

**UNINTENTIONAL MODEL**  
(WHERE YOU ARE)

**C**                      **T**                      **F**                      **A**                      **R**

**↑**  
OBSTACLES  
& STRATEGIES

**INTENTIONAL MODEL**  
(WHERE YOU'RE GOING)

**C**                      **T**                      **F**                      **A**                      **R**



# PROTOCOL CREATION

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*Here are tools for you to use in your protocol creation. Remember, I am not a nutritionist or a dietitian creating a food plan for your health. This protocol will work with your body's hunger scale to help you stop overeating permanently. We will create this plan together and revisit it weekly. If it is followed, your overeating will end, and you will achieve your weight goal.*

*You can decide which tools to use and how you would like to include them.*

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## TOOLS FOR PROTOCOL

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- 1 No Sugar, No Flour.
- 2 Meals—no snacking
- 3 Food Sheet
- 4 Fasting
- 5 Joy Eating
- 6 Exceptions
- 7 Cycling
- 8 Committing & Planning
- 9 Journaling
- 10 Weighing Daily

# PROTOCOL CREATION QUESTIONS

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- 1 Are you willing to commit to no sugar and no flour for the days of your normal protocol? Why or why not?

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- 2 Are you willing to commit to meals and no snacks? \_\_\_\_\_  
How many meals will you have per day? \_\_\_\_\_  
What will you include at each meal (in general)?

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How many vegetables? \_\_\_\_\_

How much fat? \_\_\_\_\_

How much protein? \_\_\_\_\_

How much grain? \_\_\_\_\_

- 3 Are you willing to create a fuel food sheet and then only eat only what is on that list and nothing else?

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- 4 Are you willing to try some fasting as part of your protocol? What would you like to commit to doing?

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# PROTOCOL CREATION QUESTIONS

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- 5 Are you willing to do one joy eat a week? Are you clear on the rules of one hour and preplanning 24 hours in advance?

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- 6 Will you want to create exceptions? How often and why?

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- 7 Would you like to try some nutrient cycling as a way of overcoming plateaus and homeostasis? What would you like to experiment with?

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- 8 Are you willing to plan your meals a day ahead and then commit to eating what you planned?

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- 9 Are you willing to write down everything you eat, including joy eats and the food eaten on exception days?

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- 10 Are you willing to weigh yourself every day?

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# FOOD LIST RESOURCE IDEAS

*(just ideas, not a complete list)*

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## GRAINS

rice	oatmeal	tortillas
quinoa	oat bran	<i>(corn-flourless)</i>
millet	grits	

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## PROTEIN

eggs	shellfish	nuts	kidney beans
chicken	tofu	ricotta cheese	black beans
lamb	tempeh beans	cheese	black eyed peas
fish	lentils	cottage cheese	mung beans
beef	hummus	full fat yogurt	lima beans
pork	veggie burgers	lentils	
liver	seeds	chick peas	

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## FRUIT

apple	peach	apricot	mango
pear	nectarine	berries	papaya
orange	plum	grapes	melon
grapefruit	kiwi	pineapple	figs
banana	persimmon	cherries	

# FOOD LIST RESOURCE IDEAS

*(just ideas, not a complete list)*

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## VEGETABLES

bok choy	lettuce	radish	radicchio	leeks
cabbage	spinach	turnip	corn	tomatoes
celery	beets	sprouts	peas	green beans
chard	fennel	asparagus	pumpkin	watercress
collards	carrot	broccoli	squash	sugar snap peas
dandelion	jicama	cauliflower	sweet potatoes	
daikon	onion	okra	zucchini	
kale	parsnip	peppers	yam	

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## FATS

olive oil	beef tallow	sesame oil	tahini
butter	lard	flaxseed oil	dark chocolate (85%)
nut butter	macadamia	sour cream	blue cheese
olives	nuts	eggs ( <i>yolks</i> )	dressing ( <i>no sugar</i> )
avocado	cream	bacon	
coconut oil	ghee	mayo	ranch dressing ( <i>no sugar</i> )





# GIVING UP FLOUR AND SUGAR

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- 1 Do you want to become a person who doesn't eat these regularly?  
Why or why not?

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- 2 What are your reasons this makes sense to do if you want to stop overeating:

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- 3 Why does it make sense to do this to lose fat?

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- 4 Why will it be hard physically to give up? List your reasons.

