



## LESSON 1: FOOD JOURNAL & WORKSHEETS

### WE ARE CREATING A TOOL BOX

#### TOOL BOX REVIEW



#### TOOL 1: RIVER OF CHANGE:

UNDERSTANDING THIS IS A PROCESS. IT TAKES TIME.  
GIVE YOURSELF THE GIFT OF TIME.

#### TOOL 2: COMPASSIONATE OBSERVER TOOL

FASCINATING DATA...  
NO WONDER....  
OF COURSE....

#### TOOL 3: DISEMPOWERED/EMPOWERED DECISIONS

#### TOOL 4: BRAIN INSTINCTS:

1. AVOID PAIN
2. SEEK PLEASURE
3. BE EFFICIENT
4. WATCH FOR DANGER NEGATIVITY BIAS

#### **HOMEWORK: IF I'M SO SMART WHY CAN'T I LOSE WEIGHT**

#### **READ PP. 15-30**

- 15-OVERWEIGHT
- 16-YOUR BRILLIANT BUT SABOTAGED BODY
- 21-OVERHUNGER

#### **FOOD JOURNAL**

1. COMPASSIONATELY OBSERVE & Collect Data on the Following:  
**YOUR GOAL IS TO PRACTICE COMPASSION AS YOU OBSERVE**
  - A. WRITE DOWN WHAT YOU EAT EACH DAY
  - B. WRITE DOWN WHAT YOU ARE THINKING & FEELING BEFORE & AFTER
  - C. NOTICE YOUR PATTERNS = WRITE DOWN WHAT TIME OF DAY YOU NOTICE THEM
2. TAKE A PHOTO OF YOURSELF TODAY AND SEND IT TO ME WITH YOUR HOMEWORK
3. TAKE YOUR MEASUREMENTS HOWEVER YOU WANT TO-FOR YOU. I DON'T NEED TO SEE THESE.
4. DON'T JUDGE ANY OF IT-IT'S JUST DATA.

**\*\*YOU ARE A DETECTIVE COLLECTING DATA-THAT'S IT!**





## **FOOD JOURNALING**

WRITE DOWN EVERYTHING YOU EAT DAILY **AND THE TIME YOU EAT IT**. INCLUDE ALL FOOD, MEALS, BITES, LICKS, SNACKS, SIPS ETC. TAKE NOTE OF WHAT WAS GOING ON, WHAT YOU WERE THINKING & FEELING BEFORE & AFTER YOU ATE. YOUR JOB IS TO COMPASSIONATELY OBSERVE: WE ARE COLLECTING DATA. PERIOD. 😊 **PRACTICE COMPASSION.**

### **DAY 1**

### **DAY 2**

**DAY 3**

**DAY 4**

**DAY 5**

**DAY 6**

**DAY 7**

**FREE WRITE ABOUT ANYTHING ELSE THAT CAME UP FOR YOU THIS WEEK. DID YOU HAVE ANY OTHER OBSERVATIONS ABOUT YOUR THOUGHTS & FEELINGS THAT YOU SAW?**

# SCALE WORKSHEET

(2 PAGES)

IT'S A VERY USEFUL TOOL TO WEIGH YOURSELF DAILY AS YOU COLLECT DATA IN THE PROCESS. IF YOUR BRAIN IS TELLING YOU STORIES ABOUT WHY YOU CAN'T DO THIS, THAT'S OK. ALL OF THIS IS DATA. LOOK AT IT COMPASSIONATELY. DO THIS WORKSHEET BEFORE YOU GET ON THE SCALE.

BEFORE YOU STEP ON THE SCALE, WRITE DOWN WHAT YOU ARE THINKING & FEELING:

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WHY ARE YOU THINKING THIS?

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WHY ARE YOU FEELING THIS?

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NUMBER ON THE SCALE TODAY: \_\_\_\_\_

HOW DO YOU FEEL ABOUT THIS NUMBER?

