

THE
Lawyer Life
COLLECTIVE

Autumn Noble

Over Eating Program

THE LAWYER LIFE COLLECTIVE
LIFE & CAREER COACHING
FOR LAWYERS

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Overeating Program

Module 1



HOW I WANT TO EAT

- 1. What is the ideal day-to-day protocol you would like to repeat when it comes to your eating?**
- 2. What is one weekly joy eat you would like to incorporate into your eating? (planned 24 hours ahead, bite by bite awareness, 10% of normal food for day)**
- 3. What do you imagine the result of eating this way consistently would have on your body?**
- 4. If it didn't get you that result, what would you change?**



HOW I WANT TO EAT

5. How long would you be willing to commit to this way of eating and why?
6. Would you be willing to eat this way if the result came over the next two to three years? Why or why not? What is your other option?
7. Is there any way you could make it even more specific to ensure you could measure results and locate causes and symptoms of weight gain or loss?

HOW I WANT TO EAT

8. How do you imagine you can fulfill this commitment to yourself?



NATURAL WEIGHT COMMITMENT

1. Why do you want to be at your natural weight?

2. Why do you want to stop overeating?

3. What benefits do you want to enjoy?

NATURAL WEIGHT COMMITMENT

4. Where will the desire to overeat be reallocated?

5. Where will the time you've spent overeating be reallocated?

6. Why do you desire to stop overeating?

NATURAL WEIGHT COMMITMENT

7. Are you willing to embrace not being “normal” in order to not be overweight? Why or why not?

8. How do you imagine you can fulfill this commitment to yourself?

THE WEIGHT I WANT

1. What do you want to weigh?
2. If you don't weigh that now, why not?
3. How do you want to eat? Be very specific.



THE WEIGHT I WANT

4. How would you describe the cost of choosing present pleasure over long-term joy when it comes to your weight and your body?
5. How would you need to change cognitively, emotionally, and behavior to create and maintain the body you most want to live in?
6. Without the pleasure and entertainment of extra food, how might you feel and behave differently?

THE WEIGHT I WANT

7. What would you be willing to do to create the body you want?

8. What would be the direct and indirect benefits of committing to this result? In what ways might you grow and evolve beyond your weight?



UNINTENTIONAL MODEL

(WHERE YOU ARE CURRENTLY)

C

T

F

A

R

OBSTACLES & STRATEGIES



INTENTIONAL MODEL

(WHERE YOU ARE GOING)



Instructions

UNINTENTIONAL MODEL – Complete this model, in this order:

C: What is the **Circumstance** you are focusing on? This is the “problem” fact we are working on—your job, your spouse, your finances, etc. It must be neutral and factual only – no descriptors, no opinions, just the facts. *For example: I weigh 185#, I have a job, I have a spouse, my boss said “QUOTE”*

T: What is your predominant **Thought** about this circumstance?

F: How do you **Feel** when you think that thought?

A: How do you **Act** when you feel that way? What do you do? What do you not do? How do you speak to others? How do you speak to yourself?

R: What **Result** do you think those actions are creating in your life? ***This is your present state, as created by your thought.***

INTENTIONAL MODEL– Complete this model, in this order:

C: Insert the same **Circumstance** from your Unintentional Model.

R: What is the **Result** your future self has that you don’t currently have (with respect to the Circumstance)? *For example: I make \$10,000 more, I am happy, I weigh 16 pounds less, etc.*

A: What types of **Actions** (or inactions) did your future self engage in to create that result?

F: What **Feeling** would propel your future self to take those types of actions?

T: What **Thought** would generate that feeling for your future self?



OBSTACLES BRAINSTORM

What obstacles stand in your way to achieving this goal?

Why don't you have the result from your Intentional Model now?

What do you need to learn to step closer to your Intentional Model?

What could prevent you from achieving the result you want?

Are there people in your life who would not want you to achieve this goal?

STRATEGIES BRAINSTORM

For each obstacle you identify, develop a strategy.