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- 5 Why will it be hard emotionally?

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# GIVING UP FLOUR AND SUGAR

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6 Have you been taught/conditioned that eating sugar and flour is normal? How?

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7 In what ways is it abnormal to eat flour and sugar?

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8 How will you think differently about this if you want to lose weight and stop overeating?

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9 To give up sugar and flour, what habits and foods will you need to change?

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10 What is the easiest to give up?

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11 What is the hardest? Why?

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# FOOD JOURNAL

## INSTRUCTIONS

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*As part of this coaching, you are required to keep a daily food journal.*

*Every week you will share this journal with your coach.*

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### YOUR JOURNAL NEEDS TO INCLUDE THE FOLLOWING INFORMATION

- 1 Everything you put in your mouth to eat. This includes gum, mints, water, and bites.
- 2 We highly recommend that you keep a small notebook in your purse or use a note app on your phone to track what you eat.
- 3 It is important that you note if you were hungry when you ate. In the beginning, you might not be too sure, but try to notice when you stop being hungry and if you keep eating.
- 4 If you eat when you are not hungry, we call that fog eating. Write fog next to anything you eat when you are not hungry.

This fog eating applies to carrots and broccoli and no calorie foods as well. Note every time you eat when you are not hungry.

- 5 As an option, you may include the times you consciously made a choice not to eat something that you wanted to eat when you weren't hungry.
- 6 Please record the specific amount you ate, if possible. If you had a burger and fries, note the size of the burger, how many fries, how much of this meal you ate, and how much you left on the plate.
- 7 Write down the time you ate the food. This is very important.
- 8 Do not try to write in your food journal after the day is over. This will lead to inaccurate journaling, and the coach will not be able to help you if you are too vague. Make notes throughout the day.

### HERE IS AN EXAMPLE FROM AN ACTUAL FOOD JOURNAL:

**7:15** *Iced Americano*

**12:00** *Ham and cheese roll ups w/mayo  
and mustard and small can of  
Pringles chips*

**1:00** *Tsp of Nutella*

**2:30** *Medium Peet's mocha Javiva*

**4:00** *Bag of snack size Cheetos*

**6:00** *Cheeseburger, 1/4 cup curly fries,  
broccoli, glass of white wine and 1  
c. chocolate ice cream.*

# COMMITMENT

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*Your commitment to losing weight must be epic.*

*If I told you that I would give you 10 million if you stayed on your protocol or kill someone you loved if you didn't, the decision would be easy. This gives you tremendous freedom. This gives you the ability to override willpower depletion. This work is as good as done when your reason for doing it is more compelling than the physical cravings and emotional desire.*

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1 Why do you want to lose weight?

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2 Is your reason compelling enough to keep you from ever overeating?

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3 Are you willing to give up food as you know it to have freedom from overeating and being overweight?

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4 Can you live without the escape and buffering that food provides?

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# COMMITMENT

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5 Are you willing to feel worse before you feel better?

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6 Will you continue even when results do not come quickly?

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7 Can you embrace not being normal so you are not overweight like most normal people? Why or why not?

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8 How will you fulfill this in commitment to yourself?

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# REHEARSING THE NEW YOU

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1 Write ten beliefs you will need to adopt as the new version of yourself:

*An easy way to do this is to ask yourself what you would be thinking or believing if you were already at your goal weight. What would you say to yourself? What would be your opinion?*

- ① \_\_\_\_\_  
\_\_\_\_\_
- ② \_\_\_\_\_  
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- ③ \_\_\_\_\_  
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- ④ \_\_\_\_\_  
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- ⑤ \_\_\_\_\_  
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- ⑥ \_\_\_\_\_  
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- ⑦ \_\_\_\_\_  
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- ⑧ \_\_\_\_\_  
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- ⑨ \_\_\_\_\_  
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- ⑩ \_\_\_\_\_  
\_\_\_\_\_

# REHEARSING THE NEW YOU

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## 2 How to memorize these ten beliefs.

- ◆ *Record the beliefs with your cellphone's voice memo.*
- ◆ *Listen to the memo several times a day.*
- ◆ *Write down your beliefs multiple times per day.*
- ◆ *Type the beliefs several times daily.*
- ◆ *Read and recite the beliefs several times a day.*
- ◆ *Practice saying the beliefs out loud without looking at your list.*
- ◆ *Print out your list and take it with you so you can practice throughout the day.*

Once you can recite them perfectly, move on to #3.

