

Feel Good Sisterhood

Using Thought Work for Weight Loss



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Total Health by Elizabeth

INTRODUCTION

Right now you are living in a series of Think/Feel/Act cycles (also known as a Model). They are either helping you achieve your goals or not. 100% if you have goals, you will always be working to create new models with new results.

The goal of this program in its entirety is to help you shift from being stuck, thinking that you need to follow someone else's rules to be happy with your body or lose weight, to listening to your body in order to give your body what it needs to be healthy.

Although the Feel Good Sisterhood gives you specific actionable strategies that consistently work, if you believe you need someone else to tell you what to do, that if you even look at food you will gain weight, that it's not fair that you can't eat what you want....you will not lose the weight that you want. That is not because "it didn't work", but because you didn't change your thought process. That's it.

When you know the think feel act cycle is always working to create your results, you always know exactly where to go to problem solve in your habits and behavior. If the first place you go isn't the inside...you have a problem.

You always want to start with the cause of the problem, with specific awareness, and then, once you understand the problem very clearly, you work towards a solution. The solution will be within our thinking most of the time.

Whether you need to adjust your thinking or your behaviors, the solution is always in the think feel act cycle.

But you can't just believe your way to the skill of losing weight. Oftentimes the body has other plans for us. This is what we call the MATH. You can't sit on your couch and think yourself thin. You have to do the things that will help you to become that way. This is where the Feel Good Sisterhood program comes in.

Belief + Doing = Your Health & Fitness.

Over the remainder of the program, we are going to cover it all together.

Going through the Feel Good Sisterhood will help you reveal the way that you've been thinking that isn't serving you and that you need to work on within this 6 month program.

You MUST take action every day to be successful. Signing up for this program, or planning what you're going to do will not create results. The first model I want to introduce you to is, "I am responsible for my results."

Your coach, a program, food, your husband or family, or the holidays, is never responsible for the way that you treat your body.

You are.

This 6 month program will simply provide you with all the tools you need, the rest is up to you.

And remember...this is just the beginning.

A handwritten signature in black ink, appearing to read "Elizabeth", with a large, flowing loop at the end.

TABLE OF CONTENTS

Introduction.....	1
Self-Coaching.....	3
Thought Work Rules.....	4
Part 1: Circumstances.....	6
Models Focusing on the C's.....	7
Part 1 Takeaways.....	9
Part 2: Thoughts.....	10
THOUGHT DOWNLOADS.....	12
Models Focusing on the T's.....	15
Part 2 Takeaways:.....	17
Part 3: Feelings.....	18
Models Focusing on the F's.....	21
PART 3 Takeaways.....	25
Part 4: Actions.....	26
Models Focusing On The A's:.....	29
Models Focusing On The A's:.....	30
Part 4 Takeaways.....	32
Part 5: Results.....	33
Models Focusing on the R's.....	35
Part 5 Takeaways.....	38
Intentional Thought Creation.....	39
Thoughts.....	41
Feelings.....	43
Actions.....	44
Results.....	45
Results You Want To Create.....	45
Ladder thoughts and Bridging Phrases.....	46

SELF-COACHING

In order to be successful forever, you are going to need to learn how to manage your mind. Most of us don't know how to do this – in fact, we often believe that our thoughts are truth, that we don't have any control over them, and that we're 'just wired that way'.

We have the power to change the way that we think – about ourselves, our body, what we do, and the world around us.

I know this because I've done it. And I've taught my clients to do it too.

When it comes to our health habits, we know what we're supposed to be doing. There are no shortage of people who are telling us what to do. What makes one person stick with weight watchers for 20 years while another person disengages after 6 weeks is all about how we think about that program.

What makes us follow a program for a period of time – and do really well with it – but then stop following it, and not being able to get back with the program, has everything to do with our thoughts and feelings about the program.

What's different about the Feel Good Sisterhood, is that I will teach you how to think differently about your habits, your body, your relationship with yourself, and the world around you so that you can notice thoughts that are getting in your way – so that you can decide to change them in order to be successful.

There are a few main concepts that we're going to cover in this workbook

- **The think/feel/act cycle** – A concept taught in *Cognitive Behavior Therapy* (thought/emotion/behavior) that suggests that our thoughts, emotions, body sensations, and behavior are all connected, and that what we think and do affects the way we feel.
- **The Model** – A coaching philosophy that involves finding the root cause of each symptom, understanding it, and then identifying how we create our own results through default thinking patterns.
 - The **Unintentional Model** – A model created from a thought that is not deliberate, simply the models we create with our automatic, unconscious thinking.
 - The **Intentional Model** – A model created from a desired thought.

Thought Work Rules

The goal of this workbook all about thought work is to 1. Love your body and 2. Become your own self-coaching guru.

With these Thought Work Rules, feedback that you get in the community, and our weekly meetings, you will leave being able to self coach yourself about food and your body effectively, checking and correcting your own thoughts, producing measurable results, and adjusting your T (think), F (feel), and A (act) lines as often as necessary to reach your desired R (result). Your R will always be measurable, so you will always be able to determine if your self-coaching is working.

The simpler your model, the easier it will be to see how you are creating your results.

