

Why do AIP

Find your inspiration and encouragement

Why do you want to do (or continue) AIP in the first place? (examples: pain, exhaustion, physical appearance, quality of life suffers)

What has experience told you about trying to solve these problems so far? Are they stopping you from trying AIP? (ex: Doctors haven't been helpful, or a pill didn't help, other diets made it worse, etc)

What will it cost you to NOT do or continue with AIP?

NEW BELIEFS TO REPEAT DAILY

I CAN do this

I WILL feel better

There is no failure, only lessons and insights

I am doing this for ME

My health gets better and better each and every day.