How will you overcome all these challenges?

Are there lies you are telling yourself that you need to let go?

Are there thoughts that aren't serving you that can be released?

Can you develop a plan to acquire the skills/tools you need to succeed?

How will you handle challenging situations?



OBSTACLES / STRATEGIES

What are your obstacles to losing weight? In the left column, list your obstacles. In the right column, write down everything you will need to do to overcome each of these obstacles (strategies). Consider how doing this will make you stronger and more confident.

OBSTACLES

STRATEGIES

[illegible][illegible]

Overeating Program

Module 2



PROTOCOL CREATION

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.

TOOLS FOR PROTOCOL

- ★ No Sugar, No Flour
- ★ Meals—No snacking!
- ★ Food Sheet
- ★ Fasting
- ★ Joy Eating (plan one each week)
- ★ Exceptions (plan for them)
- ★ Committing and Planning
- ★ Journaling
- ★ Weighing Daily



PROTOCOL CREATION QUESTIONS

1. Are you willing to commit to no sugar and no flour for the days of your normal protocol? Why or why not?
2. Are you willing to commit to meals and no snacks?
3. How many meals will you have per day?
4. What will you include at each meal (in general)?
5. How many vegetables?
6. How much fat?
7. How much protein?
8. How much grain?



PROTOCOL CREATION QUESTIONS

9. Are you willing to create a fuel food sheet and then only eat only what is on that list and nothing else?
10. Are you willing to try some fasting as part of your protocol? What would you like to commit to doing?
11. 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?
12. Will you want to create exceptions? How often and why?
13. Are you willing to plan your meals a day ahead and then commit to eating what you planned?



PROTOCOL CREATION QUESTIONS

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

15. Are you willing to weigh yourself every day?

MY PROTOCOL:



MY PROTOCOL



FOOD LIST RESOURCE IDEAS

This is not a complete list, just ideas. Consult your doctor or nutritionist as needed.

GRAINS

RICE

OATMEAL

TORTILLAS

QUINOA

OAT BRAN

(CORN, FLOURLESS)

MILLET

GRITS

PROTEIN

EGGS

SHELLFISH

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



FOOD LIST RESOURCE IDEAS

FRUIT

APPLE

PEACH

APRICOT

MANGO

PEAR

NECTARINE

BERRIES

PAPAYA

ORANGE

PLUM

GRAPES

MELON

GRAPEFRUIT

KIWI

PINEAPPLE

FIGS

BANANA

CHERRIES

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



FOOD LIST RESOURCE IDEAS

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 (YOLKS)

DRESSING (NO SUGAR)

COCONUT OIL

GHEE

MAYO

RANCH DRESSING (NO SUGAR)

FOOD SHEET

On this food sheet, list all the foods you want to eat. This will simplify your eating. Eat only what is on this list and only what isn't during a joy eat or an exception. As you learn which foods work for you, add or remove them from your list.



GIVING UP FLOUR AND SUGAR

1. Do you want to become a person who doesn't eat flour and sugar regularly? Why or why not?

2. What are the reasons avoiding sugar and flour makes sense if you want to stop overeating?



GIVING UP FLOUR AND SUGAR

4. What are the reasons this makes sense to lose fat?
5. Write down all the reasons why it might be physically hard to give up sugar and flour.
6. Write down all the reasons why it might be hard emotionally to give up sugar and flour.

GIVING UP FLOUR AND SUGAR

8. Have you been taught or conditioned that eating sugar and flour is normal? How?

9. Can you find some ways that it is abnormal to eat sugar and flour?



GIVING UP FLOUR AND SUGAR

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

12. What are habits you have and foods you currently eat that will need to change to give up sugar and flour?

13. Which are the easiest to give up?



GIVING UP FLOUR AND SUGAR

14. Which are the hardest? Why?



FOOD JOURNAL INSTRUCTIONS

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

Every week you will share this journal with your coach.

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.



FOOD JOURNALING

Record everything you eat, every day.