Circumstances

1. The Model isn't about positive thinking or thought swapping. It's about looking at your thoughts to see what they are creating in your life.
2. Your C (circumstance) is always Neutral. It should give you NO emotion to look at it. Sometimes this is the hardest part of the Model.
3. You always have a C. Never fill out a Model without a C. It is vital for you to see the neutrality of the circumstance and the contrast of your emotions when your thought enters the equation.
4. Get very specific with your C.
5. Be vigilant about excluding "emotional" words from your C line.

Thoughts

6. Only ONE thought in the T line at a time. Every thought will have a different feeling attached to it and thus will have its own Model. Avoid long sentences with multiple phrases. For example: "I will lose my job and not be able to pay my bills," are 2 different thoughts.
7. If there is a QUESTION in your T line, answer the question for yourself. THAT thought goes in the T line. For example: "What if I fail?" is actually the thought, "I am going to fail".

Feelings

8. There is only one FEELING in your F line. And the feeling matters. Get very clear on the exact vibration that thought carries. It will give you incredible insight into your actions that follow. Have your job be pinpointing the feeling.
9. If you have two feelings, this means you have two thoughts about this C. Find the F caused by the T you're working.

Actions

10. Be as descriptive as possible with your A line. Here is where you get to really fill it in. But always go back and double-check that every A you list, came from the ONE thought and feeling you are working with.
11. Worry, Pity, Judge, Complain, Blame, Love, and other "emotions" are also VERBS. Often times these really need to be in the A line.
12. Get specific actions (things that we DO) — remember that inaction, resistance, and thinking is an action too.
13. The A line isn't necessarily the next thing that happens chronologically, but rather how you act when you feel the feeling listed in the Model.

Results

14. The only person who belongs in the R line is you. We can't change other people's behavior with our Ts.
15. If you have an action in your R line, move it up to the A line and find the R of those actions.
16. It's OK for the R to be a T—it often is.
17. The R isn't supposed to be a repeat of the T—find how it is creating evidence for the T.
18. Watch out for split models—if the F doesn't seem to relate to the T, or the As don't seem to relate to the F, likely you have had another T while you were working the Model, and you're answering from that T.
19. Your thought will always be proved correct in the R line. I like to start my R line with the exact thought I wrote down in my T line for awareness. Combined with my entire Model, I then get clearer on the exact R. In this program, we can put very specific weights or lbs lost as the R line. There are MANY thoughts that produce zero progress and it's very powerful to see that. You will be less apt to think them when you know..."this is not helping me get-to-where-I-want thought".
20. Your R can also be a turnaround or the "opposite" of your T line. For example: "Exercising takes time away from my kids", the turnaround is, "I take time away from my kids". Your work is to figure out why this is true.
21. The goal of your R line is not to get it "right" or "perfect", but to give you MAXIMUM awareness and power over your life. (see example above in #20). "I take time away from my kids" gives you the responsibility of the result, your health, your weight, and time.
22. If you are "confused", you don't have awareness. Your work is to stay with that ONE model until you REALLY understand and therefore know exactly what to do and how to change your R moving forward.

Keep your model in the correct order:

C: _____
T: _____
F: _____
A: _____
R: _____

Part 1: Circumstances

There's a sign in my office that says "there are facts, and everything else is drama." Circumstances are facts. Therefore, Circumstances are neutral, which means they give you no emotional charge. They are factual, provable, measurable, and *everyone would agree*.

It's the subject of our thinking or the facts of the situation. Our dialogue, interpretation, or story about the circumstance is factored in later through our thoughts *about* the circumstance. Finding the facts when you are emotionally charged can be so incredibly empowering in gaining perspective on a situation and quickly find objectivity and power.

Ask yourself: what are the facts here? You want to always find the facts, or the circumstances of a situation before you act or make a decision. Especially when it comes to decisions about your eating or weight.

Here are some common C's

- Your weight
- Your age
- The size clothing in your closet
- Your clothes
- # of lbs lost
- Your body
- Other people's opinions
- What your coach says
- The Feel Good Sisterhood
- Your progress towards your goal
- Food
- Restaurants
- The items on the restaurant menu
- Exercise
- The scale
- Your Partner
- Your Job
- Words that a friend says
- The amount of money in your bank account
- The tasks that are on your schedule
- The resources you have available to you (i.e.: exercise equipment, or food in your house)

Make a list of Cs for you when it comes to your weight and food below.

MODELS FOCUSING ON THE C'S

Pick one C. Model out three different thoughts that aren't serving you about the C. The focus here is to leave your self coaching session, SEEING how the C is actually NEUTRAL and has NO meaning, until you give it meaning, until you decide to think something, anything, about it. The C is neutral means that there are multiple ways of looking at this circumstance or event. If it takes a whole day, or longer, stick with it until you can really find it is neutral. There are extra Models on the next page if you need to keep going.

Unintentional Models

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Suggested Models

I suggest, especially when you have a day where you don't know what to work on, that you run a model on these C's, to see what comes up for you. I suggest finding thoughts, feelings, actions, or results that don't serve you first, pick one, and then fill in the rest of the model. You can use "extra model" space on the next few pages to run more models on a specific C you are feeling challenged with or to run additional intentional models that serve you on the subject.

