or when certain things occur?
Is this a habitual pattern regardless of what is going on?
Are there times when you don't have soda at all?

5

Create Strategies to Support Yourself when Drinking a Lot of Soda

Consider things you can do that will help you stop drinking so much soda.
Give yourself permission to have a little bit of soda, so you don't feel deprived of it.
Try drinking less of the can and see if you really want or need any more than that.
Experiment with drinking other beverages instead of soda, and adding in more water.
If you are tired or need more energy, look for other simple solutions besides soda.

Come up with other strategies, so you drink less soda and don't miss it.



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What do you think some of the reasons might be for drinking so much soda?


