

EAT. PLAY. LOVE. *Live*  
YOUR BODY. YOUR LIFE. YOUR RULES

[EPLL Made Simple]  
(Change Science Made Easy)

# What EPLL Made Simple REALLY Is:

- ★ The same thing I would go back and tell myself if I were younger, if I had to do it all over again, or if I gained back all the weight I lost and had to start over.
- ★ The same thing I would tell my niece, my daughter, my friend's daughter, or anyone else's daughter if they ever needed it or doubted themselves
- ★ The same thing I truly know and believe to be true for you now – – right now in this moment and from here on out.

# You **MUST** Learn Something New!

- ★ Because it's NOT something they teach you in school...or is even readily available 'out there'.
- ★ You must LEARN something NEW
- ★ See something you didn't see, hear something you didn't hear, feel something you didn't feel, and ultimately **create an experience unlike any experience you've ever had before.**

# Here's What's Happening:

You want to transform your body but....

- ★ You don't want to overhaul your entire life just to do it.
- ★ You're tired of intensely obsessing and giving up your freedom for it.
- ★ You're tired of burning yourself out even MORE by committing to programs that aren't practical for your life.
- ★ You don't want to have to HATE your experience of life just to get there -- you're tired of the crazy deprivation and restriction and punishment and persuasion.

# Here's What's Happening:

So you feel like you're stuck between 2 worlds:

★ Living in a body (or life) you don't love, want, or feel beautiful, happy, free, confident (fill in the blanks) in...

-OR-

★ Hating who you have to **be**, what you have to **do**, or how you have to **feel** to get the body (or life) you do want.

# On top of that...

You're busy, overwhelmed, and don't even know where or how to squeeze the next 'plan' in, because everything you've ever tried requires MORE time, MORE energy, MORE obsession, and you're filled to the max.

THAT is the problem...

# The Focus For Today:

- ★ We want to show you the key things you need to know:
- ★ To make EPLL-ing SUPER SIMPLE
- ★ About working SMARTER, not harder (though self care).
- ★ To make your journey EASIER, FASTER, and more DOABLE...so that you can stay the course faster, easier, and forever

Let's Dive In!



# Step 1: (Re)learn How To Eat

- ★ Not how to count food.
- ★ Not how to measure.
- ★ Not how to portion control.
- ★ How to use food as food and eat with **freedom** and **choice** and **pleasure**. (Because if loving warm chocolate chip cookies is wrong, we don't want you to be right.) 😊

## Step 2: (Re)learn How To Play

- ★ Not how to force yourself to exercise.
- ★ Not how to 'muddle your way through' something til the minute hand reaches a certain number on the clock.
- ★ Not how to regiment yourself, punish yourself, or talk yourself into anything.
- ★ Not how to hide your body, hide your true desires for joy and fun and connection.
- ★ To go experiment and be a kid again, to feel like a woman, and to play. But let your body be wherever it is. Meet it THERE.

## Step 3: (Re)learn How To Live

- ★ Not how to put your life on hold for your goals.
- ★ Not how to wait until you're skinnier, fitter, richer, or until you get "there" to do what you want, eat what you want, be who you want, and feel how you want to feel.
- ★ To live in the 'right now' – – without shame of your past, or fearing what will happen in the future– – we mean really LIVE

## Step 4: (Re)learn How To Love

- ★ Accept that it won't happen overnight -- that it's a journey, its a process, and it definitely won't look or play out as you originally imagined it...
- ★ But know that if you 'grow it' -- if you start at the roots and nurture it and feed it and water it -- it will grow. It will flourish.
- ★ And you'll end up with this beautiful, boundless, can-always-count-on-it 'home-grown' love. 😊

# Just to Reiterate...

- ★ Food is not the problem (it's not the chocolate chip cookie, it's who you are **being** and how you're feeling with the cookie)
- ★ The plan isn't the problem: it's who you are **being** and how you're **feeling** when you're using it.
- ★ So we **MUST** design this with the intention of: How can we help you become your most powerful and responsible self? How can you become the version of you that holds the most influence over your life and your choices? Let's meet (create) HER!
- ★ And let's ditch the shame, blame, guilt, comparison, and perfectionism around who you are, who you have and haven't been, and your relationship with your body and food

# Just to Reinforce...

- ★ Old way of doing things isn't working.
- ★ You don't want another Band-Aid.
- ★ This is a new way of thinking and living – one built with the end in mind: For you to feel beautiful, happy, powerful and FREE along the way.
- ★ How you feel MATTERS! Who cares if you have a 'rocking body' if you HATE who you have to be to get it or keep it?
- ★ Learning this system and way of living is a short term investment, life-long care.

Let's Dive In!

# What Your Problem Is NOT:

- ★ You don't have a food 'problem'
- ★ You don't have a motivation 'problem'
- ★ You are not a 'self-sabotager'

It's the *Weight of the Weight* that **KEEPS** us stuck.

THAT is why we “know what to do, but can't (for the life of us) get ourselves to do it”



# The Weight of the Weight

- ★ The weight of the shame, blame, guilt, comparison, and perfectionism that usually comes alongside typical weight loss methods (aka the Bitches)
- ★ The weight of the plans and programs that cause you to restrict yourself, punish yourself, or persuade yourself to do the things you don't really want to do.

# The Weight of the Weight

- ★ The weight of stress, threat, or overwhelm that (if not released) weighs down your mind, heart, body, and brain.
- ★ The weight of 'waiting for the weight' to live the life you want to live – to wear what you want to wear, do what you want to do, have what you want to have, and be who you want to be...when you get 'there' AND while you're on your way.

# The Weight of the Weight

THAT is the weight that is truly weighing you down and KEEPING you on that up and down rollercoaster, keeping you either "all in" or "all out", and leaving you to deal with that dreaded "Bounceback Effect"

**But There IS Something Else...**

YOU are not a widget.

# Everyone is DIFFERENT:

- ★ If you want LASTING transformation:
- ★ You MUST create a path to self-care that works FOR YOU
- ★ It's got to take into account YOUR life, YOUR desires, YOUR preferences
- ★ Because if it doesn't, you'll always be FORCING it – trying to fit yourself into some impossible and unsustainable box. It's not practical and it won't work long-term

# YOUR Winning Game Plan:

- ★ It must work FOR you and be created BY you
- ★ Or else it WILL be short-lived

That being said...

Would you like to know how to do that?

# First Thought: I'll Show You Mine...

(How I Eat, Play, Love, & Live...)

- ★ EAT: I went and got 'right' with food. I got 'right' with my emotional (over)eating, and I learned how to feed my body what it needs so that it is happy (all year long). THIS makes my 'job' of keeping it lean-ish, fit-(ish), and pain-free super-simple and super-doable (and fun!)

# BIG Takeaway:

No one could give me a 'blueprint' to go figure out how to eat. I needed to give myself permission to EXPERIMENT. I needed to stop IGNORING my body and using food as a major DISCONNECT and figure out how to connect to my body THROUGH food. I needed to create MY version of food freedom where food is just food (not the enemy).



# How I Eat, Play, Love, & Live...

- ★ PLAY: I got 'right' with my body. I got 'right' with my fat. I called a truce. I decided to stop berating it, ignoring it, abusing it, and overworking it, and I learned how to CARE for it. We became friends, partners-in-crime to do all the things I never tried or was sitting on the sidelines wishing I had, and I went and PLAYED. I learned how to paddleboard, ice skate, roller skate, became friends with nature, started dancing, acted like a kid again, became a “girly girl”, and set myself (and my body free) after 30 years of feeling trapped. And if I can do it, so can you.

# BIG Takeaway:

No one could give me a 'blueprint' to go figure out how to connect with my body and to learn how to PLAY. I needed to give myself permission to EXPERIMENT and find out what I like and what makes ME feel good. I needed to stop IGNORING my body and start LISTENING to it. I needed to create MY version of body connection and freedom in my body.

# How I Eat, Play, Love, & Live...

- ★ LOVE: I made amends with this idea that I've been being a bitch to myself my whole life, that we are wired to judge other people and ourselves (and I've practiced it my whole life), and that it doesn't just change overnight. It's a process. It's a life-long commitment where I have to pass through a few stages. I need to get to know myself, trust myself, and pass through 'like' to get to love. It's a process. One foot in front of the other. Some days are harder than others. But getting back up is NON-negotiable. Me, myself, and I are together for the rest of our lives whether I like it or not. We are together forever.