## 3 Associate, visualize, and practice your emotion for the beliefs. For each belief you list, associate a feeling with it. Type out the belief and the emotion you believe it will create when you believe it.

When you practice these new beliefs with emotion, remind yourself that success will come when you can let go of who you are and be someone else.

Practice the beliefs with emotion until it is effortless.

# COMPELLING REASON EXERCISE

PODCAST #146

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- 1 If you are pretending to be confused about anything you want to commit to accomplish, write it here. Confusion is always a lie that prevents progress. Address each of your “I don’t know” statements by asking yourself, “If you did know, what would you do?” Then write what comes to mind. You will be shocked by the knowledge you have.

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- 2 Make a decision to commit no matter what. What is your why? Why is this important to you?

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# COMPELLING REASON EXERCISE

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3 What will happen if you don't complete this?

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4 What discomfort will this cause? Why will it be worth it?

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5 Write your exact commitment below. Create a timeframe. Make it measurable. Make it exciting.

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# COMPELLING REASON EXERCISE

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- 6 What would make it even better? How can you make it sweeter and more compelling? Can you add rewards?

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- 7 Document the competing desires and your strategy to overcome each one. (This becomes your new to do list.)

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- 8 Be aware of your level of commitment each day. Measure it on a scale of 1 to 10. If it drops too low, what will you do to increase your commitment and motivation?

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# COMPELLING REASON EXERCISE

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9 Do you trust yourself here? Why or why not?

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10 How will you handle the discomfort of evolving, changing, and disrupting your familiar and comfortable patterns? Write a few sentences below.

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11 What is the massive action you must commit to doing regularly to fulfill your commitment? Explain it here.

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# FEELINGS LIST

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abrupt	annoyed	balanced	caring	confident
absorbed	antagonistic	beaming	centered	confident
accepting	anxious	beautiful	certain	confounded
aching	appalled	belittled	cheerful	connected
achy	appreciative	bitter	cheerless	conscientious
active	apprehensive	blessed	child like	considerate
adaptable	approachable	blindsided	gratified	constructive
adequate	approving	blissful	euphoric	content
admiring	argumentative	blocked	rapturous	contracted
affectionate	ashamed	blunt	clear	contracted
afflicted	assured	blushing	close	contrary
aggressive	at ease	bold	closed	controlling
agitated	attached	bored	cold	cooperative
agonized	attacked	bossy	combative	courageous
agoraphobic	attacking	brave	comfortable	courteous
alarmed	attentive	bright	communicative	cowardly
alienated	attracted	brutal	comparing	crabby
allowing	authentic	bulldozed	compassionate	cranky
alone	authoritative	bullied	complaining	craving
amazed	avoiding	bummed out	complete	creative
amused	aware	burdened	composed	critical
anguished	awkward	calm	compulsive	cross
animated	bad	carefree	condemning	crushed
			condescending	crying

# FEELINGS LIST

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curious	disheartened	earnest	expansive	fulfilled
cut off	dishonest	easy	exuberant	fun loving
daring	disillusioned	easygoing	fake	funny
defensive	dismayed	ecstatic	fascinated	furious
dejected	disoriented	efficient	fatigued	gentle
delighted	disrespectful	elated jubilant	fault finding	genuine
demanding	disrupted	embarrassed	fearful	giving
deprived	dissatisfied	embracing	festive	glad
desolate	distant	empathetic	fidgety	glaring
despairing	distracted	empty	fine	gleeful
desperate	distraught	encouraged	flexible	gloomy
despicable	distressed	energetic	flowing	glorious
despondent	distrustful	energized	fluid	glowing
devastated	disturbed	engrossed	focused	glum
devoted	doomed	enjoying	forgiving	good
diminished	doubtful	enraged	fragile	graceful
dirty	down	enthusiastic	free	gracious
disappointed	downhearted	envious	frenzied	grateful
disconnected	drawn	equal	friendly	grateful
discontented	dreadful	exasperated	frightened	great
discouraged	dull	excellent	frisky	grieved
disdainful	dynamic	excited	frowning	groaning
disgusted	eager	exhilarated	frustrated	grouchy

