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About This Program

Do you ever think things like...

“I know what to do...I’m just not doing it. I must not want it bad enough.”

“Things seem to go so good and the next thing I know I’m having a hard time sticking to my plans.”

If you are nodding yes, you are in the right place.

Breaking Self-Sabotage builds on the concepts of the No BS Weightloss Course.

Make sure you have taken the lessons on Thought Downloads and Models. Those two tools will help you SOLVE self-sabotage along with these lessons.

Why?

Self-sabotage occurs when you have useless thoughts or practiced but outdated beliefs in your brain that you’ve left unrecognized, unsupervised, or unquestioned.

Simply put...

The only thing standing in the way of your weightloss is a sentence you are ignoring or haven’t found.
The easiest and fastest way to lose weight is a good ole fashioned brain purge of old thoughts and beliefs about losing weight.

That's it.

At the end of this class you'll know what's stopping you and what to do about it.
How to Use the Program

This is a 30 day program.

1. Watch the videos. You might need to watch them a couple of times or even revisit the program as you continue to lose weight.

2. Complete the worksheets. They help you access the thoughts and beliefs slowing you down, and they help you craft new thoughts and beliefs that create commitment and momentum.

3. Use your Planner as you work through the program to gain awareness around your self-sabotage behavior patterns.

Each day use your planner to create a 24 Hour Plan and track your Hunger Scale.

The planner will “trigger” any desires to self-sabotage.

For example:

You’ll have times you will not want to plan your day or record your overeats.

You have to journal about any behaviors that you KNOW will help you lose weight but you just don’t want to do. Answer the following questions in your planner on these days:

1. I didn’t want to plan, follow my plan, or record my overeats because I was thinking these things...
2. What could I think instead?

The key to ending self-sabotage will be to trigger the thoughts causing it in the first place.

Throughout the month you will NOT WANT to do things. That’s normal. The exercises in this class and the process of using your planner each day will help you find the reasons you LACK “wanting” to do the things and teach you how to “override” those reasons.

Not wanting to do things is normal. Our goal this month is to remove as much thinking as we can that prevents you from following through on your goals.
What Is Self-Sabotage

Self-Sabotage happens when you undermine your goals, dreams and wants through actions that are unhelpful. It occurs when you have useless thoughts or practiced but outdated beliefs in your brain that you’ve left unrecognized, unsupervised, or unquestioned.

Many people feel as if they “can't help themselves.”

For example, you WANT to lose weight.

But when it comes time to make a 24 Hour Plan, journal or stop eating at night you don’t WANT to do it.

It’s FRustrating because you know the right things to do to lose weight but you feel compelled to just keep doing BS you know won’t work.

Common Self-Sabotage Behaviors:

- Eating with your phone when you know you overeat every time.
- Not making a 24 Hour Plan when you know you make worse choices without one.
- Eating on your couch knowing you’ll zone out.
- Eating out of the bag instead of on a plate knowing it is harder stop eating.
- Eating while cooking instead of putting bites on a plate first.
- Sleeping in instead of journaling.
- Planner hopping looking for the right one.
These are clear indicators you are sabotaging yourself. They are little things you do to support a story you have about weightloss, food, etc.

The problem is simple.

You have a thought in your head stopping you.

It’s probably a simple sentence you’ve thought 1000’s of times and never questioned.

To break self-sabotage you must find the thoughts and beliefs you currently have so you can find the thoughts and beliefs you will learn to adopt.

Your current weight and eating patterns are based on the story you have created throughout your life. Understanding the story allows you to examine what’s working and what needs a rewrite.

Key Story Areas;

- Your story around food.
- Your story around your eating environment.
- Your story around your ability to lose weight.
- Your story around what weightloss will do or not do for you.
- Your story around your body.

**HOW SELF-SABOTAGE PRESENTS**

Something is wrong with my internal world or me. (I'm too lazy, I'm too broken.)
Nothing is wrong with my external world or them. (They or it caused me to eat.)

First is your internal world.

A lack of self-esteem, self-confidence, self-worth, and/or self-belief MUST be worked on in order to do things you don’t want to do in the moment.

When you are losing weight, you will NOT WANT to do a lot of things. You will need to be WILLING to do them. Your willingness is directly related to the conversations you have with yourself.

Willingness is a feeling. Thoughts that create willingness:

- I’m worth the effort.
- I deserve to keep working on this.
- Hard things are a sign I’m helping myself.
- It’s only hard because of what I’ve believed in the past.
- I want to eat because that’s how I have mistakingly dealt with my emotions.
- Food won’t solve this feeling but I can.

Negative thoughts about yourself and your ability to lose weight can undermine your weightloss efforts.

The messages you give yourself through your conscious self-talk (found with daily journaling) or unconscious self-talk (that you on purpose redirect) change how you eat and show up for yourself.

Another reason you self-sabotage due to your internal world is because you have learned to eat through emotions: positive and negative.
For example, you rely on food to cope with stress, anger, sadness, happiness, joy, boredom, loneliness, and/or any other emotion.

Always remember, whatever emotions drive you to eat, the result is the same...your feelings return, and you get an extra serving of guilt about sabotaging your weight-loss.

When you blame or think “if they would just” you are suffering from thinking the external world is causing your problems.

Often you will have a fear of being deprived. For example, everyone is having ice cream or wine (pick your fave). You really want to stick to your 24 Hour Plan, but watching everyone else has you feeling left out. You blame them for not telling you ahead of time so you could plan. You use blame as a tool to escape responsibility for your own choices.

You might catch yourself thinking if they would just eat healthy then this would be so much easier. This type of thinking sets you up for believing weightloss is hard unless everything is perfect. It convinces you that you wouldn't want foods under the right circumstances. And you can never achieve that world so you will always feel as if your weightloss is hard.

**HOW DID YOU GET HERE?**

Self-sabotage is learned over time and with experiences. At some point in your life, you developed a thought or belief about your body, weight, food and/or abilities that helped you. Maybe it explained a failure or was something your parents also did.

Common things that influence your current thinking:
• What you learned as a kid about eating.
• Things other kids said to you about your weight and your body.
• Parents who didn’t like failure so you fear failing now. You create excuses to avoid failing at weightloss.
• Not having enough food as a kid.
• Past trauma to your body so you keep weight on to avoid being noticed.

Whatever it is just know this: it served a purpose at some point but doesn’t anymore.

Times have changed and so must your thinking.

No need to blame and wish you didn’t have these thoughts.

On the following pages you will write your story around weightloss.

Be honest with yourself.

There are no good or bad thoughts. It’s easy to judge yourself as “broken” or “odd.” It’s not true. Everyone has two kinds of thoughts…

1. Useful thoughts.
2. Useless thoughts.

You want to know all of them.

I do this work often. One of my useless thoughts is, “I grew up poor and that’s why I still want to overeat so much.”
Is it true I grew up poor? Yes. Is it true I want to overeat? Yes. It is useful to THINK it? Not really.

It’s good to know because I can spot thinking that simply needs a rewrite.

Give yourself at least 3-5 minutes of uninterrupted writing per area. This allows your brain to let its “guard down” and access things you might not have thought about in a long time.
Food Story

What is your story around food? What did you learn growing up? What rules do you have around food? Do you think you can control yourself around food? Why or why not?
Eating Environment Story

What is your story around your eating environment? Is it easy or hard? Why?
What do wish was different and why? Are you in control or is someone else?
Is that a problem? Why?
Ability to Lose Story

What is your story around your ability to lose weight? Is it easy or hard? Why? What past stories do you hang onto? Do you have old diet rules and what are they? Is that problem? Why or why not?
Weightloss Story

What is your story around what weightloss will do or not do for you? How will life change? What worries or fears do you have about what life will be like when you hit your goal? Will people like you or will you lose people?
Body Story

What is the story you tell yourself about your body? Would you want to teach that type of thinking to someone you loved? Why or why not? What do you think about your weight, your shape, and your looks?
Fat Girl Thinking or (FGT)

Years ago after I lost my weight I was teaching a group about how I still had old thinking.