# BIG Takeaway:

No one could give me a 'blueprint' to go figure out how to love myself and END that battle within. I needed to give myself permission to EXPERIMENT and find out what love looks like for me (because trust me when I say that other people's definitions did NOT resonate). I needed to make that decision that I was going to STOP hating on myself and (even if it took my entire life to figure out) move in the direction of LOVE.

# How I Eat, Play, Love, & Live...

- ★ LIVE: I drew that line in the sand and decided I wasn't going to miss out on my life any more. I wasn't going to hate my experience of life just to get the body, the beauty, or the bank account that I (thought I) wanted. That burning myself out, exhausting myself, and sucking the life out of me was NOT worth it to obtain any jean size or \$ sign, and that my own CARE and my own HAPPINESS needs to come first. Or the other people that I want to give it to will continue to have to "wait in line"

# BIG Takeaway:

No one could give me a 'blueprint' to go figure out how to LIVE my life. I needed to give myself permission to EXPERIMENT and find out what life looked like for ME when I laid down all my 'weapons' of control. I needed to stop IGNORING my wants and needs and start TUNING IN to them. I needed to create MY version of that 'middle ground' where I could get results and 'achieve'...but without giving up my enjoyment and experience of life to get there.

# What's This Look Like for YOU?

Let's meet you where you are RIGHT NOW...and we're guessing that you've been indoctrinated with the same kind of thinking that most women have...

- ★ Eat Less
- ★ Move More
- ★ You're not doing enough...so Work Harder, Faster, More!
  
- ★ But also... you already KNOW how to 'lose weight'...

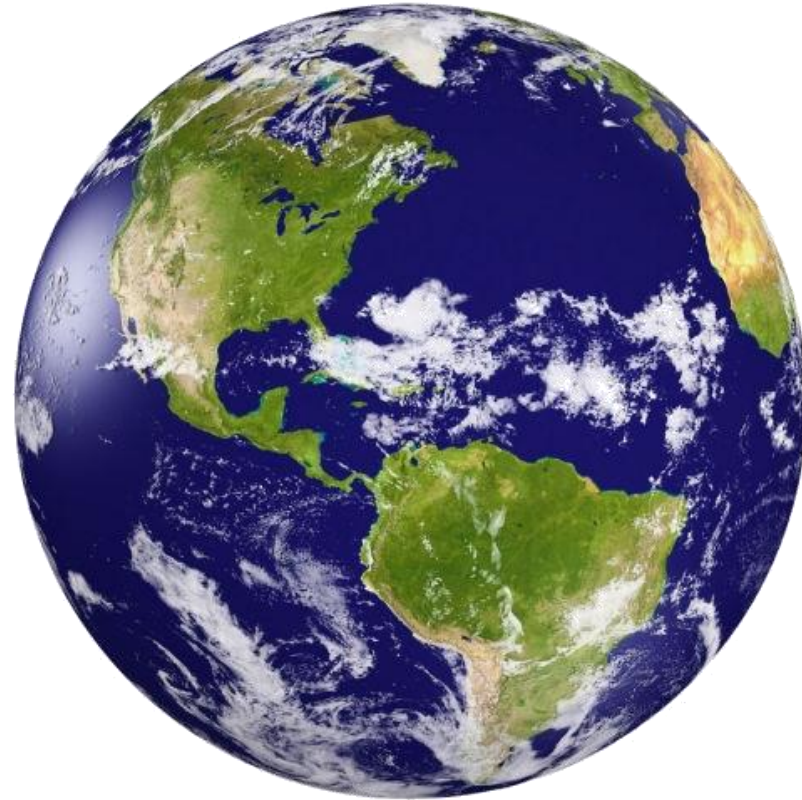
Because **EVERYONE** knows  
how to 'lose weight'...





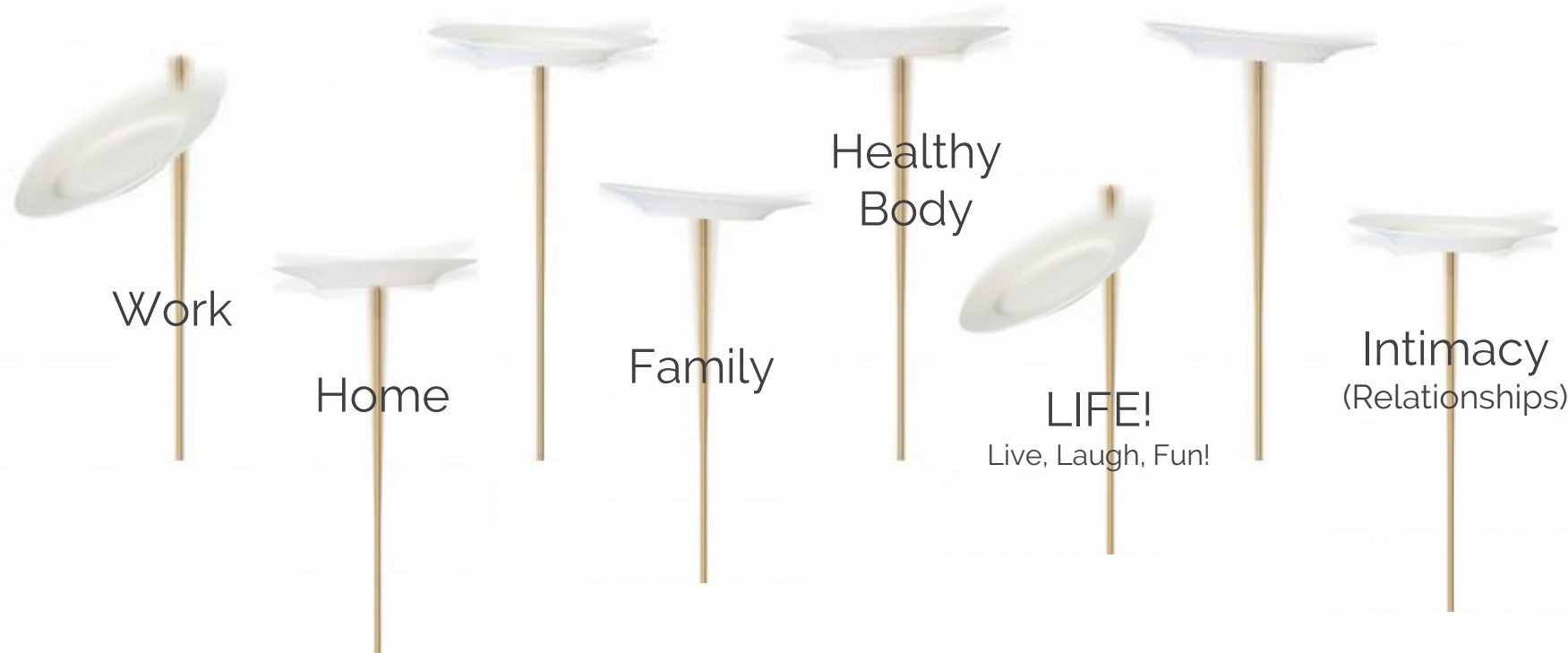
Yup, all is well if you live  
inside a bubble...

*Fortunately though, we live in the 'Real World'*




And most of us have a lot going on -- Lots of plates spinning...

And they never really stop spinning...



Just to name a few...

A close-up photograph of two hands, one from the left and one from the right, holding each other. The hands are silhouetted against a bright, hazy sky, likely at sunset or sunrise, with warm light filtering through. The fingers are interlaced, and the overall mood is one of support and connection.

Plus on top of that you have  
**DESIRES** -- all the things you like,  
prefer, or want more of...

- Goals
- Appreciations
- Desires
- Preferences

And the things you don't...

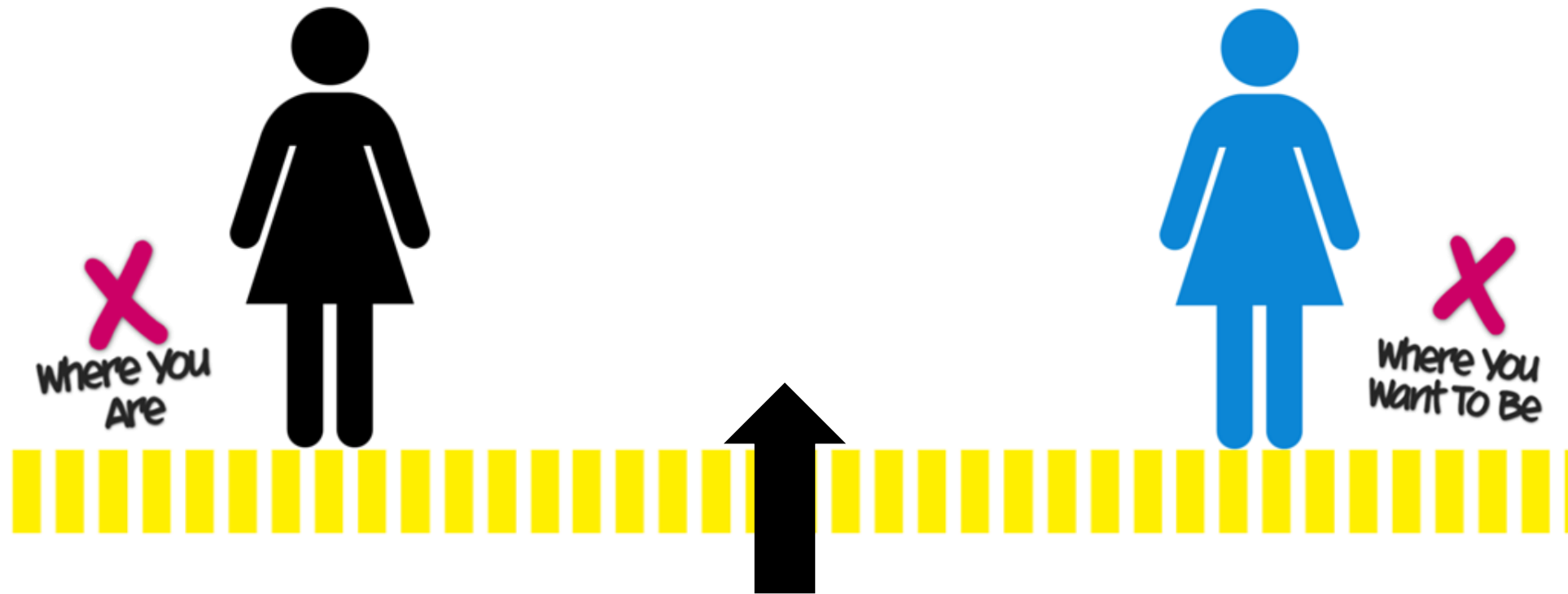
- Fears
- Envy
- Dislikes

**THAT** is the 'Real World' that we live in.

And THAT is what you need to keep in mind as you go after your goals.

So THAT is what you will be creating:  
Your real-world-approved plan of action...

Let's take a look...



The rest is determined (or made possible) by who you 'show up' as in between...

And Sometimes That Can Be A Bit Up In The Air..



BITCH



FRENEMY



BFF

  
Where you  
Are



  
Where you  
Want To Be





# So Back To YOU And YOUR Goals...



What Usually Happens:

You go learn a CRAP LOAD about losing weight (in a bubble)...

But then something goes off track...or not as you planned...

...And then you just feel 'off' your game!

Out of the groove...

Lost your flow...

Can't find your mojo...

**Food feels 'off'** (how you are or aren't eating)

**Your body feels 'off'** (how it looks, moves, or just plain feels)

**And how you feel... just feels 'off'**. (it's how we all feel when we are out of the groove, have lost our flow, or can't find our mojo...AND how we feel when are aren't loving the body we are walking around in.)

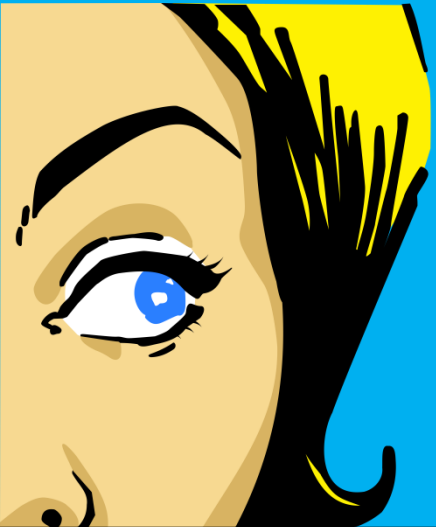
And THAT is when things start to wander off with your body and with food...