Do not censor yourself. This information is to help you better understand your relationships with your body and with food.

Each day select either the Daily Recap or the Real Time Report then use the journal prompts to explore the day's events.

"MAKE TIME FOR IT. JUST GET IT DONE. NOBODY EVER GOT STRONG OR GOT IN SHAPE BY THINKING ABOUT IT. THEY DID IT."

- JIM WENDLER



Daily Recap

Morning Weigh in: _____

Thought about this number:

Write down everything you ate today. Do not censor or downplay anything. Be open and curious!

What are my thoughts about this food?

How did my body feel today?

How was my energy level today?

Did I gain any insights today?



Real Time Report

Morning Weigh in: _____ **Time:** _____ **Thought about this number:** _____

Food:

Details (time, setting, alone, company, etc.?)

Thought preceding the meal:

Thoughts after the meal:

How does my body feel?

Mid-Day Weigh in: _____ **Time:** _____ **Thought about this number:** _____

Food:

Details (time, setting, alone, company, etc.?)

Thought preceding the meal:

Thoughts after the meal:

How does my body feel?



Real Time Report

Evening Weigh in: _____ Time: _____ Thought about this number: _____

Food:

Details (time, setting, alone, company, etc.?)

Thought preceding the meal:

Thoughts after the meal:

How does my body feel?



Journal Prompts

What did you eat today that was not on your protocol?

Do a thought download on your off-protocol eating. What do you think about your actions? What are you making it mean about yourself?



Journal Prompts

Select a thought from above and put it in the Unintentional Model below. Examine the impact that thought is having on your ability to reach your goal.

Then create an Intentional Model you want to start believing about that same circumstance.

Model on **Unintentional** Thought:

C:

T:

F:

A:

R:

Model on **Intentional** Thought:

C:

T:

F:

A:

R:

In what ways do you think your unintentional thought impacts your ability to follow protocol?



Journal Prompts

Explain how that unintentional thought shows up in other areas of your life.

With excruciating detail, write the story of this overeating event. What was happening? What were you thinking at that moment? Include all the details – What time of day was it? Who was around? What day of the week was it? What sensations did you notice (hot/cold/tired)? How did your body feel (sore/uncomfortable/stiff)?



Journal Prompts

Is there a pattern with eating off protocol and some of the characteristics of the above circumstances?

What strategy will you use to overcome the urge to eat off protocol the next time your find yourself find yourself in similar circumstances?



FOOD JOURNALING

It is important to write down every single thing you eat daily. Include all bites and licks!

1. Write down everything you have eaten in the past 24 hours.



FOOD JOURNALING

3. Make some notes on why you made the choices you did and how you felt physically throughout the day.

4. What is your ideal food journal? Write it below.

5. How do you imagine you will feel physically and emotionally when you eat this way?

EATING ONLY WHEN HUNGRY

1. How do you know when you are hungry? What exactly does it feel like?
2. What is the difference between a sensation and an emotion? Why is this distinction important?
3. How can you distinguish between hunger and withdrawal? How do they feel different in your body?

EATING ONLY WHEN HUNGRY

4. How can you tell when you are no longer hungry while eating?

5. How do certain foods affect your level of hunger and fullness?

Processed Foods with Sugar and Flour:

Fats:

Vegetables:

Protein:

Caloric Drinks:

6. List other foods you eat on a regular basis and how they affect your hunger.

COMMITMENT

Your commitment to losing weight must be epic. 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.

1. **Why do you want to lose weight?**
2. **Is your reason compelling enough to keep you from ever overeating?**
3. **Are you willing to give up food as you know it to have freedom from overeating and being overweight?**

COMMITMENT

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

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

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



COMMITMENT

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

8. How will you fulfill this commitment to yourself?

Overeating Program

Module 3



BUFFERING

1. What are the ways in which you buffer?
2. What emotions are you attempting to avoid when you buffer?
3. What are the thoughts that cause each of these emotions?