# FEELINGS LIST

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grounded	humiliated	insensitive	laughing	miserable
grumpy	hungry	inspired	liberated	misgiving
guarded	hurtful	insulted	lifeless	moaning
guilty	immobile	insulting	light	moody
haggard	impatient	insulting	lighthearted	morose
happy go lucky	in good humor	intelligent	listening	motivated
hard	in heaven	intent	lonely	mournful
hardy	in hell	interested	lost	natural
harmonious	in the zone	intimidated	loud	nauseated
hateful	incapable	intolerant	lousy	negative
healthy	incapacitated	intrigued	loved	neglectful
heartbroken	incensed	invaded	low	nervous
helpful	incompetent	involved	mad	no energy
hesitant	indecisive	irate	malicious	non controlling
hitting	indignant	irritated	manipulative	nonjudgmental
honest	inept	jealous	masochistic	observant
honored	inferior	jittery	mature	obsessive
honoring	infuriated	jovial	mean	off
hopeful	inhibited	joyous	meanspirited	offended
hopeless	injured	judgmental	meditative	offensive
hostile	innocent	keen	mellow	off kilter
hotheaded	inquisitive	kind	menaced	OK
humble	insecure	kindly	miffed	open minded

# FEELINGS LIST

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optimistic	poisonous	repulsed	scornful	shy
out of sorts	powerless	resentful	screaming	sick
outgoing	prejudiced	reserved	secretive	sincere
overbearing	preoccupied	resistant	secure	slighted
overjoyed	present	resourceful	seething	slouching
oversensitive	privileged	respectful	self affirming	slow
overwhelmed	productive	responsible	self castigating	sluggish
pained	punishing	responsive	self conscious	slumped
panicked	pushy	rested	self critical	smiling
paralyzed	quarrelsome	restless	self denigrating	smothered
paranoid	quiet	retaliating	self deprecating	solid
passionate	radiant	revengeful	self hating	sorrowful
pathetic	ranting	rigid	self sufficient	sour
patient	reactive	robotic	sensitive	spirited
perplexed	rebellious	rotten	serene	spiteful
perseverant	receptive	rude	serious	spontaneous
pessimistic	recoiling	sadistic	shaky	spunky
petrified	reflective	sane	shallow	squirming
phobic	rejected	sarcastic	sharing	stable
phony	relaxed	satisfied	sharp	steady
placid	reliable	satisfied	shorttempered	stern
playful	remorseful	scared	shrill	stiff
pleased	reprimanding	scolding	shut down	still

# FEELINGS LIST

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stilted	tense	twitching	venomous
stonewalling	terrible	unassuming	victimized
stony	terrified	unbending	vigorous
stressed	territorial	unburdened	vindictive
stubborn	thankful	uncaring	violent
stuck	thoughtful	uncertain	vulnerable
suffering	threatened	uncomfortable	waiting
sulky	thrilled	understanding	warm
sullen	ticked off	uneasy	wary
sunny	tickled	unfair	weak
superior	tight	unhappy	weary
supported	timid	unhurried	welcoming
supportive	tired	uninterested	withdrawn
sure	tolerant	unique	wonderful
surprised	top of the world	unpleasant	woozy
suspicious	tormented	unresponsive	worried
swearing	tortured	unsure	wronged
sweet	touched	unwelcoming	yelling
sympathetic	touchy	unworthy	youthful
tactless	trapped	upbeat	
taut	trembling	uplifted	
tearful	troubled	upset	
tenacious	trusting	uptight	
tender	truthful	useless	



# NOW FEELING

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1 What are you feeling now?

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2 Where is this feeling in your body?

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3 What color is this feeling?

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4 Is this feeling hard or soft?

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# NOW FEELING

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5 Is this feeling fast or slow?

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6 How does this feeling make you want to react?

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7 Why are you feeling this?

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# OVEREATING FEELINGS

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1 What emotions do you try to avoid having on a daily basis? List them here.

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2 When and how often do you normally experience these emotions?

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3 How does deciding to overeat affect these emotions?

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# OVEREATING FEELINGS

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4 How does overeating affect these emotions?

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5 How do you feel after you have overeaten? How does it affect the emotion(s) you ate to avoid?

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6 What would your day be like if you felt these emotions instead of overeating?

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# URGE WORKSHEET

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*We respond to our desire to eat by our conditioned urges most of the time. We feel an urge and it feels “urgent.” We respond to this urge by overeating. This overeating gives an immediate reward and perpetuates this “thought error” cycle.*

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1 What exactly does an urge feel like when it first appears?

