The BeachHOUSE Goa

THE BODY TRUST CONTRACT

This is not a diet plan.
This is not a punishment.

A Soft Beginning

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This is your quiet agreement with yourself — to stop fighting your body and start walking beside it. To move from control to collaboration, from shame to respect, from obsession to trust.

You can print this, keep it by your bedside, tuck it into your journal, or save it on your phone. Read it on the days you feel “behind,” “not enough,” or tempted to start over with another harsh plan.

Let these promises be your anchor.

My Body Trust Promises

I will not confuse hunger with weakness.

Hunger is not failure — it is a message. I will listen before I judge.

I will rest when my body asks.

Fatigue is not laziness — it is a signal. I will honour my need for sleep, pauses, and softness.

I will not chase numbers; I will nourish life.

The scale, the size, the calorie count do not define my worth. I choose energy, ease, and long-term health over quick fixes.

I will choose consistency over extremes.

I release all-or-nothing thinking. Small, steady habits are enough. I am enough.

I will speak to myself with kindness, especially when I am struggling.

No more calling my body names. My inner voice will sound like someone who loves me.

I will feed myself regularly and without punishment.

I will not “earn” or “undo” food with exercise. Meals are not rewards or sins — they are support.

I will move to feel alive, not to pay off what I’ve eaten.

Movement is my ally, not my punishment. I choose forms of movement that I can enjoy and sustain.

I will listen when my body says “enough.”

Whether it’s food, work, or obligation — when my body whispers stop, I will try to soften and respond.

I will allow my healing to be slow.

Metabolic reset takes time. I will remind myself: safety first, speed later. My body is not on a deadline.

I will remember that my body is on my side.

Even when I don’t like how I feel or look, my body is always trying to protect me. I choose to work with it, not against it.

How to Use This Contract

- **Read it aloud once a day** for the next 7 days — especially when you feel like "*starting over*."
- **Circle one promise** that feels hardest right now. Let that be your gentle focus this week.
- **Return to this whenever** guilt, shame, or panic around food and weight begin to rise. Let these words soften the edges.

My Signature of Trust

I choose to build a kinder relationship with my body — one meal, one breath, one choice at a time.

Name: _____

Signature: _____

Intention Date: ____ / ____ / _____

Today, I begin again — gently.

If you feel called to deepen this journey with guided support, compassionate nutrition, and a true metabolic reset, you're warmly invited to explore the Weight Management Retreat at The Beach House Goa — where your body is not judged, but understood, and healing begins with safety and care.

thebeachhousegoa.com

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