



EAT. PLAY. LOVE. *Live*
[NOW]

Start Here!

BRAIN AUDIT

How Healthy Is Your Noggin?

On a scale of 1-10 (10 being the BEST, 1 being the WORST), how would you rate yourself for each of the following categories?

___ Are you consuming Micronutrients on a daily basis? (vitamins and minerals)

___ Sleepful sleep (do you get ample sleep? sound sleep? refreshing sleep?)

___ Breathing (How well are you breathing? Are you conscious of it? Do you practice breathing?)

___ Pain/Comfort/Stress on body/How movement feels (In general how's your body feel and move?)

___ How stressed are you on a day to day basis? Do you constantly feel like there's never enough time in the day or like you never have a spare moment?

___ Social connection (Do you feel connected socially? This could mean in your personal life, relationships with work people, communities you are a part of, etc. How satisfied are you in this department?)

___ Heart + Soul Connection (This includes your romantic and intimate relationships, your family, your children. How satisfied are you in this department?)

___ Meaningful work (this includes your professional work, charity work, being a mom or caretaker, your 'art' or passion. How satisfied are you in this department?)

___ Your self-talk (body image, self image, self esteem)

___ Mind/body awareness

___ Mind/body connection

DISTRACTION AUDIT

How many hours/minutes do you spend engaging in the following activities during a typical week? Place your answer next to each category below.

___ TV/Movies/Netflix

___ Social Media

___ Games/apps

___ Mindless web scrolling

___ Shopping (online or offline)

___ Mindless eating/Emotional eating

___ Drugs/alcohol/smoking cigarettes

___ 'Bed Medication' (usually laying down, focusing on problem at hand or depressing/anxious thoughts, negative self talk, crying)

_____ SUM TOTAL OF ALL ACTIVITIES

BodyTalk Reality Check



FOR EACH STATEMENT BELOW, CHOOSE WHETHER THIS APPLIES ALWAYS, SOMETIMES, OR NEVER (AND CIRCLE IT)

1 When I start a new diet or exercise program, I assume that I will end up straying from it eventually.

ALWAYS SOMETIMES NEVER

2 I get self-conscious of my body when it comes to participating in activities, dancing, being seen in a bathing suit, or trying new things.

ALWAYS SOMETIMES NEVER

3 I tend to flip-flop from one program to the next and try to "keep my eye on the pulse" of what else is out there.

ALWAYS SOMETIMES NEVER

4 I tend to be my own worst enemy when it comes to getting in my own way, and I struggle with motivation and willpower.

ALWAYS SOMETIMES NEVER

5 I tend to see myself through a "fat lens" and frequently walk around feeling ugly, insecure, or weak

ALWAYS SOMETIMES NEVER

BodyTalk Reality Check



CHOOSE WHETHER THIS APPLIES ALWAYS, SOMETIMES, OR NEVER (AND CIRCLE IT)

6 When I look in the mirror, I find that my eyes focus in on all the things that I DON'T love about my body.

ALWAYS SOMETIMES NEVER

7 I let myself off the hook or make deals with myself in order to give myself permission to go off track (or make myself feel better AFTER).

ALWAYS SOMETIMES NEVER

8 I'm constantly thinking about food or feel powerless to control myself around food.

ALWAYS SOMETIMES NEVER

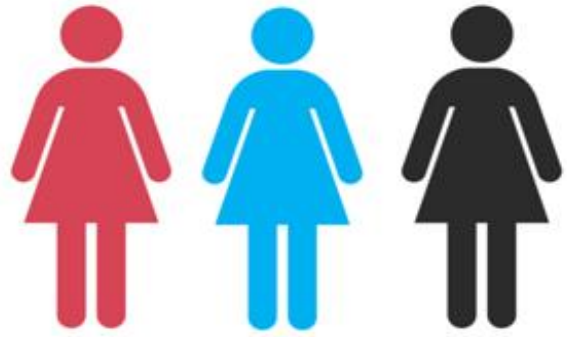
9 I over-commit myself to tactics or plans that aren't practical long term.

ALWAYS SOMETIMES NEVER

10 I feel frustrated that the scale isn't moving fast enough, the inches aren't coming off fast enough, or the reflection in the mirror isn't changing fast enough.

ALWAYS SOMETIMES NEVER

RESULTS KEY



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- 1** NEVER-GONNA BITCHES
 - 2** BODY BITCHES
 - 3** FLIP-FLOP BITCHES
 - 4** CONFIDENCE BITCHES
 - 5** FAT BITCHES
 - 6** MIRROR BITCHES
 - 7** DEAL-MAKING BITCHES
 - 8** FOOD BITCHES
 - 9** LUDICIRIS BITCHES
 - 10** RESULTS BITCHES



CHEAT SHEET: The Self Care **BITCHES**

THE RESULTS BITCHES

The voice that tells you that the scale isn't moving fast enough. The inches aren't melting off fast enough. Your perception that the mirror isn't changing, your body doesn't feel any different, and you aren't making any progress.

"It's not working! There must be something wrong with me!"