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2 What does it feel like when you try to resist it?

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3 What does it feel like when you react and “obey” it?

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4 What does it feel like when you don’t react or resist, but allow it?  
Describe in detail.

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# URGE WORKSHEET

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5 If an urge is caused by a thought error, what is your most common thought error that causes overeating?

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6 If you allowed an urge, what would it be like for you? How would your thoughts and feelings change? How would your actions and results change?

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7 What skill do you need to develop to just feel an urge instead of eating? Describe it.

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8 How would this skill help in other areas of your life?

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# 100 ALLOWED URGES

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*For each allowed urge, write a note for what it felt like, what you were thinking, or how you managed it.*

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# 100 ALLOWED URGES

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# 100 ALLOWED URGES

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# 100 ALLOWED URGES

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# 100 ALLOWED URGES

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# 100 ALLOWED URGES

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# 100 ALLOWED URGES

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# 100 ALLOWED URGES

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# 100 ALLOWED URGES

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97.

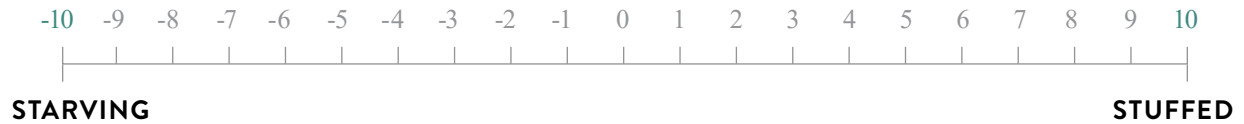
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# HUNGER AS A TOOL

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1 Where are you on the hunger scale right now?

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2 How does hunger feel to you at -4?

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3 How does hunger feel to you at -8?

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# HUNGER AS A TOOL

*After you have eliminated sugar/flour for two weeks.*

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- 1 After you have removed sugar and flour from your diet, where are you on the hunger scale?

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- 2 What does hunger feel like at -4?

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- 3 How does hunger feel if you are at the -8 position?

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*Describe the difference between the following types of hunger:*

- 1 Emotional hunger:

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- 2 Withdrawal from sugar and flour:

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- 3 Physical hunger:

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# DECISIONS AHEAD OF TIME

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*As you create decisions from a conscious and deliberate place, you will notice how powerful it is when you make overall decisions about your health and weight loss ahead of time.*

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Here are examples of made ahead decisions. On the next page, create a list of your own made ahead decisions. You may adopt some of mine or change and adapt them.

1

I will not eat joy food unless I plan to 24 hours ahead of time.

2

I will eat only when I am truly physically hungry.

3

I will decide ahead of time what fuel to eat that I have found works for my body.

4

I will constrain my fuel to make it simple and easy to choose when I am out.

5

I will not beat myself up for any reason.

6

I will rely on well thought out and planned decisions ahead of time and not follow impulsive decisions or reactions.

7

I will consistently do hard things for myself and my health.

8

My relationship with me and my health will be deliberate, planned, and honored.

# DECISIONS AHEAD OF TIME

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2

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# TEDIOUS POWERFUL

## WORKSHEET PART ONE

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*This worksheet is to be used as often as you can handle it. It is very tedious and time consuming, but the results are amazing. Sit down with this one before you eat, and fill it out in detail.*

*Pick a joy food or fuel food you really like.*

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Name of food: \_\_\_\_\_

Quantity you want to eat: \_\_\_\_\_

Where are you on the hunger scale? \_\_\_\_\_

Describe the food in detail (look, smell, texture, color, etc.):

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What was your feeling before eating the food?

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*Write about each bite and stop to write in between bites.*

*Stop eating when you stop enjoying it.*

Describe Bite 1 in detail:

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Describe Bite 2 in detail:

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Describe Bite 3 in detail:

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# TEDIOUS POWERFUL

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Describe Bite 4 in detail:

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Describe Bite 5 in detail:

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Describe Bite 6 in detail:

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Describe Bite 7 in detail:

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Describe Bite 8 in detail:

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Describe Bite 9 in detail:

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Describe Bite 10 in detail:

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# TEDIOUS POWERFUL

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Do all the bites taste the same?  *Yes*  *No*

Your feeling before eating the food:  *More*  *Less*

How do you feel after eating this food?

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How much did you eat before you felt satisfied?

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When did you stop eating?