After losing 100lbs I woke up each day thinking my body looked like shit.

AND THEN I would remind myself I had a lot to be proud of and no matter what my body looked like my ass fit in size 8 jeans.

I’d go about my day having thoughts about my body but also enjoying exercise for the first time in my life, tucking my shirt in, and eating better while actually LIKING it.

The group was stunned. They said, “Are you telling me you still think crap about yourself?”

I said, “Yes. I don’t think that part goes away. So if it’s going to be here I might as well also be proud of myself and keep living my life.”

I call this “Fat Girl Thinking” or FGT.

FGT is a collection of thoughts about your body, food, ability to lose weight and what others think of you that don’t feel good. It’s when you focus on the negatives of losing weight and not the positives.

It’s important that you keep it in check and watch it throughout the day with Thought Downloads (or Journaling) and Models. Your dreams and goals are planned and executed with your inner voices. That’s why you must pay attention to them or you’ll end up in self-sabotage.
Most of us never challenge these FGT thoughts. We just think they are true.

They aren't true. They are ONE version of your story left unchallenged.

You possibly uncovered a lot of FGT in the “stories you tell yourself” worksheets.

It’s OK and it’s good you have this information.

**FGT FORMS**

FGT comes in many forms. Get to know some of the ways you could be self-sabotaging by not challenging some of your beliefs.

**Judgement Thoughts:** You tear yourself apart or judge yourself harshly leaving you feeling defeated.

Example:
- “I ONLY lost 2lbs this week and have 50 more to go.”
- “I’m so lazy. I’m ugly. I’m not good enough.”

**Fear of Failure:** “I’m so afraid I will fail” so you do a lot of NOT trying to avoid failing. Fear of failure hangs out with judgment. The reason you fear failure is you tear yourself down for mistakes.

**All or Nothing:** “I have to do all the things or I’m doing none of the things.”

**Example:** At the first mistake you quit. You start off gung-ho. When you run out of steam or make a mistake you just quit all together. There are no adjustments and tweaks being made.
**Emotional Eater:** You tell yourself you can’t handle whatever you are feeling. That’s a lie. You can handle it. You just handle it with food instead of seeking another solution.

**Past Focused:** You talk about your plans and what you are going to do based on your past.

Example:
- “I’ve never been able to lose weight so why try.”
- You keep thinking about old diets and how “they worked” even when you gained weight back. You aren’t thinking about what you are doing today and how many ways you can make this one work.

**Making Big Ass Deals Out of Things:** Enormity and catastrophe thinking.

Example:
- “I always mess up.”
- “I have SO much weight to lose.”
- “This will take forever.”

**Excuse Machine:** You use a lot of excuses to get out of doing things.

Examples:
- “I’m too tired.”
- “It’s not the right time.”
- “I’ve got too much to do.”
- “I’m too stressed.”
- “It’s my birthday.”
- “It’s the holidays.”
- “It’s Friday.”
“It’s 5pm.”
“My mom made it.”

**Today Will Be Different:** You get stuck in the pattern of thinking today will be different although you keep setting up the day the same way that breaks.

I used to do ALL of these. Every single one.

And then I decided to change the thoughts I had.

Knowing these patterns made so CLEAR to me the new thinking I was going to need to redirect to over and over again if I actually wanted to lose weight.

I couldn’t just keep doing things to lose weight.

I had to think like someone who was building a new life around food, her body, and how she felt about herself.

I had to lose the mental weight to lose the physical weight.

Thought Downloads (or Journaling) and Models are EXACTLY how you start to notice what thoughts you need to change.

Models help you see your self-sabotage patterns on the ACTION line. Your journaling will explain why you do it.