- My weight
- My body
- My age
- My health numbers (blood test results, etc.)
- # of lbs lost in a month
- The cookies in your pantry
- How much free time you have
- The scale
- Other people's comments about what you're eating (or not eating) – what they actually say

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

PART 1 TAKEAWAYS

Spend some time on this page writing a letter to yourself about your takeaways for this section of the program. What shifts did you have that you want to remember? What did you realize? What will never be the same? What areas do you need more work on? What do you want to tell yourself moving forward?

Part 2: Thoughts

Thoughts are simply sentences in our mind. They are also neutral. When we start thought work, we can start to judge our thoughts – thinking that because thoughts are optional, we shouldn't think that. Thoughts either serve us, or they don't. I love to think of them like this, so I don't add that layer of judgment on top of the thought itself, like, "I shouldn't be thinking this". It also reminds me that we can think anything we want always.

Far too often we go around trying to change our circumstances: changing jobs, losing weight, dating someone new, buying a new car, or moving to a new city. But how often do we find ourselves repeating the same experiences?

Every thought truly is our choice. It is important to note that every thought has a result. Or, said another way, whatever we think will always end up being proved through our results. Your success to create awareness around what we are thinking and how we are creating our results.

Even if you don't know what you are thinking, you can figure it out by choosing a result you have and asking yourself what you were thinking that created this. If you struggle to believe your thoughts create your results, start slow. Just start running models. Pick things that have low emotional charge for you. Just get curious and use these pages to see exactly how the model works.

Here are some common weight loss T's

- I can't lose weight.
- This isn't working.
- I have to starve myself just to lose or maintain.
- I don't overeat
- I can't control myself around (certain foods)
- I'm confused.
- I don't know how.
- I don't know what to do.
- It's taking so long.
- I haven't made any progress.
- I don't have enough time.
- I can't because.....
- I didn't because.....
- I couldn't because.....
- What if my tools won't work?
- What if retraining the mind isn't enough?
- I'm getting worse and worse.
- I'm doing something wrong.
- I should be further ahead than I am.
- If I even look at a cookie I'll gain weight.
- I can't eat the anything if I want to lose weight.
- Losing weight is impossible.
- Losing weight gets so much harder over 50.
- Women can't lose weight like men can.
- Its unfair that I can't lose weight like
- It takes time.
- There is so much to do.
- I keep failing.
- This is overwhelming.
- I can't even think about that.
- I'm not doing as well as I should
- I don't know why I'm ...
- I deserve this.
- I don't deserve this.
- I hate exercising.
- I don't like that.
- I want to give up.

THOUGHT DOWNLOADS

A Thought Download is when you write down on paper all the thoughts spinning in your head, without censoring or judgment. This allows you to see a thought for what it is and gives you the perspective of realizing it's optional. Choose one thought from your download to focus on and run it through the Self Coaching Model.

Becoming Aware

When you become the Watcher, or a student of yourself, you can understand the power of self coaching. You cannot be the Watcher of your thoughts and also be your thoughts at the same time. When you shine a light on the thoughts in your mind and step out of yourself, you can see that you are not what you do, what you think, or what you create as your results.

The part of you that is the Watcher is the part of you that is connected to all other human beings and all other energies. When you tap into the part of you that is not reacting to emotions, you have tapped into the part of you that is powerful beyond measure. The power of this process is in first recognizing the thinking you may not be aware of and understanding how you are creating your own experience with your thinking.

After identifying the thoughts that aren't working, you can then consciously decide on your own terms what you will choose to think. All those negative thoughts created by that peanut-sized area in your brain are running around like wild animals and can be understood, acknowledged, corralled, released, and/or changed.

A great way to become more conscious, even before you understand the Model, is by doing thought downloads. A thought download is a five-minute writing assignment. You can download all your thoughts in general or write your thoughts about a specific problem. All you have to do is put pen to paper by free-writing one sentence after another.

Write for five minutes without stopping or editing. You might try to stop negative thinking as it appears, but this is a huge mistake. The purpose of a thought download isn't to stop your negative thoughts, but to get all of your thoughts out on paper. With 60,000 thoughts per day, and most of them unconscious, you will uncover dozens of negative thoughts. This doesn't mean that you aren't doing a good job in your life. It just means you are a human with a brain.

I like to think of this in relation to our homes. No matter how well you take care of your home, it still gets dirty. It needs cleaning. It doesn't matter how smart or refined it is, it still needs cleaning once a day and then deep cleaning once a week. That is exactly how our minds are. We need to keep an eye on them and try to keep them clean, and then every week, it's smart to bring someone in to help (a coach), if possible, to see what you can't see.

Here are the reasons to use this exercise daily:

- To feel better
- To give voice to the thoughts that our lower brain suggests
- To understand our limiting beliefs
- To create results
- To become conscious
- To become aware of negative thinking and emotions
- To become aware of the thought errors that our brain offers us
- To minimize the impact/size of our problems
- To get out of overwhelm
- To understand why we're resisting doing something
- To stop procrastinating

Thought Download

Do a thought download about your weight and body below. Write out all your thoughts about your weight and body.

Just start writing the thoughts that come to you and write until you can't come up with anything else. Fill the page up. Lots of coaching opportunities await. You can also add thoughts to this page as they come to you throughout the remaining weeks.