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Where are you on the hunger scale after eating this food?

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How does this food feel in your body?

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# TEDIOUS POWERFUL

## WORKSHEET PART TWO

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*After you have completed the worksheet, answer the following questions:*

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Did you overeat more when you were below -2 on the  Yes  No  
hunger scale?

Were you able to get more satisfied when you paid more attention  Yes  No  
to each bite?

How did your feelings affect the quantity of food you ate?

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Were your before and after feelings the same or different?

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Did you ever stop at bite 1 because you realized it was not something you  
wanted to eat?

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# EXCEPTION PLAN

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*Needs to be created 24 hours ahead of time. No exceptions.*

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Date of Exception:

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Why am I making this exception?

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Action plan on exception day:

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Consequences I'm signing up for:

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# EXCEPTION PLAN

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## Sample Exception Plans

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**Date of Exception:**

*November 7th*

**Why I am making exception:**

*Family trip for dad's birthday that includes wine tasting. I want to drink wine and will also enjoy the buffer of comfort with my family because of the negative emotions, which I will work on while I am there.*

**Action plan on exception day:**

*I will drink a maximum of three glasses of wine and no more.*

**Consequences I'm signing up for:**

*I will feel terrible the next day physically and that's OK. I know I will sleep terribly. I will do my best to drink lots of water and stop drinking early so it won't affect me as much.*

**Date of exception:**

*June 3rd*

**Why I am making exception:**

*It's my birthday dinner.*

**Action plan on exception day:**

*I will order one entree off the menu with no regard to protocol, and I will eat as much of it as I want. I will have up to two glasses of wine. I will choose one dessert and eat as much as I want and allow myself of bite of other's desserts if they offer.*

**Consequences I'm signing up for:**

*I will gain a few pounds and most likely feel terrible the next day. This is all I will eat that night.*

# UPCOMING EVENT PLAN

(NO EXCEPTIONS)

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1 What is the event?

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2 What will be challenging about this event?

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3 What do you want to do at the event? What is your decision ahead of time? Your commitment?

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# UPCOMING EVENT PLAN

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4 What is your specific plan to carry this out?

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5 When you arrive at the event, how will you justify or excuse not following your plan? (Anticipate the obstacles.)

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6 Visualize three scenarios where you may be challenged and what action you want to take.

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②

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③

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# UPCOMING EVENT PLAN

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7 If it gets really hard, what is your plan?

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8 Write a message to yourself that you could read at this event to remind you to follow the plan.

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9 Write a mantra that you can say quietly in your head.

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# WRITE IT DOWN & MOVE ON

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1 What did you overeat that wasn't on your protocol?

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2 Why did you overeat this food? Be very specific.

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3 What did you notice?

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4 What would've worked better? What else could you have done?

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# WRITE IT DOWN AND MOVE ON

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5 What did you learn?

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6 How can you let this go now?

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7 How do you want to feel about this moving forward?

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8 How will you handle this next time?

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# UPSETTING EVENT

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1 What happened? Do a free write.

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2 List only the facts of what happened.

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3 What are you making these facts mean? (Why is this a problem?)

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4 How do these thoughts feel?

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# UPSETTING EVENT

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5 Does this or did it make you want to overeat? Why or why not?

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6 How do you want to feel?

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7 What do you need to think or believe about this event to feel that way?

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8 What have you learned from this event?

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# WELL BEING VS. FALSE PLEASURES

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- 1 Make a list of experiences that give you false, intensified, or temporary pleasure (i.e., overdrinking, drugs, drama, smoking).

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- 2 Make a list of experiences that give natural or temporary pleasure (i.e., taking a walk, reading, bathing, massage).

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- 3 Make a list of “earned pleasures” that may perpetuate your long term well being (i.e., self coaching, learning, accomplishments, relationships).

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- 4 What do you notice when you look at these lists?

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- 5 Are there changes you would like to make?

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# WHAT REMAINS?

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- 1 If you took away food as a source of entertainment, escape, joy, pleasure, activity, or pastime, how would your life look differently?

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- 2 How much time would it free up and what would you do with that time?

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- 3 How do you think this would affect your daily emotional state? Why?

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- 4 If you were no longer hungry or desired food, how might that change your identity?

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# WEIGH YOURSELF

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*I know that you may not want to weigh yourself, and I completely understand why.  
Your brain is so mean, and it makes that number mean so many horrible things.  
But that is some of the work we will do together.*

---

The first part of this process is to only report the last two numbers of your weight. If you weigh 273, you are only going to write 73. Got it?