You can feel certain of this:

There will always be a circumstance in your life that you’ve formed a thought or story around.
That thought creates a feeling. When you feel that it leads to the self-sabotage. And the self-sabotage is what creates weight gain, stalls, and quits.

The good thing is this: Your circumstances aren’t causing you to eat. The world, what people think of you, what they say, how people show up for you, your job, traffic or even your past are all circumstances.

You are the problem. Your thinking about them is the only thing standing in your way.

If the only problem we have is your thinking then we know we are in total control of what to solve.

Your thinking, left unrecognized, unquestioned and unsupervised, leads to eating.

**SAMPLE FGT SWITCHES**

“I don’t have enough time.” | “Weightloss requires decisions about hunger not time.”
“I hate healthy foods.” | “I might enjoy finding foods I like.”
“I just love food.” | “And, I love learning to eat the things I love while also losing weight.”
“I don’t want to waste food.” | “I don’t want to waste another day overeating.”

It’s essential you tell BOTH sides of the story when you are losing weight. You have FGT and NEW thinking you can use.

Your language affects your conscious and unconscious emotional state so make finding the language you use a priority in your life.
Remember, how you talk to yourself will keep you doing the same things over and over again or trying new things until you find the right combination of things to do over and over again.
Living with FGT Worksheet

Go back to your worksheets on stories. Pull out 3 thoughts from each one and write a new sentence.

You will use the new sentence each time the old sentence comes up for you.

OLD FOOD STORY
1.
2.
3.

NEW FOOD STORY
1.
2.
3.

OLD EATING ENVIRONMENT STORY
1.
2.
3.

NEW EATING ENVIRONMENT STORY
1.
2.
3.

OLD ABILITY STORY
1.
2.
3.
NEW ABILITY STORY

1.
2.
3.

OLD WEIGHTLOSS STORY

1.
2.
3.

NEW WEIGHTLOSS STORY

1.
2.
3.

OLD BODY STORY

1.
2.
3.

NEW BODY STORY

1.
2.
3.

Now go through the forms of FGT.
What are the top two forms of FGT that you use?

1.

2.

Write some of the ways you use each one.

Knowing this, what are things you can think and do going forward to help you be more aware and change some of your reactions?
WHY DO WE LEAVE FGT UNCHECKED?

Too often we’re scared of it. We think the FGT thoughts “hurt” us, aren’t able to be changed or that they are “ugly.”

The worst than can happen is you don’t like what you find and feel bad.

If you don’t like what you find, decide to not judge it. You’ll feel better. If you think you can't change how you think, tell yourself “you’re wrong about that.”

Don’t ignore your useless FGT thinking that’s the SOLUTION. It's not. Your FGT is an opportunity to learn how to be nicer to yourself and to fundamentally change your opinion and relationship with yourself.

Elizabeth Gilbert once said, “You need to learn how to select your thoughts just the same way you select your clothes every day. This is a power you can cultivate. If you want to control things in your life so bad, work on the mind. That's the only thing you should be trying to control.”

Truth is...

Thought Downloads and Models work. This is exactly how you go to work on selecting the thought wardrobe you want to wear.

So time to work on changing it instead of arguing with yourself about why you can’t.
Let's get into some brain science. Understanding how your mind works helps you let go of unnecessary judgement that isn’t needed or even warranted when changing your self-sabotage habits.

Bottom line. You are normal. The thoughts, feelings and actions you are doing now aren't a sign something is wrong with you. It’s a sign everything is working by human design.

And, this section will help you rewire this design in a way that makes sense. When things make sense you tend to do them. You just need to make sure your brain starts making sense of doing NEW things that lead to weightloss.

**THE TWO BRAINS**

You have two parts to your brain: the conscious brain (deliberate) and the unconscious brain (auto-pilot). Many times you hear this as your conscious brain and your primitive brain.

The conscious brain represents only 5% of your overall daily thinking. This is by design. It takes a lot of energy to focus, make decisions, and be on your game.

Think about a long day at work where you were ON all day. You weren’t just doing your usual work but you were tasking new things that required you to really think.
Were you exhausted? Feel physically tired? Yep. Your brain burns more calories than your entire body each day. It makes sense, though, since your brain is what keeps you ALIVE.

This is why the brain utilizes the unconscious brain 95% of the time. Its job is to find anything it can to automate for you just like a computer. The more thoughts, feelings, and actions it can put on auto-pilot the less chance you’ll overheat!

Why is this important?

Your dreams of weightloss and what you think life will be like once you lose weight all live inside your unconscious brain along with all your other unconscious thinking.

So, your dream of losing weight is living with your self-sabotaging thoughts that believe you can’t lose weight.

This means a couple of things are important to lose weight:

- You must become aware of self-sabotage thought patterns just like you did earlier in the book.

- You must learn to use your conscious brain to override the old instructions. This means you will have thoughts and feelings to eat but you will consciously take the wheel and redirect toward the new decision.

It’s NORMAL for your primitive brain to send up thoughts like, “I want that or that's not good enough,” but your job is to start noticing primitive thoughts
and overriding them with conscious thinking like, “but we’re doing this instead.”

You’ll repeat this 1000’s of times over and over again until your brain understands the old thoughts aren’t needed anymore.

Just like when I lost weight.

I weighed in 100’s of time and each time had to listen to thoughts like “it would take forever,” “it’s going so slow,” “I should be losing more than this,” “no way I should’ve gained this week,” and “you deserve to treat yourself since you had a good loss.”

And every single weigh in I had to tell myself I was proud of what I did this week, that I’m changing my life, that’s old thinking and I’m not doing that anymore.

I lost weight having a lot of new conversations even when I didn’t want to.

The question is...

Are you willing to think something new every day for the rest of our life if it means you get to lose all of your weight too? I hope so for your sake.
Humans behave according to the Motivational Triad which is a function of that primitive brain of ours.

We are driven to seek pleasure, avoid pain and do the easiest thing possible. Why? So we can survive. There was so much danger in being alive up until about the last 100 years. From the first human until 100 years ago this worked GREAT for us!

We needed to survive and needed to be motivated by our brains. We were in legit danger of animals, lack of shelter, and more.

The problem is we live in a modern time where seeking pleasure, ease, and avoiding pain actually harms us instead of helps us.

Netflix, Chic-Fil-A, wine, cookies in your cabinet, etc., are all there and our brains reach for them because they are easy, help us avoid the emotional pain and provide pleasure immediately.

The other part of the problem is that we create a life that needs surviving. Our brains are triggering these motivations. This is why it’s important to do Thought Downloads and Models.
We don’t have real life threatening situations arise that often in life. Back in the day they were around every corner. Now? It’s rare.

Our brain will CREATE threats unless we teach it not to. Threats like your partner not doing their share of the work around the house, your kids wear the same pants three days in a row, or your boss asks you to work on the weekend.

Your brain will think that anything left alone in your mind is LIFE threatening. Not just bullshit stress you don’t want to deal with.

The problem is this. Even if you aren’t “dealing with it” by journaling, your brain knows it’s there. And it’s “dealing with it” by finding pleasure, avoiding pain and doing what's easy.

For example...

Your friend Susan texts you, “You REALLY think this diet will work? What about the last one? I thought that was the ONE.”

You think, “She’s right. I always fail.” You spend all day worrying you will fail, replaying the conversation in your head, thinking what a bitch, and go face down in Oreo’s on the couch to FEEL BETTER.

Your brain thinks Susan is just as big a threat as Freddie and his knife glove. You eat to get relief from your worry and self-judgement. It’s immediate pleasure and is easier to do than to think about how you want to think about yourself and your abilities.
You are left believing everything you thought and teaching yourself the solution to feeling bad is Oreos...not your own mind.

You have to work on your thinking. Every day. The more you leave your thinking up to your brain it will create false threats that your brain thinks is compromising survival.