BUFFERING

5. To stop buffering, you'll need to be willing to feel unpleasant emotions and give up the false pleasure of the buffer. Are you willing to do this?

6. What are the negative consequences of buffering in your life?

7. How will you manage your urges to give in to buffering?



REHEARSING THE NEW YOU

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

What will you believe? What will you think? An easy way to help yourself here is to ask yourself what you would be thinking if you were already at your goal weight. What would you be saying to yourself? What would be your opinion of yourself?

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REHEARSING THE NEW YOU

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 each 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 this step: 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.



YOUR WHY AND YOUR COMMITMENT

- 1. If you are pretending to be confused about anything you want to commit to accomplishing, 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.**
- 2. Make a decision to commit no matter what. What is your why? Why is this so important to you?**

YOUR WHY AND YOUR COMMITMENT

4. What will happen if you don't complete this?

5. What discomfort will this cause? Why will it be worth it?

6. Write your exact commitment below. Give a timeframe. Make it measurable. Make it exciting.



YOUR WHY AND YOUR COMMITMENT

8. What would make it even better? How can you make it sweeter and more compelling? Could you add rewards?

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



YOUR WHY AND YOUR COMMITMENT

11. 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?

12. Do you trust yourself here? Why or why not?

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



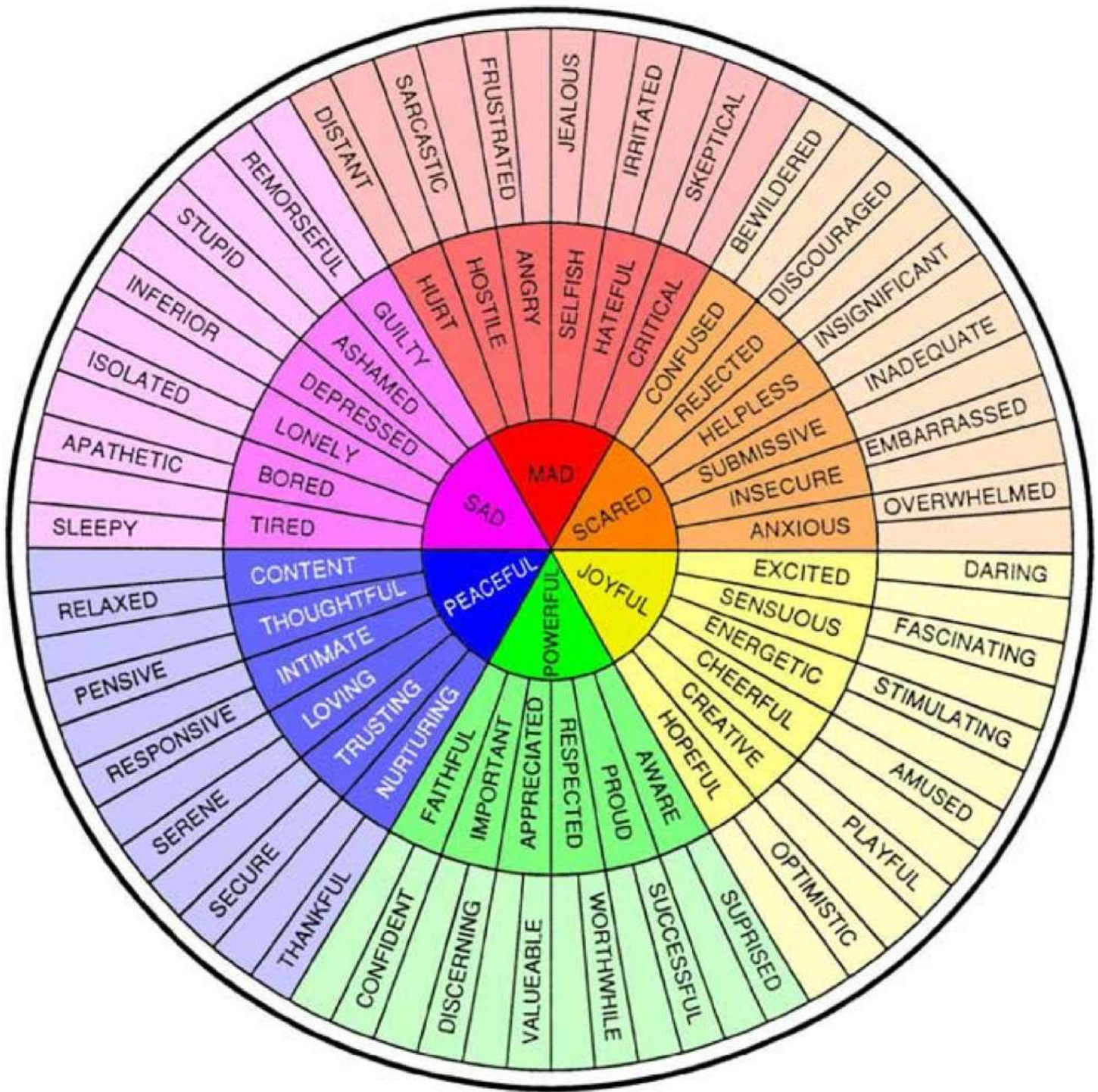
YOUR WHY AND YOUR COMMITMENT

15. What is the massive action you must commit to do regularly to fulfill your commitment?

Explain it here.



FEELINGS



NOW FEELING

1. What are you feeling now?
2. Where is this feeling in your body?
3. What color is this feeling?
4. Is this feeling soft or hard?
5. Is this feeling fast or slow?
6. How does this feeling make you want to react?
7. Why are you feeling this?



OVEREATING FEELINGS

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

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

3. How does deciding to overeat affect these emotions?



OVEREATING FEELINGS

4. How does overeating affect these emotions?

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