273<sup>lbs</sup> → 73

You will weigh yourself three times on the first day when you know you can weigh yourself in the morning before you have eating anything, at noon, and then before you go to bed.

It's important you see how your weight changes during the day. When you turn in your first food journal, record these three numbers (remember, use only the last two digits) and the time you weigh yourself.

On all other days, write your weight (two numbers) at the top of that day's journal post. Weigh yourself at the same time every day. I suggest you do it first thing in the morning, before you eat.

I will be talking a lot about what you make your weight mean and how it can make you discouraged and upset. You might want to keep a journal of these thoughts as you stand on the scale. Notice what your mind does when it sees the number.

I like to think of the scale as a "mind revealer." If you have not weighed regularly, you have missed learning so much about how you think.

*The only time you can skip a day is if you are traveling and  
have no access to a scale.*

*Otherwise, have a working scale and weigh yourself daily!*

# HELLO, SCALE

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*Before you step on the scale, write down how you are feeling:*

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Number today: \_\_\_\_\_

How do you feel about this number?

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What do you believe this number means?

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Are these thoughts true?

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Can you see that it is not the number that is causing the feelings but your thoughts about it?

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Describe what it feels like to be in a body that weighs this number.

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What can you do right now to choose joy, regardless of the number?

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# FINDING OUT WHAT YOU BELIEVE

*Complete these sentences and see if you can find any negative thinking that needs work.*

Thin is \_\_\_\_\_

Fat is \_\_\_\_\_

Pretty is \_\_\_\_\_

Ugly is \_\_\_\_\_

The reason I won't or may not have a beautiful body is:

\_\_\_\_\_  
\_\_\_\_\_

Some of the negative things about being thin are:

\_\_\_\_\_  
\_\_\_\_\_

My greatest worry or fear about thinness is:

\_\_\_\_\_  
\_\_\_\_\_

I would be happier if I were thinner because:

\_\_\_\_\_  
\_\_\_\_\_

Three reasons why I believe I do/don't deserve to be thin are:

① \_\_\_\_\_

② \_\_\_\_\_

③ \_\_\_\_\_

# PRIMARY PROGRAMMERS

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- 1 Who were your primary programmers when you were young? Who taught you about food and about your body?

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- 2 What did they say? (Examples: You'll always be a big girl. You're big boned. You're bigger than... You need to lose weight. You're fat.)

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- 3 What did they model? (Examples: Mom always dieting, overeating, deprivation, celebration with food, rewarded with food, cleaning plates, never wasting food, etc.)

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- 4 What did you experience? (Examples: Food as comfort? Joy from food? Lack of food as punishment, etc.)

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# PRIMARY PROGRAMMERS

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1 When I was younger, food was always:

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2 Exercise was always:

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3 My body was always:

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4 I was always:

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5 Beauty meant:

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6 Joy meant:

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7 Pain meant:

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# YOUR FAT BELIEF SYSTEM

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*By doing this worksheet, you will understand what losing weight means to you. Do your answers seem logical or do you have some illogical thoughts here?*

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1 What would happen if I snapped my fingers and you were suddenly in a thin body right now? Write down all the feelings you have.

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2 Is it really the thinness you want, or the feelings you believe the thinness will bring?

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3 Why or why not?

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4 If you were thin, what would you be thinking?

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5 What are you thinking now?

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6 What feelings are your current thoughts creating?

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# NEW RELIGION

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*Write down five beliefs you want to adopt on this journey. Look at these beliefs often and find ways to prove them true in your life.*

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1

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3

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4

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5

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New evidence I have and can create:

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# FUTURE FOCUS

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*One of the main issues my clients have is being past focused.  
They rely on their past success in weight loss for belief, which always fails.  
They think about their weight as where they were when they weighed.  
They define themselves by where they have been.  
My goal is to teach my clients to define themselves by their future.*

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1 What do you want to weigh?

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2 What size do you want to wear?

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3 How do you want to think and feel about food?

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# FUTURE FOCUS

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4 How do you want to think and feel about your body?

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5 What do you have to change to become this person?

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6 Are you committed to making these changes?