Easy places to look:

- What you think when someone says something about you. Are you taking other people's opinions and letting your feelings get hurt?
- Worries. Are they legit or mismanaged thinking?
- Blame. Do you often think, “If they would change my life would be better?”
- How often you use FGT. Are you hard on yourself and rarely thinking nice things?
- Your future outlook. Do you argue for how it will be hard because of your past or are you working on how it can be different and what you will do?

Use the worksheet on the following page to investigate these false threats. By uncovering these thoughts you find triggers for your self-sabotaging actions.
Uncovering False Threats Worksheet

What do you think when someone says something negative about you?

What would you like to think about yourself? About them?

How would you show up for yourself if you were thinking what you’d LIKE to think instead of what you usually think?

List your top three weightloss worries.
1.
2.
3.

For each one can you do anything about it? If so, what?
1.
2.
3.

If not, what could you think instead?
1.
2.
3.
Do you think, “If they would change my life would be better?” Imagine they change. What is one thought you would think?

How could you think that NOW, or is there a version of the thought you could think now?

List three thoughts you want to start thinking about yourself each day.
1.
2.
3.

How will you trigger yourself to think these things for the next 30 days?
1.
2.
3.

What are three thoughts you use from your past (i.e. “I've never lost weight.” “It's always harder for me.”) that keep you stuck or struggling in weightloss?
1.
2.
3.

What does your future self, 30 days from now and losing weight, think and do?
1.
2.
3.
RE-WIRING THE MOTIVATIONAL TRIAD

The BEST and FASTEST way to rewire your thinking to work with the motivational triad (MT) is to do MODELS.

You will need to find thoughts you have now about hunger, your body, your abilities, and more. You will need to create new thoughts around those things that work with the MT. For example:

Unintentional Model

C: Eating 2-2
T: If I don’t figure this out fast I won’t lose weight.
F: Anxious (Remember! Your brain wants EASE)
A: Immediately bash myself each time I eat +2, Overly question -2 making it confusing and frustrating, Worry this won’t work.
R: Slow down figuring it out

Intentional Model

C: Eating 2-2
T: I bet I lose weight while figuring this out.
F: Calm
A: Note if I eat +2 and what I can do and notice next meal, Eat when I think I’m hungry and note if I can wait longer or if I need to eat sooner, focus on things I can do to make this work.
R: Figure out hunger instead of figuring out ways to slow myself down.

A good hack for weightloss that I used is to make the PROCESSES to lose weight pleasurable, less threatening, and easy,
Take the things you need to do to lose weight and find ways to make them EASIER for you to do.

Come up with new ways to think about the process so you don't feel emotional PAIN.

Take PLEASURE in noticing what you do right, the things you enjoy, and write about those things daily.
Motivational Triad Worksheet

List 2 thoughts you have about planning and journaling that create PAIN.
1.
2.

List 2 thoughts you can have about planning and journaling that create EASE.
1.
2.

List 2 thoughts you have about hunger and satisfaction that create PAIN.
1.
2.

List 2 thoughts you can have about hunger and satisfaction that create EASE.
1.
2.

List 2 thoughts you have about food that create PAIN.
1.
2.

List 2 thoughts you can have about food that create EASE.
1.
2.
What are some ways you can make things EASIER to execute?

Hunger Scale
1.
2.
3.

24 Hour Planning
1.
2.
3.

TDL's and Models
1.
2.
3.

Water and Sleep
1.
2.
3.

Foods You Eat
1.
2.
3.
What ways can you create PLEASURE in your life with and without food?
1.
2.
3.
4.
5.

What thoughts can you think about your future that create PLEASURE?
1.
2.
3.
4.
5.

What will life look like in 30-60 days thinking and doing these things when your old thinking surfaces?
4 Steps to Breaking Self-Sabotage

You’ve learned your thinking is KEY to Breaking Self-Sabotage.

So HOW do you THINK differently?

It’s a simple process. Very rarely will you get a light bulb moment like “Ohhhhh, I never thought of that! Problem solved forever.”

What the reality looks like is this...

You think your thoughts.

You journal, model, and come up with new thinking.

You feel enlightened and go about your day. Something triggers your old thinking.

This is the critical junction in the path to redirecting thinking so you can break self-sabotage.

It’s easier than you think to break the patterns and habits. It just takes TIME.

1. Find your current thinking (the useful and useless thoughts).
2. Dismiss self-judgement.
3. Replace thoughts and stories that don’t work.
4. Act like the new person you wish to be.
When people ask me HOW do you change, how do you think differently, how do you quit self-sabotaging....

It’s this process.

The best way to see your thinking, the new thought and new action, is to do an unintentional model for your useless thought and an intentional model for your replacement thought.

**FIND YOUR CURRENT THINKING**

We’ve uncovered a lot of your current thinking already. It’s important to note that you have some thinking that is working and recognize it. And it’s important to see what’s not.

You will not change because of this, though.

You will change self-sabotage because you continue to...

- Make daily plans and listen to your Hunger Scale.
- Notice when you aren’t following your plan or listening to your signals.
- Write about the sentences that caused your eating. Push yourself to find all of your stories and beliefs. Use the planner journaling spaces.
- Do unintentional and intentional models so you can see how your thinking is the cause of your actions; not your life or circumstances.

**DISMISS SELF-JUDGEMENT**

You are not broken. Your brain is designed to find threats and to find an easy way out.
There's nothing going wrong with your thinking. Spending time in self-judgement always feels bad and brings your progress with the relationship you have with yourself to a HALT.

When you notice you are self-sabotaging, don't get upset with yourself. Get CURIOUS. When you get upset with yourself you give yourself even MORE reasons to quit.

Think about it.

If you overate all weekend and then beat yourself up...will you WANT to uncover what happened? No. It will be too painful because of what you are thinking.

Mistakes don’t hurt you. Your thinking about your mistakes does that.

Instead of throwing away making more plans and journaling, throw away useless judgement so you can learn! The more you throw away judgement the stronger the relationship you have with yourself becomes.

It’s as simple as hearing yourself get upset and thinking, “I choose not to believe this ever again.”

**REPLACE YOUR THOUGHTS**

As you find all of your thoughts daily, you only need to replace thoughts that aren’t useful. How do you know if something isn’t useful? It’s not helping you lose weight, eat on plan, learn, or feel better about yourself.

Those are the thoughts to replace.
You don’t always need big amazing thoughts. Think about a new way to think. What’s something you can believe? What’s something different you could believe?

Replacing your thoughts isn’t about feeling better. It isn’t even about fixing your problems.

Replacing your thought is about opening your mind up to a new perspective that allows you to show up better for yourself.

My favorite thought hacks:

- Add to the beginning of any unintentional thought “The thought I was thinking was...” This teaches your brain that circumstances aren’t causing your self-sabotage; your thinking is.
- Add to the end of any unintentional thought, “and that’s just a thought I’m working on changing.”
- Remove the all or nothing thinking by saying “sometimes I overeat” instead of “I always overeat.”
- Add to the beginning of a radical new thought, “I’m working on believing...”

**ACT LIKE THE NEW PERSON**

It’s important to notice your thoughts and create new ones. But the work doesn’t stop there.

Decide ahead of time what the new thinking version of you does.

When old thoughts come up, redirect to your new thought and do what you need to do. There’s an easy hack to make this possible.
MINIMUM BASELINES

When you start to ACT differently it’s way easier to do it if the new action is easy to do. You’ll have new thoughts to help but new behaviors that are doable are so much easier to convince yourself to do.

Set the bar low for new behaviors.

Layer things in slowly so you are creating habits that are easy to keep up with.

Consistency is more important than quantity.

Hitting small targets daily is better than lofty ones you hit every now and then or start and stop repeatedly.

You don’t build a diet and life around requiring yourself to MAKE yourself do things.
USE CAN I JUST

“Can I just” is a great way to start something when you don’t want to do it. You’ll spend a lot of weightloss not wanting to do things as you rewrite the motivations and stories.

Change your thought, know your actions, and when you still don’t want to do the things, ask yourself “Can I just XYZ?”

Often you notice you can do a little and feel some progress. Sometimes you shock yourself and do it all. You at least train your brain to keep taking action even when you didn’t feel like it.

USE QUALITY QUESTIONS

Quality questions are questions that give you the answers you need to break self-sabotage. The problem is we use too many pointless question as if we REALLY want the answer. For example:

“Why does nothing ever work for me?”

You just asked your brain to tell you all the reasons why nothing ever works. It will remind you of past diet failures, how your childhood sucked, and don’t forget your partner must keep chips in the house.

A quality question would be “What am I willing to do that could work for me?” This puts your brain to work on things to do versus things that make life and weightloss harder.

Other good questions...
“What's one simple thing I can do to move forward?”
“How can I make time to plan?”
“What healthy foods do I like?”
“What's one food I can enjoy, afford, and have time to eat?”

YOUR ENVIRONMENT

Set it up for as much easy success as possible.

It doesn’t need to be perfect but there are ways you can make success EASIER in your life. Things like...

- Prepping some simple snacks to have on hand.
- Portioning foods ahead of time that you tend to mindlessly eat.
- Keeping raw veggies out while cooking to remind you no nibbling on dinner. If raw veggies won't cut it neither will mac and cheese.
- Keeping your planner in a place you can’t miss it.
- Setting timers to pause you in the middle of meals that you typically eat too fast.
- Asking your partner to help you close your kitchen at night.
- Looking at restaurants you normally dine at and creating your own menu to keep in your purse. No need to look the menu over for what you “can’t have.”
- Don't buy things that are hard to say no to until you’ve had some success in your weightloss.
Acting Like the New Person

For each area come up with things you can do to act like the new version of you.

What are some minimum baselines I can set for myself to make weightloss easier?
1.
2.
3.

When are times I will use “Can I just” to prime the pump?
1.
2.
3.

What are some quality questions I will start using? Which questions will I stop using?

1 - Start:
1 - Stop:

2 - Start:
2 - Stop:

3 - Start:
3 - Stop:

In what ways can I set up my environment for successes I haven’t thought of?
Moving Forward

I teach you to lose weight with commonsense. As No BS Women we...

**DECIDE AHEAD OF TIME WHAT WE WILL EAT BY WRITING A PLAN.**
It makes our life easier to know what we will eat than to rely on good intentions and wishes.

**EAT WHEN WE ARE HUNGRY, STOP WHEN WE ARE SATISFIED.**
It keeps things simple. Our brain and our stomach go everywhere we go.

**WE DRINK WATER AND GET OUR SLEEP.**
These are our basic human needs so we just do them.

None of these are hard.

If you showed an eight year old they would know what to do. They wouldn’t find it hard or confusing.

Remember that. The only thing standing in your way of easy, commonsense weightloss is your thoughts.

Every day for the next 30 days...

Write your plan daily.

Write down your thoughts daily.
Track what happens and write about it.
Over time you'll feel better because you think better.

And when we think better we DO better.
Additional Resources

Check out the 6 Basic Human Needs by Tony Robbins:
https://www.tonyrobbins.com/mind-meaning/why-you-are-the-way-you-are/
https://www.tonyrobbins.com/mind-meaning/do-you-need-to-feel-significant/

Taking Charge of Your Emotions:
https://www.tonyrobbins.com/mind-meaning/who-is-in-charge-of-your-emotions/

Take the 6 Basic Human Needs Quiz:
https://core.tonyrobbins.com/driving-force-6/

Stop Doing That Shit
www.phit-n-phat.com/faves

Podcasts
The Life Coach School: EP 309 Emotional Suffering

EntreLeadership: Are You Carrying Around Armour? April 23, 2020

Take a Break with Rachel Hart (drinking but applies to weightloss): EP 157
Using Curiosity to Change Habit and EP 131 Are You Willing to Be Wrong about Drinking?