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**WHAT DO YOU BELIEVE THIS NUMBER MEANS? (WHAT IS YOUR BRAIN MAKING IT MEAN?)**

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**ARE THESE THOUGHTS TRUE? CAN YOU REALLY KNOW THEY ARE TRUE? WHAT DOES YOUR BRAIN TRY TO TELL YOU ABOUT THIS?**

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**CAN YOU SEE THAT THIS IS NOT THE NUMBER THAT IS CAUSING THE FEELINGS BUT YOUR THOUGHTS ABOUT IT? (THE NUMBER ON THE SCALE IS A NEUTRAL CIRCUMSTANCE).**

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**DESCRIBE WHAT IT FEELS LIKE TO BE IN A BODY THAT WEIGHS THIS NUMBER.**

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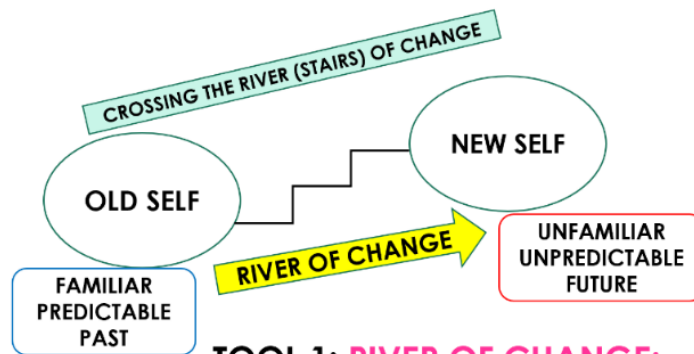
**WHAT CAN YOU DO RIGHT NOW TO CHOOSE JOY & LOVE, REGARDLESS OF THE NUMBER?**

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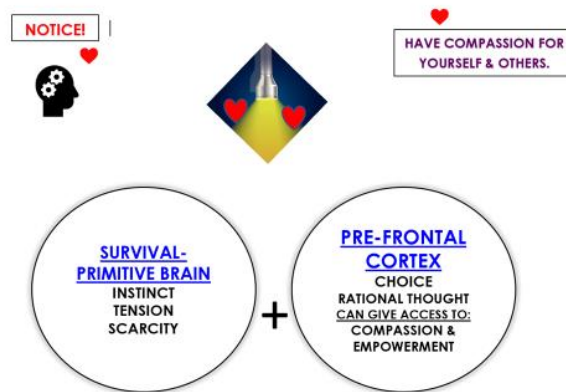




**TOOL 1: RIVER OF CHANGE:**  
 UNDERSTANDING THIS IS A PROCESS. IT TAKES TIME.  
**GIVE YOURSELF THE GIFT OF TIME.**

**TOOL 2: COMPASSIONATE OBSERVER TOOL**

FASCINATING DATA...  
 NO WONDER....  
 OF COURSE....



**ASK COMPASSIONATE/REFRAMING QUESTIONS TO RE-DIRECT YOUR MIND TO FIND SOLUTION:**

- WHAT DOES THIS ILLUMINATE?
- WHAT IF NO ONE IS MISBEHAVING INCLUDING MYSELF?
- WHAT IF IT'S NOT PERSONAL?
- WHAT IF IT'S ABOUT BEING HUMAN & HAVING A HUMAN BRAIN?
- HOW CAN I CHOOSE KINDNESS & UNDERSTANDING TO CHOOSE TO SEE THE BEST IN MYSELF & OTHERS?
- HOW CAN I BE CURIOUS & COMPASSIONATE?
- WHAT IF THERE'S A GOOD REASON FOR IT?
- WHAT WOULD MY FUTURE SELF AT NATURAL HEALTHY WEIGHT CHOOSE TODAY/OR IN THE NEXT 10 MIN/HOUR?
- HOW CAN I ASK DIFFERENT QUESTIONS?
- HOW COULD I FIGURE THIS OUT?
- HOW COULD I MAKE THIS EASIER AND OR FUN?
- HOW CAN I ASK THE OPPOSITE POSITIVE QUESTION OF WHAT MY BRAIN WANTS TO WORRY ABOUT?
- HOW CAN I BE INTENTIONAL ABOUT MY GOAL TODAY?
- WHAT IF I COULD TOTALLY FIGURE THIS OUT, WHAT WOULD I DO?
- WHAT IF EVERYTHING REALLY IS FIGURE-OUT-ABLE?

**BRAIN "INSTINCTS" + "NEGATIVE THOUGHTS":**

- 1. AVOID PAIN
- 2. SEEK PLEASURE
- 3. BE EFFICIENT
- 4. "WATCH FOR DANGER"



AUTOMATIC NEGATIVE THOUGHT BIAS  
 \*\*HABITUAL THOUGHTS / BRAIN SOFTWARE: AUTO-PILOT

**SOUNDE LIKE:**

- "WHAT'S WRONG NOW? HERE?"
- "WHAT SHOULD I HAVE DONE?"
- "WHAT DID I DO WRONG?"
- "WHAT'S THE DANGER HERE?"

**BRAIN CHOICE ALTERNATIVE**

- 1. SEEK GROWTH
- 2. EMBRACE DISCOMFORT
- 3. EXPEND EFFORT WISELY