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*When you can do this, you create changes that help you  
become the person you most want to become.*

*Visualize and even talk to your future self who is already  
living the life you deserve.*

# VISUALIZE YOURSELF AT YOUR IDEAL WEIGHT

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1 How do you eat?

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2 How do you think and feel about food?

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3 How do you dress?

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4 How do you think and feel about your body?

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# VISUALIZE YOURSELF AT YOUR IDEAL WEIGHT

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5 How do you handle social pressure?

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6 How do you handle yourself emotionally?

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7 What role does food play in your life?

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8 How is your self esteem and your relationship with yourself?

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# LETTER TO MY PAST SELF

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*Write a letter to your past self using the format here.*

*This is another wonderful tool for uncovering negative thought patterns and beliefs.*

*Be willing to allow the emotions to surface.*

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Dear \_\_\_\_\_,

I am angry because...

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I am sad because...

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I wish...

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---

I am sorry that...

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I love you because...

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# MENTAL REHEARSAL

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- 1 Think about the changes you want to make in your life and visualize yourself having already made them. What is different about you?

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- 2 How do you handle problems differently?

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- 3 How do you feel differently?

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# MENTAL REHEARSAL

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4 How do you act differently?

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5 How do you show up differently?

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6 When you imagine yourself practicing for this new life, what are you doing well and what do you need to keep practicing?

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7 How will you know when it has clicked for you?

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# BELIEVING NEW THINGS

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1 Write down the new thought you want to believe.

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2 How does this thought feel when you think about it today? Why?

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3 What is your brain saying? What are the conflicting sentences?

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4 Answer each of these sentences with an alternative thought and a massive action to counter it. Describe it here.

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5 Write a note to yourself from your future self who is already living this new belief. What would you say to you today?

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# BELIEFS EXERCISE

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1 What do you believe about yourself that you were taught as a child?

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2 What do you believe is possible in your life? Why do you believe this?  
(Take some time to be thorough here.)

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3 Are there beliefs that you have developed as an adult that you didn't have as a child? Do these beliefs serve you?

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4 What do you believe about the purpose of your life?

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5 What do you believe about your body and your health?

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# BELIEFS EXERCISE

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6 What do you believe about your spirituality and your purpose?

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7 What beliefs do you have that you find the most limiting?

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8 What do you believe about money? Your money?

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9 What do you believe about politics? How does it feel to believe it?

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10 What is one belief you want to work on changing?

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# WHY YOU?

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- 1 It is true that only 1% of people who try to lose weight will keep it off.
- 2 This is because the body and mind are conditioned, and our environment is dedicated to keeping you overeating.
- 3 To be the one who can be free of the struggle, you must experience the fire of self connection and release buffering.
- 4 This will go against your deepest instincts to seek pleasure and avoid pain.
- 5 But at the same time, you will connect with yourself on a deeper level.
- 6 I'm not teaching you how to better resist and control yourself despite your instincts. (We have all met people who try to control their food; this is not freedom.)
- 7 I teach you not to overcontrol yourself because this will release your overhunger and overdesire.

*Write a paragraph about why you are willing to go through this fire emotionally and physically. Why is this worth it to you?*

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# WHAT ARE THE FEELINGS YOU CHOOSE?

*You can decide what emotions most serve you in this balance between positivity and negativity.*

You can't feel happy all the time, and I hope I have convinced you that you don't want to. You can decide which emotions will help you balance positivity and negativity.

I love the imagery of a silver platter of emotions. What are the ones you need and the ones you want to feel on purpose?

Positive

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# WASTE FOOD WORKSHEET

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*Imagine the following circumstances and comment on how you would feel about each one and why:*

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- 1 At an expensive restaurant, your meal arrives and you are not hungry. You decide not to eat it because you are past 2. You cannot bring it with you. You must have the waiter take it away after only tasting it. How does this make you feel? What comes up for you?

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- 2 Use the above situation, except you eat the food. How do you feel now? How does that feeling compare with the first situation?

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- 3 Do you believe wasting food is bad? Why or why not?

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# WASTE FOOD WORKSHEET

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- 4 If you eat food that your body does not need for fuel, are you wasting it? Aren't you just carrying the waste with you on your body as fat?

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- 5 Would you rather waste food in the garbage or on your body? Why?

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- 6 In our large portion society, in order to stay at your ideal weight you will have to waste some food. How does this make you feel?

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- 7 Next time you eat and stop at 2 and there is still food on your plate, notice how it feels to waste it.

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