You either give yourself too much permission.

-OR-

You give yourself too much restriction.

And That's When...



Your Bitches Show Up!



Specifically...

- Shame
- Blame
- Guilt
- Comparison
- Perfectionism

And that's when you say "screw it"...

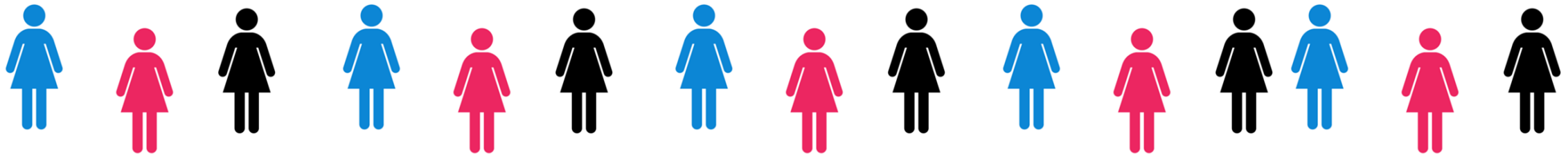
" I messed everything up"

"It's not like I was/am gonna make this work anyways."

"I'll start again on Monday"

"What exactly am I working my ass off for anyways??"

And then the rest of your BITCHES show up!



# So How Are We Going To Approach Things Differently? (Here's where the magic happens)

## PART 1: (Re)Learn:

- ★ How to Eat. How to Play. How to Live. How to Love.
- ★ Learn them like they are skills – like learning the tuba or how to speak Spanish is a skill.
- ★ Ignore what you think you know...and try THIS on ☺

# How Are We Going To Approach Things Differently:

## PART 2: (Re)Do:

- ★ Try it on, integrate it into your life and your desires
- ★ Practice it! Simply be MINDFUL for 7 days (to start)
- ★ You get good at whatever you practice. If you 'fall off' with this new way of thinking, all you have to do is give it more AIR (attention, intention, repetition)
- ★ That's it! It truly is 'just' a mindset and a brainset to walk around with every single day!

## Part 1: (Re)Learn

- ★ (Re)Learn How to Eat
  - ★ (Re)Learn How to Play
  - ★ (Re)Learn How to Live
  - ★ (Re)Learn How to Love
- 
- ★ There are individual lessons in this module dedicated to each and every one of these (because they deserve their own thought, care, and attention!)
  - ★ But before we wrap up this overview lesson, we are going to share the “meat and potatoes” of it so you can see just how simple it really is.



Okay, You Ready?

# The 3 Magic Questions:

# The 3 'Magic' Questions:

- ★ 1. The What?
  - ★ 2. The Why?
  - ★ 3. The How?
- 
- ★ Instead of focusing on the food itself, the workout itself, or the plan/program/parameters, we are going to focus on making YOU a better/stronger/more powerful version of YOU every single day...
  - ★ So that NO MATTER WHAT HAPPENS, you feel like YOU are the influencer in your life – rather than reacting to your life!

# A New Awareness Awareness...

- ★ The SIMPLE Solution is not a 'doing'. It's a 'being'. It's a mindset
- ★ There are 3 Magic Questions (that create a new awareness awareness) that comprise this new mindset
- ★ The Magic lays in what you didn't even know you didn't know 😊
- ★ It's a new level of consciousness. It's next-level thinking
- ★ It truly is EnLIGHTENment

# Why Is THIS So Magical?

RIGHT NOW:

- ★ Your current focus is on 'weight loss' rather than self-care...and it's keeping you STUCK in a cycle of REPAIR vs. CARE
- ★ Your current self-care plan is hard, stressful, complicated, or overwhelming
- ★ Most weight loss approaches are about restricting, cutting back, or eliminating altogether...
- ★ OR they are about doing MORE, working HARDER, or pushing yourself to go FURTHER or FASTER