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



URGES

We mostly respond to our desire to eat with our conditioned urges. We feel an urge, and it feels “urgent”. We respond to this urge by overeating. This overeating gives us an immediate reward and perpetuates the “thought error” cycle.

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

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



URGES

3. What does it feel like when you react and “obey” it?
4. What does it feel like when you don’t react or resist, but you allow it to simply exist? Describe in detail.
5. If an urge is caused by a thought error, what is your most common thought error that causes overeating?

URGES

7. What would the process of allowing an urge be like for you? How would your thoughts change? How would your feelings change? How would your actions change? How would your results change?

8. What is a skill you would need to develop to feel instead of eat? Describe it.

9. How would this skill serve you in other areas of your life?



100 ALLOWED URGES

For each allowed urge write down 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

82.

83.

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100.



Overeating Program

Module 4



HUNGER AS A TOOL – PART I



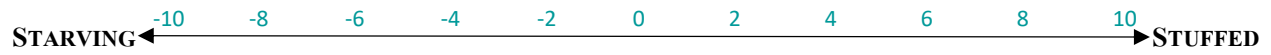
1. Where are you on the hunger scale now?

2. How does hunger feel to you at -4?

3. How does hunger feel to you at -8?



HUNGER AS A TOOL – PART II



After you have eliminated sugar and flour for two weeks

1. Where are you on the hunger scale now?

2. How does hunger feel to you at -4?

3. How does hunger feel to you at -8?



HUNGER AS A TOOL – PART II

Describe the difference between the following types of hunger:

1. Emotional hunger:

2. Withdrawal from sugar and flour:

3. Physical hunger:



DECISIONS AHEAD OF TIME—EATING

As you create decisions from a conscious and deliberate place, you will notice how powerful it is to make overall decisions about your drinking ahead of time.

Here are some examples of some 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.

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

I will eat only when I am truly physically hungry.

I WILL DECIDE AHEAD OF TIME WHAT FUEL TO EAT THAT I HAVE FOUND WORKS FOR MY
BODY.

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

I WILL NOT BEAT MYSELF UP FOR ANY REASON.

I will rely on thoughtful planned decisions ahead of time rather than impulsive decisions or reactions in the moment.