MODELS FOCUSING ON THE T 'S

What three thoughts from your list do you think the most and serve you the least?

Model those out and make sure to find the neutral circumstance your thought is about. The focus here is to leave your self-coaching session, SEEING how your THOUGHTS about a completely neutral circumstance are creating your feelings, the way you show up and what you do, and the result you create. If it takes a whole day, or longer, stick with it until you can really find it is neutral. There are extra Models on the next page if you need to keep going. You don't need to do this all at once, but throughout the program, I would model out ALL the thoughts you have on the previous page.

Unintentional Models

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Suggested Models

I suggest, especially when you have a day where you don't know what to work on, that you run a model on these T's, to see what comes up for you. I suggest finding thoughts, feelings, actions, or results that don't serve you first, pick one, and then fill in the rest of the model. You can use "extra model" space on the next few pages to run more models on a specific T you are feeling challenged with or to run additional intentional models that serve you on the subject.

C: _____
T: I don't know what else to do. _____
F: _____
A: _____
R: _____

C: _____
T: I'm doing it wrong. _____
F: _____
A: _____
R: _____

C: _____
T: It isn't working. _____
F: _____
A: _____
R: _____

C: _____
T: I haven't made any progress. _____
F: _____
A: _____
R: _____

C: _____
T: I am behind. / I should be further along. _____
F: _____
A: _____
R: _____

PART 2 TAKEAWAYS:

Spend some time on this page writing a letter to yourself about your takeaways for this week in the program. What shifts did you have that you want to remember? What did you realize? What will never be the same? What areas do you need more work on? What do you want to tell yourself moving forward?

Part 3: Feelings

Feelings are sensations or vibrations that we feel in our body. They are a response to your thinking.

It is important to understand that a circumstance or another person cannot cause any feelings inside your body. We know this because we can't be in love with someone, just because they are in love with us. And we can't make people love us with our love. So if it doesn't apply to falling in love, it also doesn't apply to disappointment, anger, jealousy, happiness, fulfillment, or any other emotion.

Emotions are also neutral. It's important to look at them as neither good or bad. There are emotions that serve you and emotions that do not. Negative emotions can often serve you...when you need courage to do something you are scared to do, discipline to do what you said you would do, or when you experience disappointment when you don't like the results you get. (YES...it's okay to feel bad when you look at a photo of yourself & don't like how you look. It just doesn't work to beat yourself up about it).

Positive emotions can also hinder you. When you feel good because you've lost weight, lots of different things can happen: You attribute your weight to how you feel about yourself, or you start testing your body to see how much you can "cheat" and still get results. Being consistent in your health habits only because it's producing weight loss results will keep you from being consistent in doing the habits because it's **what you do**. You do not have to hate your body in order to want to improve it. Feeling the discomfort with where you are, is okay and can be enough of a motivator to make changes & get to your goal.

We can also have two reactions to emotions being present in our body. We can resist or allow. When we resist any emotion, we magnify it. We make it stick around longer and stronger. When we allow it, it fades away. The art of allowance is an important skill for feeling our emotions, and therefore not buffering or numbing out negative emotion with eating or other negative behavior. It's important to note: the less managed your mind is, the less intentional your thinking is, the more fluctuation you will feel in your emotions. Still, nothing has gone wrong. If you allow it to be there, it won't stick around long. I love to figure out exactly what I am feeling in my body day to day, moment to moment, especially less triggering situations, and actively practice tracing it back to a specific thought, in order to deepen my awareness of how our thoughts create our feelings.

Angry	Childlike	Determined	Frustrated	Nervous
Annoyed	Closed	Disorganized	Hopeful	Open
Anxious	Confident	Doubtful	Inspired	Resistant
Assured	Confused	Drained	Irritated	Scared
Attacked	Convincing	Entitled	Judgmental	Stressed
Avoiding	Defensive	Excited	Justified	Stuck
Bored	Desire	Exhausted	Light	Timid
Certain	Desperate	Fatigued	Needy	Tired

Circle all of the above feelings that apply to you and your body and your ability to get to your goal. ADD any feelings you commonly feel to the list above as well.

Now choose 5 feelings (from above or your own).

- 1.
- 2.
- 3.
- 4.
- 5.

Below write the thoughts creating these feelings.

1.

C: _____
T: _____
F: _____
A: _____
R: _____

2.

C: _____
T: _____
F: _____
A: _____
R: _____

3.

C: _____
T: _____
F: _____
A: _____
R: _____

4.

C: _____
T: _____
F: _____
A: _____
R: _____

5.

C: _____
T: _____
F: _____
A: _____
R: _____

Now explore how you show up when you are thinking these thoughts and feeling this way. Get as descriptive and specific as possible. Include examples where possible. Really feel into your experience when in these models.

Questions to ask yourself:

- What do I DO when I feel this feeling?
- What DON'T I do when I feel this feeling?
- What do I **think about** when I feel this feeling? (i.e.: What happens in my brain when I'm feeling this way?)
- How do I ACT when I'm feeling this feeling?

1.

C: _____
T: _____
F: _____
A: _____
R: _____

2.

C: _____
T: _____
F: _____
A: _____
R: _____

3.

C: _____
T: _____
F: _____
A: _____
R: _____

4.

