



GHOST YOUR OLD HABITS

OCTOBER CHALLENGE

New Habits ♥ Brighter Days ♥ A Healthier You

This October, let's ghost the habits that hold us back and replace them with choices that help us feel stronger, healthier and happier. It's not about perfection — it's about progress! ♥



WEEK 1
OCT. 1-7



GHOST THE ALL-OR-NOTHING MENTALITY

- ♥ Stop the "I blew it" binge
- ♥ Let go of perfect eating
- ♥ One day doesn't define you
- ♥ Progress over perfection
- ♥ Showing up counts

WEEK 2
OCT. 8-14



GHOST MINDLESS EATING

- ♥ Slow down and be present
- ♥ Tune into hunger & fullness
- ♥ Plan satisfying meals
- ♥ Be intentional with snacks
- ♥ Enjoy your favorite foods without guilt

WEEK 3
OCT. 15-21



GHOST NEGATIVE SELF-TALK

- ♥ Replace criticism with kindness
- ♥ Speak to yourself like a friend
- ♥ Focus on what you can do
- ♥ Celebrate small wins
- ♥ You are more than a number on the scale

WEEK 4
OCT. 22-28



GHOST THE "I'LL START MONDAY" MENTALITY

- ♥ Take action today
- ♥ Do what you can, where you are
- ♥ Build consistency
- ♥ Keep moving forward
- ♥ You don't have to wait for the perfect moment



REFLECT & CARRY IT FORWARD

- ♥ What habit are you most proud to have ghosted?
- ♥ What new habit do you want to keep in November?
- ♥ Notice the non-scale wins — more energy, confidence, better mood.
- ♥ How do you want to feel as we head into the holiday season?

Same Girl Just Healthier ♥

DAILY WAYS TO PARTICIPATE



CHOOSE
one new or healthier choice each day.



MOVE
in a way that feels good to you.



BE KIND
to yourself and let go of what's not serving you.



TRY
one small new thing that supports your goals.



CELEBRATE
your progress every day (big or small!)

Dish with Dee ♥