I AM WILLING TO DO CONSISTENTLY DO HARD THINGS FOR MYSELF AND MY HEALTH.

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

DECISIONS AHEAD OF TIME—EATING

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



TEDIOUS POWERFUL PART 1

This worksheet can be used as often as you like. It's very tedious and time consuming, but the results are amazing. Sit down with this one before you eat and document in detail.

Pick a joy or fuel food you really like.

1. Name of food:

2. Quantity you want to eat:

3. Where are you on the hunger scale?

4. Describe the food in detail—look, smell, texture, color, etc.

5. Your feelings before eating the food:



TEDIOUS POWERFUL PART 1

-
6. Describe each bite and stop to write in between bites. Stop eating the food when you stop enjoying it.
-

Describe bite in detail:

Describe bite in detail:

Describe bite in detail:

Describe bite in detail:

Describe bite in detail:

Describe bite in detail:

TEDIOUS POWERFUL PART 1

Describe bite in detail:

7. Do all the bites taste the same? Yes or No:

8. Does it start to taste less pleasurable or more pleasurable as you add bites? Less or More:

9. What is your feeling after eating this food?

10. How much did you eat before you were satisfied?

TEDIOUS POWERFUL PART 1

11. When did you stop eating?

12. Where are you on the hunger scale after eating this food? How does this food feel in your body?



TEDIOUS POWERFUL PART 2

After you have completed the first part of the worksheet, answer the following questions.

1. Did you overeat more when you were lower on the hunger scale?

2. Were you able to get more satisfied when you paid more attention to each bite?



TEDIOUS POWERFUL PART 2

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

4. Were your before and after feelings the same or different?

5. Did you ever stop at the first bite because you realized it wasn't something you wanted to eat?

EXCEPTION PLAN

This Plan must be in place 24 hours ahead of time.

No exceptions.

Date of Exception:

1. Why am I making this exception?

2. Action plan on exception day:

3. Consequences I'm signing up for:



EXCEPTION PLAN

Date of exception: *November 7th*

Why I am making this 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 my 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 this 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 a 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.*

WRITE IT DOWN AND MOVE ON

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

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

3. What did you notice?



WRITE IT DOWN AND MOVE ON

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

6. What did you learn?

7. How can you let this go now?

8. How do you want to feel about this moving forward?

9. How will you handle this next time?



WELL BEING VS. FALSE PLEASURE—EATING

1. Make a list of the things you do to experience false, intensified, temporary pleasure (overdrinking, overeating, doing drugs, engaging in drama, smoking, etc.).
2. Make a list of the things you do to experience natural, temporary pleasure (take a walk, read, bathe, get a massage).



WELL BEING VS. FALSE PLEASURE—EATING

4. Make a list of things you currently do to perpetuate long term well-being (“earned pleasures” like self-coaching, learning, accomplishments, relationships).

5. What do you notice when you look at these lists?

6. Are there any changes you would like to make?

WELL BEING VS. FALSE PLEASURE—EATING

7. If you took away your preferred buffer as a source of entertainment, escape, joy, pleasure, activity, or pastime, how would your life look different?
8. How much time would it free up? What might you do with that time?
9. How do you think this would affect your daily emotional state? Why?
10. If you were no longer hungry or desired food, how might that change your identity?

WEIGH YOURSELF

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 lbs → 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

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

Number today:

How do you feel about this number?

What do you believe this number means?

Are these thoughts true?

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

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

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



Overeating Program

Module 5



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—FOOD & WEIGHT

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



PRIMARY PROGRAMMERS—FOOD & WEIGHT

4. What did they model? (Food as comfort? Joy from food? Lack of food as punishment, etc.)

5. When I was younger, food was always:

6. Exercise was always:



PRIMARY PROGRAMMERS—FOOD & WEIGHT

7. My body was always:

8. I was always:

9. Beauty meant:

PRIMARY PROGRAMMERS—FOOD & WEIGHT

10. Joy meant:

11. Pain meant:

YOUR FAT BELIEF SYSTEM

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?