C: _____
T: _____
F: _____
A: _____
R: _____

5.

C: _____
T: _____
F: _____
A: _____
R: _____

MODELS FOCUSING ON THE F 'S

Choose 3 of the feelings that serve you the least, that are the most common for you in regards to your weight or your body. Model these out. Come from that place in your body, really feeling into the emotion, figure out the thought creating the feeling, how you behave and what you do when you are in this feeling, and finally, discover the neutrality of the subject (the Circumstance) or the facts/specifics for your C and then finish the Model with your result. The goal here is awareness. Not to "feel better". When you really see you are causing yourself pain, oftentimes you don't even need a better feeling thought. You will simply gain awareness, acceptance, and the feeling will leave along with the thought.

Unintentional Models

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Suggested Models

I suggest, especially when you have a day where you don't know what to work on, that you run a model with these F's, to see what comes up for you. Just go with the first thought that comes up for you when you think about feeling this feeling. These feelings were chosen as common feelings coaches experience to help you reveal thinking you may not even You can use "extra model" space on the next few pages to run more models on a specific F you are feeling challenged with or to run additional intentional models that serve you on the subject.

C: _____
T: _____
F: Frustrated
A: _____
R: _____

C: _____
T: _____
F: Resentful
A: _____
R: _____

C: _____
T: _____
F: Hopeful
A: _____
R: _____

C: _____
T: _____
F: Confused
A: _____
R: _____

C: _____
T: _____
F: Insecure
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Thoughts About Feelings

Often, we have thoughts about feelings. Thoughts like, I shouldn't be feeling anxious. I don't want to feel this way. This feels bad, etc. We think that we should be happy all the time. But feelings can really create an amazing learning experience & window to our thoughts. Not *all* feelings are created by our thoughts (some bodies are chemically different & produce more feelings of anxiety, depression, or nervousness). However, when we judge our feelings, when we believe that what we feel is wrong or bad, typically what happens is that the emotion intensifies, because we haven't allowed it to run its course.

In the space below put your feeling from the activity from the unintentional models above in your C line for these models. Then model out your top three thoughts about your new C and then see what result those thoughts will create in your future.

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Thought Download About Feelings

Do a thought download about a negative feeling below. Write out all your thoughts about this feeling and why you shouldn't have it.

Just start writing the thoughts that come to you and write until you can't come up with anything else. Fill the page up. Lots of coaching opportunities await. You can also add thoughts to this page as they come to you throughout the remaining weeks.

PART 3 TAKEAWAYS

Spend some time on this page writing a letter to yourself about your takeaways for this week in the program. What shifts did you have that you want to remember? What did you realize? What will never be the same? What areas do you need more work on? What do you want to tell yourself moving forward?

Part 4: Actions

There are three types of actions we can take. Actions. Reactions. And Inaction/avoidance/resistance. There are actions that serve us and actions that don't. And they aren't consistently the same, those that serve us and those that don't. It depends on the thoughts that precede them.

When filling in the model, you always want to be super specific with your actions, inactions and reactions. You want to always use a very specific C so you can get very clear about your actions/behaviors. For example: Your last weigh-in, yesterday when you ate 3 cookies, what you ate last night, your workout today, a friend's comment on your body, doing this program. Get specific so you can dial in on little behaviors you may not even notice. I list them out until I can't think of anything else. I ran a model recently, and the last thing I wrote was the most eye-opening for me. If I hadn't gotten specific and kept going, I might have missed it. Our actions and inactions help reveal our thinking.

The A line is where most of us spend time problem-solving our weight and health problems – we focus on DOING. It's also what health and fitness gurus focus on: What do I need to do? Your life and results will change when you take massive action, fueled by awareness of your thoughts and feelings first. Understanding your behavior – why you do the things that you do/don't do - gives you total power over it. Right now your behavior might be to mentally spin, be confused, and overwhelmed at the amount of information out there. Which approach should I try? Which one is the right one? The goal of this program and its entirety is to shift you to self-care behaviors that produce optimal health as a result.

Finally, pay attention when your brain wants to DO something to feel something or not feel something, to change a circumstance or to change your thinking. You never want to adjust your actions to create belief or discredit belief. You only adjust your actions from belief and awareness.

Now, sometimes you WILL change your action without changing your thought - you will do this from a place of certainty and belief. This is what's called MASSIVE ACTION: Taking action until you get your result. Taking action not expecting success, and potentially expecting it not to work. This is where MATH comes in. How you KNOW you need to look at the MATH is if you feel totally in belief, but also have tried your actions all the way through and want to adjust from a place of curiosity and confidence. Your emotions will never lie. They always indicate whether you are actually adjusting the math or trying to change something from fear.

Example: The things that I do today (the way I eat and the way I exercise) aren't very different from when I was steeped in diet mentality. The difference though, in why I do these things, and my attitude towards my actions couldn't be more different. Whereas before I was stressed about it, tense, on edge, resentful and scared to do anything but follow the rules, I now am able to have ease around food and my body. It's a totally different experience.

