

# Tools for Success

**Tools for Success** *plural noun* – Anything used as a means of accomplishing a task or purpose.

- Water bottle that holds at least 25 oz (everybody is different, but getting in 8 x 8 oz glasses of water (64 oz) throughout the day is a good rule of thumb)
- 1 package of dates (Medjool dates are large and tasty! Eat a couple, no more than 4, a day if you are craving something sweet.)
- 2–3x5 cards (capture your affirmations, post them to your bathroom mirror, read them out loud each time you see them)
- Notebook (record your journey – How are you feeling? What’s challenging?)
- Herbal tea (peppermint, chamomile, rooibos, green tea, black tea – drink throughout the day)
- Coffee (if you are a coffee drinker – one cup a day)
- Sparkling water (no sugar, BUT not sugar-free! Sugar-free drinks are usually sweetened with dangerous substitutes), some acceptable ideas include Perrier, La Croix, and Club Soda
- Support Group [https://www.facebook.com/groups/nojunkfoods/?epa=SEARCH\\_BOX](https://www.facebook.com/groups/nojunkfoods/?epa=SEARCH_BOX)
- An awesome attitude!