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.

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

3. Why or why not?



YOUR FAT BELIEF SYSTEM

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

5. What are you thinking now?

6. What feelings are your current thoughts creating?



NEW RELIGION

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.

(Example: I believe that I happen to my days, they do not happen to me.)



New evidence I have and can create for these beliefs:



FUTURE FOCUS

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 X...

They define themselves by where they have been.

My goal is to teach my clients to define themselves by their future.

- 1. What do you want to weigh?**
- 2. What size do you want to wear?**
- 3. How do you want to think and feel about food?**

FUTURE FOCUS

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

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

6. Are you committed to making these changes?

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

1. How do you eat?

2. How do you think and feel about food?



VISUALIZE YOURSELF AT YOUR IDEAL WEIGHT

4. How do you dress?

5. How do you think and feel about your body?

6. How do you handle social pressure?



VISUALIZE YOURSELF AT YOUR IDEAL WEIGHT

7. How do you handle yourself emotionally?

8. What role does food play in your life?

9. How are your self-esteem and your relationship with yourself?



A LETTER TO MY PAST SELF

Write a letter to your past self using the following format. This is another wonderful tool for uncovering negative thought patterns and beliefs. Be willing to allow the emotions to surface.

Dear

I'm angry because....

I'm sad because...



A LETTER TO MY PAST SELF

I regret...

I wish...

I'm sorry that...



A LETTER TO MY PAST SELF

I love you because...



A LETTER FROM MY FUTURE SELF

Write a letter from your future self, who's right where you want to be, and have her give you some advice. What would she tell you to stop doing? What would she tell you to start doing? What else might she say?



REHEARSING YOUR FUTURE SELF

1. Think about the changes you want to make and visualize yourself having already made them.

What's different about you?

2. How do you handle problems differently?

3. How do you feel differently?



REHEARSING YOUR FUTURE SELF

4. How do you act differently?

5. How do you show up differently?

REHEARSING YOUR FUTURE SELF

6. When you imagine yourself “practicing” for this part in your new life, what are you doing well, and what do you need to keep practicing?

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

BELIEVING NEW THINGS

1. Write down the new thought you want to believe.
2. How does this thought feel when you think it today? Why?
3. What is your brain saying? What are the conflicting sentences?



BELIEVING NEW THINGS

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

Describe it here.

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



BELIEFS EXERCISE

- 1. What do you believe about yourself that you were taught as a child?**
- 2. What do you believe about what is possible in your life? Why do you believe this? (Take some time to be thorough here.)**
- 3. Are there beliefs that you have developed as an adult that you didn't have as a child? Do these beliefs serve you?**
- 4. Are there beliefs that you had as a child that you released? Could some of those beliefs serve you now as an adult?**



BELIEFS EXERCISE

6. What do you believe about the purpose of your life?

7. What do you believe about your body and your health?

8. What do you believe about your spirituality and your purpose?



BELIEFS EXERCISE

10. What beliefs do you have that you find the most limiting?

11. What do you believe about money? Your money?



BELIEFS EXERCISE

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

14. What is one belief you want to work on changing?



Overeating Program

Module 6



WHY YOU?

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; that 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?



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 _____

Negative _____



WRITE IT DOWN & MOVE. ON.

Imagine the following circumstances and comment on how

you would feel about each one and why:

1. At an expensive restaurant, your meal arrives, and you are not hungry. You decide not to eat it because you are past 4 on the hunger scale. 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?
2. Use the above situation, except you eat the food. How do you feel now? How does that feeling compare with the first situation?



WRITE IT DOWN & MOVE. ON.

4. Do you believe wasting food is bad? Why or why not?
5. 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?
6. Would you rather waste food in the garbage or on your body? Why?

WRITE IT DOWN & MOVE. ON.

7. 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?
8. Next time you eat and stop at 4 and there is still food on your plate, notice how it feels to waste it.