# Which Means That:

- ★ On a brain level: You're in the 'wrong' branch of your nervous system (You are NOT operating from the parasympathetic (or relaxed) branch of your nervous system)
- ★ On a mind level: You're in the 'wrong' branch of your nervous system
- ★ On a body level: You're in the 'wrong' branch of your nervous system

AND SO:

- ★ If we were having a strictly 'weight loss' conversation, you MUST be primarily operating from your Parasympathetic Nervous system for weight loss/optimal metabolism & digestion to take place

# Because:

- ★ Stress has a response
- ★ Relaxation has a response

## STRESS is what's REALLY 'Fattening':

- ★ "Fat Storage" hormones
- ★ Leaves you in the 'sympathetic' branch of your nervous system
- ★ Stress has a physiological response (heartrate, tense muscles, compressed joints, blood pressure, etc)
- ★ Stress is no fun! (No feel-good hormones PLUS further elevates stress hormones)

The **SIMPLEST** Solution?

RELAX!

Ditch the Stress AND  
the 'Weight'

# REMEMBER: What Your Problem Is NOT:

- ★ You don't have a food 'problem'
- ★ You don't have a motivation 'problem'
- ★ You are not a 'self-sabotager'

It's the *Weight of the Weight* that KEEPS us stuck.



# The Weight of the Weight

- ★ The weight of the shame, blame, guilt, comparison, and perfectionism that usually comes alongside typical weight loss methods (aka the Bitches)
- ★ The weight of the plans and programs that cause you to restrict yourself, punish yourself, or persuade yourself to do the things you don't really want to do.

# The Weight of the Weight

- ★ The weight of stress, threat, or overwhelm that (if not released) weighs down your mind, heart, body, and brain.
- ★ The weight of 'waiting for the weight' to live the life you want to live – to wear what you want to wear, do what you want to do, have what you want to have, and be who you want to be...when you get 'there' AND while you're on your way.

# The Weight of the Weight

THAT is the weight that is truly weighing you down and KEEPING you on that up and down rollercoaster, keeping you either "all in" or "all out", and leaving you to deal with that dreaded "Bounceback Effect"

# The 3 'Magic' Questions Covers ALL Of It:

- ★ What?
- ★ Why?
- ★ How?



## 3 Magic Questions:

**Why Am I Doing This/Choosing This/Behaving This Way?**

- ★ Is it Because I Need It? Require It?
- ★ Is it Because I Want It? Desire It?
- \*\*Getting to know yourself and your desires and understanding the difference between want to/serves me...vs "should" or "supposed to"

**How Do I Want To Feel? (before, during, after)**

- ★ Will this make me feel Good/Positive/Happy?
- ★ Will this make me feel Bad/Negative/Unhappy?
- \*\*Coming from a place of how you want to FEEL...and then moving in the direction that would bring you closer to THAT

**What Am I Doing/Choosing/Spending Time & Energy On?**

- ★ Is this friendly to my Nervous System? Does it stress me out or relax me?
- ★ Do I like it? Does it make me feel good?
- ★ Is it something I can actually see myself doing again?
- \*\*Focusing on being mindful of what you are choosing and if it's something that will CONTRIBUTE to your freedom and happiness.

# In Summary:

- ★ We all know how to 'lose weight'....in a bubble.
- ★ But you've never learned how to influence your body NOW and FOREVER in a way that works for you NOW...and FOREVER
- ★ Current approaches are in the direction of restriction, stress, and 'doing more'
- ★ Problem is: this leaves you in the OPPOSITE branch of your nervous system that you need to be in for optimal metabolism (weight loss)
- ★ The SIMPLE Solution: Ditch the stress and Ditch the 'weight' of the weight
- ★ The SIMPLE Solution is not a 'doing'. It's a 'being'. It's a mindset
- ★ There are 3 Magic Questions (that create a new awareness awareness)
- ★ The What, The Why, The How
- ★ We will be exploring the 3 Magical Questions in depth and details for each individual component (Eat, Play, Love, Live) in future lessons.

*That's it!*

# Time to Take Action:

- ★ **Check This Out:** What Kind of Fat Do YOU Have?
- ★ **(Re)Con:** Explore the audits & diagnostics in your workbook and start getting to know yourself and your struggles (and creating new *Awareness Awarenesses*) right away \*\*These will make more sense as we go.





*See You Next Time!*