Example: My client Annie wanted to experience food freedom, but she was still afraid of doing it on her own. Every day she would send me pictures of what she ate so that she could stay accountable. Every day she sent me the same meals – which is fine, because she liked what she was eating, but I knew that she was eating this way because she had found 'the formula' for weight loss. What would happen when she wouldn't have those foods available to her? Would she be able to pivot? A few weeks later, she'd been at a plateau that wouldn't break. I suggested that she eliminate flour from her diet for a period of a few weeks to see if there would be any movement on the scale. Her brain freaked out because she wouldn't be able to eat croutons on her salad anymore. Eventually, she came to terms with the new way of eating, and not only broke her plateau, but now has more variety in her diet (AND she has self-trust, and no longer needs to log her food!).

Here are some common health-related A's to take notice of...

- Eating a salad when everyone else is eating pizza.
- Special ordering your meal.
- Look at what others are doing, research other diets, try to get ideas from them.
- Look for and find evidence that I am further behind.
- Don't ask for support.
- Don't get coaching.
- Don't participate in group.
- Don't tell people I am trying to eat healthier.
- Don't exercise when I said that I would.
- Make wishy washy commitments.
- Write a to do list, and then don't follow it.
- Avoid Planning .
- Avoid Prepping Food.
- Avoid Grocery Shopping.
- Deciding to go off plan.
- Deciding to treat yourself.
- Showing up for calls but not doing the homework.
- Don't listen to coach.
- Don't show up as a coach in belief of myself.
- Make excuses.
- Justify why I didn't have time to do it.
- Quit.
- Avoid/procrastinate.
- Watch Netflix.
- Scroll Facebook.
- Ruminates.
- Negative Self-Talk.
- Reward self with food

Circle all of the above actions that apply to you and your body and your habits. ADD any actions you commonly do to the list above as well.

Thought Download

Do a thought download about your actions below. Write out all your thoughts about the things that you do or that you don't do – ways you 'sabotage' yourself, doing things for others, procrastinating, etc.

Start here with a fresh thought download for TODAY...write everything that comes to your mind as you write. Use the thoughts to do the activities on the next pages.

MODELS FOCUSING ON THE A'S:

Unintentional Models

Activity 1 "Fleshing Out The A Line"

Choose 3 of the thoughts that feel most relevant to you to model out from the thought download on the previous page. Here you will start with the thought, figure out the VERY specific feeling it creates, and really flesh out the A line. You have TWO lines here to fill in. Be as specific and detailed as possible.

**** Be sure to go back and make sure you check that the actions you wrote down ACTUALLY come from the specific thought and feeling you chose. For example: If you are thinking, "I was sure that I was going to lose weight this week", and you are feeling discouraged, but you have "double down & recommit self to plan" in your A line, that MAY be coming from a different thought and a different model. We can take wishy washy actions because we have more than one Model happening in any given moment.**

The model that wins is the model that produces the strongest/most compelling emotion.

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

MODELS FOCUSING ON THE A'S:

Activity 2 "Starting With The A Line"

In this activity, you will explore starting with the Action Line in order to isolate behaviors and figure out what feeling and thought are creating it. Start with an action that isn't serving you or getting you a desired result, and build your model from there.

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Suggested Models

I suggest, especially when you have a day where you don't know what to work on, that you run models on any of the Common A's listed at the beginning of this section. This is about being onto yourself and really growing awareness for the things you are doing and WHY, and making sure the reason serves you in making decisions about what to do & how to eat (because that is what we are here to do).

C: _____
T: _____
F: _____
A: Don't follow through on the commitment that I made to myself
R: _____

C: _____
T: _____
F: _____
A: Don't eat the meal I had planned
R: _____

C: _____
T: _____
F: _____
A: Resist Planning Meals
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

PART 4 TAKEAWAYS

Spend some time on this page writing a letter to yourself about your takeaways for this week in the program. What shifts did you have that you want to remember? What did you realize? What will never be the same? What areas do you need more work on? What do you want to tell yourself moving forward?

Part 5: Results

Results are the effect of your thinking, feeling, and doing, or not doing. Our thinking is always proven with our results. Our results always reflect our thinking. You want to keep your R either directly proving your thinking, or specific and measurable, such as lbs lost, doing the thing that you said you were going to do or not do, or . There are two models you want to be aware of always. The model (or your main thinking) around your current result and the model or thinking that will create the result you want.

Here are some common weight loss R's

- I don't lose weight
- I gain weight
- More time goes by without achieving goal.
- I waste time
- I walk for 15 minutes
- I exercise as planned
- I don't have time to exercise
- I don't eat what I planned
- I don't drink enough water
- I crave ___fill in the blank___.
- I don't follow the plan.
- I give up
- I order something different than intended

What is the current R you have in your health? Be specific. You can use the amount of weight you've lost in the past month, craving certain foods, the amount of energy you have, how well you're sleeping, or how you feel about your body. It is most helpful to use a small time frame to get super specific with your models later on so you can really narrow in the specific thinking and behaving that happened within that time frame.

My Current Results:

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

MODELS FOCUSING ON THE R'S

Unintentional Models

How you created your result

Take your current and most relevant R and model out three thoughts that are creating this result for you. Be as detailed as possible. The goal of this exercise is to see that the ONLY reason you have this R is because of the thoughts you were thinking that created them. When you really see this, you will KNOW how to fix it, the only solution will be to let these thoughts go (easier said than done), and decide powerfully to think something NEW. And then you can use the intentional models that we'll discuss next week to decide what R you want to create and the thought (s) that will create it.

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Thoughts About Your Results

How you think about your result determines the next result you get. This is why evaluating and getting to a neutral, logical place after every slip up, time things don't work out as intended, or weigh in is so important. (You don't want to let your thoughts run wild, so I recommend running a model or two often, especially after every time things don't match what we thought was going to happen).

Doing this is how you build resilience!

In the space below put your RESULT from the activity from the unintentional models above in your C line for these models. Then model out your top three thoughts about your new C and then see what result those thoughts will create in your future.

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
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C: _____
T: _____
F: _____
A: _____
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C: _____
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C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Suggested Models

I suggest, especially when you have a day where you have a bad weigh in or feel like giving up, that you run a model on these C's, to see what comes up for you. I suggest finding thoughts, feelings, actions, or results that don't serve you first, pick one, and then fill in the rest of the model. You can use "extra model" space on the next few pages to run more models on a specific C you are feeling challenged with or to run additional intentional models that serve you on the subject.

C: Your progress towards your goal so far

T: _____

F: _____

A: _____

R: _____

C: (# of) weigh-ins at the same weight

T: _____

F: _____

A: _____

R: _____

C: I gain weight

T: _____

F: _____

A: _____

R: _____

C: I don't lose weight

T: _____

F: _____

A: _____

R: _____

C: I walk for 15 minutes instead of 30

T: _____

F: _____

A: _____

R: _____

C: I give up

T: _____

F: _____

A: _____

R: _____

C: _____

T: _____

F: _____

A: _____

R: _____

PART 5 TAKEAWAYS

Spend some time on this page writing a letter to yourself about your takeaways for this week in the program. What shifts did you have that you want to remember? What did you realize? What will never be the same? What areas do you need more work on? What do you want to tell yourself moving forward?

INTENTIONAL THOUGHT CREATION

Now that we have started the process of uncovering unhelpful thoughts and belief systems, the next step in the process is replacing those thoughts and beliefs that we want to get rid of with better(intentional) thoughts that we decide will serve us better. This is important because if we just get rid of the old belief systems, there's a hole or vacuum that our brains will just replace with another crappy thought.

There are a few ways that we can start to create better thoughts and beliefs that will lead to better results:

1. Think about the future version of yourself:
 - How does she think about this circumstance? (event, body, food, situation, person)
 - What are the feelings that she has on a regular basis?
 - Which behaviors is she doing on a consistent basis? Why does she do them? How does she think or feel about them?
 - How does she handle negative feelings?
2. Channel the thoughts of friends/family/acquaintances who have what you want.
 - Answer same questions as above
3. You can work the Model backward to create a model for what you want:
 - What result do you want to create? (put that in the Result Line and work your way up)
 - What would you need to do that would create this result?
 - How would you need to be feeling to do all of this?
 - What would you need to be thinking to create this feeling?
4. Use Ladder thoughts & Bridging Phrases to make new thoughts more believable.

Here are the reasons to use this exercise daily:

- To step into the future version of yourself – the one who easily maintains her health habits.
- To feel better
- To create results that we want in our life
- To keep going when we want to give up
- To think more deliberately
- To create/manifest what you want in your life
- To practice new beliefs that serve us
- To create positive thinking and emotions

Here are some prompts to start getting you thinking about your future-self & how she thinks differently about food, exercise, her body, and the relationship that she has with herself – how she prioritizes herself, gets her needs met, and expresses herself.

Eating

- How does she think about overeating?
- What does she crave?
- How does she prepare when she goes on vacation?
- How does she cook? (Does she cook?)
- What does she order when she goes to a restaurant?
- What is she thinking about when she plans a vacation?
- What is she thinking about when she goes to a party?

Exercising

- What does she do for physical activity?
- How does she think about her body and exercise?
- How does she feel in her body?

Stress

- What does she do for stress management?
- What stresses her?
- What does she do instead of buffering/numbing?

Sleep

- How does she think about sleep?
- How does she prioritize sleep?
- What is her sleep routine?
- How does she practice sleep hygiene?

Time Management & Physical Organization

- How does she organize her time?
- What does she do to avoid procrastination?
- Is she organized?
- What are some of her practices

My Body

- How does she think about her body?
- How does she practice self-care?
- How does she respond when she gains weight?
- What does she think when she weighs in for the 5th week in a row & the weight is the same?

My Relationship with Myself

- How does she prioritize herself?
- How does she think about her flaws?
- What does she do when she has self-doubt?
- How does she handle criticism from others?

Thoughts

Intentional Thought Creation

Now it's time to move on to what you WANT to think. What thought right now would serve you the most, (keeping in mind your previous models)? But before you do, I encourage you to not move to this step until you REALLY see and let go of the thought (s) that are not serving you (your unintentional model). Then powerfully decide what you WANT to think about the C. Remember that you can choose any thought that you would like. I like to choose thoughts that I can believe right now. But if you get stuck there, you can use this step to see how different your feelings, actions, and results would be if you thought something different about the facts.

Powerful Thoughts to Try On

- It IS hard, and it's OK.
- I don't need a scale to keep me accountable.
- This is JUST the beginning.
- Someone, somewhere, would love to be my weight.
- Failure is part of the process.
- I can trust the process.
- It's all just an experiment.
- It takes as long as I give myself.
- What if it doesn't work, so what?
- I'm figuring it out.
- I get to believe new things.
- This could be fun.
- Being in my body is an honor.
- I can learn how to do this.
- I am capable.
- I believe I can.
- It's not my fault, but it is my responsibility.
- Let's see what happens.
- I can trust myself around food.
- Its okay if my weight fluctuates

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Feelings

Intentional Thought Creation

Now it's time to move on to how you WANT to feel. But before you do, I encourage you to not move to this step until you REALLY see how your thoughts and feeling impact your actions and results AND allow whatever emotion it is bringing up for you. But if you get stuck there, you can use this step to see how different your thoughts and actions might be when you choose new feelings to explore. And new feelings will create new results. It's fun to explore those too.

C: _____
T: _____
F: _____
A: _____
R: _____

Powerful Feelings to Try On

- Determined
- Focused
- Committed
- Accepting
- Motivated
- Inspired
- Clear
- Neutral
- Aware
- Expansive
- Love
- Clever

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Actions

Intentional Thought Creation

Now it's time to move on to how you WANT to act. But before you do, I encourage you to not move to this step until you REALLY see how your thoughts and feeling impact your actions and results AND allow whatever emotion it is bringing up for you. But if you get stuck there, you can use this step to see how different your thoughts and actions might be when you choose new feelings to explore. And new feelings will create new results. It's fun to explore those too.

C: _____
T: _____
F: _____
A: _____
R: _____

Choose something you DO want to be doing, like consistent exercise, always eating to the hunger scale, never eating sugar or flour again, or planning and following through with your meals, and then figure out how you would need to feel, and what you would need to think.

Then fill in the rest of your Intentional Model.

TIP: You can borrow thoughts for other areas of your life where you don't struggle. Example: if you desire to give up alcohol, and you do not smoke (don't desire it) use the thoughts that you have about smoking as intentional thoughts about drinking.

Powerful Actions to Try On

- Exercising when I don't feel like it
- Eating what I planned
- Prepping my food
- Planning out what I'm going to eat
- Not beating myself up about a specific C (eating ice cream, not losing weight, etc.)
- Being in acceptance of where my body is today.
- Allowing feelings
- Not giving in to urges/cravings

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Results

Intentional Model

RESULTS YOU WANT TO CREATE

Now it's time to spend focused time exploring what thinking will create the result you WANT to create intentionally. Spending time with these models daily will give you so much power over your behavior, habits, and health. If you don't feel in control of the habits that you want to create (consistency, getting over failure, allowing urges but not giving in to them), it is because you are not managing your brain.

Input the R you want to create for the R Line. Be specific and measurable. I recommend letting the time frame be small, for example, one day, one week, one month. Your R might be . I follow through on the commitments I make to myself. I feel good in my body. (I recommend running that model EVERY DAY.) Fill out the Models that will create this result for you.

Powerful Results to Try On

- Feeling confident in my clothes
- Buying a new wardrobe that you love
- Eating what I planned
- Prepping my food
- Planning out what I'm going to eat
- Not beating myself up about a specific C (eating ice cream, not losing weight, etc.)
- Being in acceptance of where my body is today.

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

Ladder thoughts and Bridging Phrases

When we're trying to create intentional thoughts, the biggest mistake I see folks make is making too great of a leap from a practiced belief to one that we don't yet believe but want to believe (example: going from "I hate my body" to "I love my body")

If we try to create an intentional model based on a thought that we don't yet believe, the model will not take. Our brains will reject the new model. Typically, we cannot jump from negative to a positive belief system. What we need to do instead, is practice incrementally better thoughts that will ultimately end in the positive belief system that we desire.

We will do this by using 3 different approaches: Passing through Neutral, Ladder Thoughts, and Bridging Phrases.

PASSING THROUGH NEUTRAL

In order to go from negative to positive, we often have to pass through a neutral zone first. The neutral zone tends to be very factual.

Examples of passing through neutral:

- I have a body
- Food has calories
- My body needs calories to live
- Some people enjoy running

BRIDGING PHRASES

If these thoughts don't seem believable enough (there will be times when they are and others when they're not) use

Bridging phrases to soften them:

- I'm learning that...
- I'm becoming a person who...
- I'm open to believing that...
- I'm considering...
- I'm seeking evidence that...
- Maybe...
- It's possible that...

LADDER THOUGHT EXAMPLE

Similar to and used in conjunction with **Passing through Neutral** and **Bridging Thoughts**, Ladder Thoughts inch you up to where you want to be. The number of 'rungs' in the ladder will depend on how practiced and how strongly you believe your starting belief:

1. I hate myself. (practiced belief)
2. I am a human. (neutral thought)
3. Humans are worthy of compassion. (neutral thought)
4. Maybe I'm worthy of compassion. (bridging phrase in combination with better thought)
5. I'm considering that I'm worthy of compassion just because I'm human. (bridging phrase in combination with better thought)
6. I'm worthy of compassion for myself. (desired belief)

Thought Download

Use the space below to do a general brain dump or on a specific topic. **Topic:** _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____

C: _____
T: _____
F: _____
A: _____
R: _____