
LESSON 1: UNCOVERING DIET MENTALITY

What is my 'Old Me' thinking about what I have to do in order to lose weight?

(Ex. I need to cut carbs to have any hope of losing weight, I can't control myself around ice cream)

Tell the truth about past diets. How have they NOT actually worked for you?

(Ex. Keto doesn't really work for me because I value eating what my family eats, WW hasn't really worked for me because I always end up quitting and coming back)

What does "New You" choose to think when "Old You" thinking appears?

(Ex. I'm doing something different this year, my past doesn't determine my future.)

How are you going to ditch your diet crutches this year? What apps, subscriptions, newsletters, and physical items do you need to get rid of to start fresh with a new mindset?

(Ex. Delete Noom App and MyFitnessPal, send a nice text to my neighbor to get off the Optavia list, throw away my food scale)



LESSON 2: FUTURE YOU + THE PHASES OF CHANGE

In 60 days, what is future you doing that's different from today?

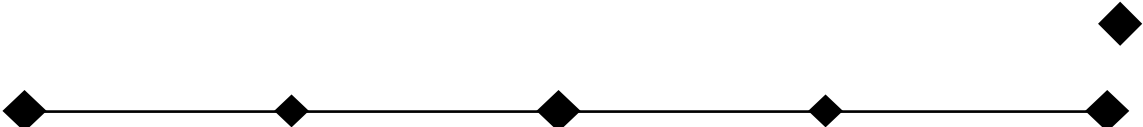
(Ex. She asks herself Am I Hungry and Have I Had Enough at most of her meals, drinks 64 oz of water daily, goes out to eat and feels ease around food)

What do you need to do today to get there?

(Ex. Start tracking water and sleep to see where my baseline is at, talk to my partner about an earlier bedtime routine, plan a dinner out along with foods that I want to eat that help me feel like I'm having fun while losing weight)

What is "Old me" likely to think when I'm going through the phases of change (overeating, forgetting to stop eating) AND what will my "new thinking" be?

(Ex. Old me is likely to think I'm messing up, but new me thinks 'mistakes are part of making progress.)



ONCE YOUR BRAIN IS TRAINED TO SEE MISTAKES
AS WHERE YOU LEARN AND TRY AGAIN, YOU'LL
HAVE UNLOCKED ONE OF THE GREATEST
WEIGHTLOSS SUPERPOWERS. *Corinne*

LESSON 3: BUILDING DOABLE FOUNDATIONS

What is my doable foundation for...

...drinking water?

....sleep?

....eating when hungry?

...stopping at enough?

...making a Doable 24 Hour Plan (Current No BS Members only)?



LESSON 3: BUILDING DOABLE FOUNDATIONS

What is my doable foundation for...

...self-care?

...movement?

...how I talk to myself about my body?

...eating out?

Check in with yourself - does this feel like a truly doable foundation for you, even on a tough day? If not, go back and break the actions down further.



A DOABLE FOUNDATION IS THE MINIMUM
BASELINE OF THINKING OR ACTIVITY
YOU'RE WILLING TO DO FOR YOURSELF.



LESSON 4: CLEANING UP YOUR ENVIRONMENT

Make a list of foods that are currently hard to be around. Next to each one, decide if you will keep it around or take a break. There's no right or wrong. Remember, whatever you choose it's because you want to set yourself up to improve your overall relationship with food and weightloss.

For the foods you want to keep, what can you do with them to help you eat mindfully and joyfully? (Ex. I'm going to pre-portion my nuts into bags. I'll move the wine to the cabinet above my refrigerator.)

What can you do to create an environment that makes good habits easier? (Ex. putting water by your bedside, workout clothes out the night before, etc.)

What else can I do to make weightloss easier on myself? (Ex. Get an accountability partner, join No BS, leave diet groups that bitch and moan constantly.)

MY 60-DAY NO BS SUCCESS PLAN

In 60 days, I will weigh or lose pounds

Over 60 days, I will teach myself to think these things every time “Old Me” thinking comes up about my...

Body

Weight

Food

Future

What are 10 SMALL things that I can get better and better at over the next 60 days to make weightloss easy? ***Some or most of these should trigger you to think “this isn’t good enough” or “it won’t make a difference.” Remember, what doesn’t help is doing nothing or dramatic starts with dramatic quits.

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

MY 60-DAY NO BS SUCCESS PLAN

6.

7.

8.

9.

10.

Of these 10 things, circle or star 3 that you want to get really good at.

For each one, how can you make it easy to do these things over and over again until they become habit?

1.

2.

3.

Think about your “diet crutches.” What are you going to immediately delete, pause, or take a break from for the next 60 days?

Facebook Groups to leave

Instagram/TikTok Accounts to unfollow and apps to delete

Email Lists to unsubscribe

Podcasts to stop listening to

People to stop talking to about diet culture

Fake or Frankenfoods to stop eating in place of real food

Old shakes, pills, and diet foods to toss that I no longer need as a visual reminder of diet shenanigans and culture.

Goal weight or “old clothes” that are painful to look at (donate or pack up)

When old diet mentality comes up (thinking you can’t do it, cutting out foods the diet industry says are bad), what are you going to tell yourself instead?

How will I know I’m making success in my weightloss outside of progress on the scale? What else is changing in my life?

How will I know when it’s time to try new things or make a few more small changes to keep losing weight?