THE LUDICRIS BITCHES

The voice inside of you that sets you up on impractical, impossible programs and plans that even the most disciplined and motivated person couldn't possibly stick to. The details and practicalities of the plan don't fit into your current lifestyle and you must overhaul your current life to make it fit.

"Okay starting tomorrow, no more chocolate until 2017 !"

THE FOOD BITCHES

The voice that makes you think that food is 'bad' or 'wrong' or that YOU are powerless to control yourself around it.. She comes out when you are hungry, hangry, or crazed with cravings and keeps you obsessing over every food morsel or in endless anticipation for your next meal, The voice that makes you feel like food is the one calling the shots in YOUR life.

"Empty stomach = GOOD.... Food = BAD"

THE DEAL-MAKING BITCHES

The voice that tries to get you to give into short-term gratification traps. She tells you to "start over tomorrow" or "just have one". She is a master at coming up with excuses for why you should or shouldn't do something. She reminds you how "good you'll feel" if you just do this or just skip that, but conveniently also makes you forget how guilty you'll feel the whole time if you do.

"You've had a long day. You deserve a night on the couch and a glass of wine."

THE MIRROR BITCHES

She's always looking for what's "wrong" with your body. The voice that focuses your eyes in on everything you DON'T love in the mirror and completely ignores what you DO. She tells you that your body is something to be ashamed of, something to cover up, or "the thing" that's really holding you back. in your life."

"Eww! Your butt looks so BIG in that dress. You can't wear that out in public."

THE NEVER-GONNA BITCHES

The voice that makes you think that this time is going to be just like all the other (self-proclaimed) failures in your life. The voices that convinces you that "this is just how you are" or "this is just what you do". She keeps you from REALLY making decisions and commitments and causes you to "self-sabotage" your efforts from the beginning.

"Why bother. You know this time will be like all the others. Just quit now."

THE BODY BITCHES

The voice that tries to ruin your experience of life in the body you have. She constantly reminds you that you don't like the way your body looks, feels, and moves, and that your body is keeping you from doing the things you love. You can't play sports, dance, or try anything new that might draw attention to you-- not with that body. No one's ever going to [hire/like/love] you-- not with that body. She tries to make you think that your body is what's keeping you from REALLY loving your life

"When you lose the weight, THEN you can [wear that/do that/be that.]"

THE FLIP-FLOP BITCHES

The voice in your head that keeps you from locking yourself down or committing to any one thing. She turns you into a constant "dabbler". She causes you to flip-flop from one plan, thought-process, "fix", or guru to the next. You're never fully invested in your current commitment because you're already thinking about or researching the next one.

"How about Paleo? Or that new thing on Dr. Oz? What if THOSE are the 'magic pills'?"

THE CONFIDENCE BITCHES

The voice that keeps you from knowing, liking, and trusting yourself, your plan, or your abilities. She keeps you reliant on a 3rd-party to do anything. Whether it's Pinterest, a buddy, or your trainer, you always "need" someone or something else to back you up and keep you in line. The voice that keeps you from really getting inspired, so you always have to talk yourself into staying "in it" or getting back "in the zone".

"What's wrong with you? You need more willpower or accountability. You're hopeless on your own."

THE FAT BITCHES

The voice in your head that names your fat, shames your fat, and blames your fat. She causes you to see yourself, your body, and your life through a "fat lens" that appears to make you feel ugly, insecure, or weak. When she is around, you BECOME your extra 5 pounds, your un-buttonable jeans, or that cupcake you ate last night. She keeps you from feeling powerful, confident, beautiful, happy, and free.

"You are so ugly...and fat...and yuck. That 5 pounds is so noticeable"



FLOW PREFERENCE



For each of the following sections, simply choose which option BEST describes your preference for your upcoming experiment.

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- 1**
1. Fast Results
 2. Consistent and Predictable Results

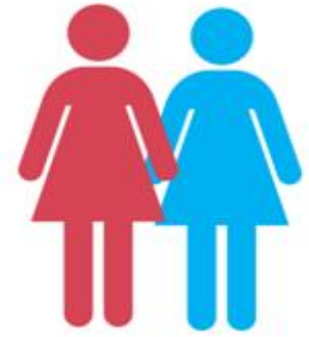
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- 2**
1. Temporary Results NOW
 2. Permanent Results at their natural speed

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- 3**
1. Strict/Intense Program that yields fast results
 2. Enjoyable Program that yields slower results

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- 4**
1. Mold your life around a program
 2. Fit a program into your current way of living

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- 5**
1. Cookie-cutter program created for the masses
 2. Custom program created for you
-

RESULTS RECON



When my life is working, I am regularly doing this:

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

Things start to go wrong/go off track when:

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

The things I need to eliminate or stop doing are:

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

It's an 'Inside Job'...

You're beautiful down to your bones,
can't you see it?

Your beauty, your body, your brain,
they just prove it.

I dream of the day you'll look in,
and you'll see it.

Until then I'll just nudge you, remind you,
and repeat it.



Notes:

Notes: