



HOW TO LOSE WEIGHT IN

2



2

3

YOUR PERSONALIZED GUIDE TO GETTING IT DONE

GETTING STARTED

www.losing100podcast.com/workshop23

Complete these 3 steps to get the most out of the How to Lose Weight in 2023 Workshop!

1. Print or Download This Workshop Guide

- Print or download this guide in advance - we'll be going through this guide together during the live session on **Sunday, January 1st**.
- We've made the workbook digitally fillable so you can use your favorite apps like Goodnotes if you prefer to write with a tablet. Just make sure you have it ready.
- If you learn by reading, I've also provided transcripts of the pre-recorded lessons in the back of this guide for you to enjoy.

2. Get Your Tech Together

- We'll be doing this challenge live on Zoom, so make sure you've downloaded the Zoom app to your computer, phone, or tablet by going to www.zoom.us.
- If you already have Zoom downloaded, check to see if your version needs an update before joining the webinar so you can participate using ALL the juicy new features!
- We'll email you the link to join the workshop on the morning of January 1, but you can also find the link on your replay page.

3. Put the Workshop on Your Calendar

- Decide where you're going to watch the workshop – at home, or with a group of friends. Make it a party!
- Block out the time now and limit your distractions. Hire a sitter or make plans for the family. Decide what you'll eat for lunch that day or what drinks you want to have nearby.
- It's okay if you can't attend the entire session live. Schedule time to watch the on-demand video replays – www.losing100podcast.com/workshop23. They'll be posted on your replay page within 48 hours after the workshop ends.

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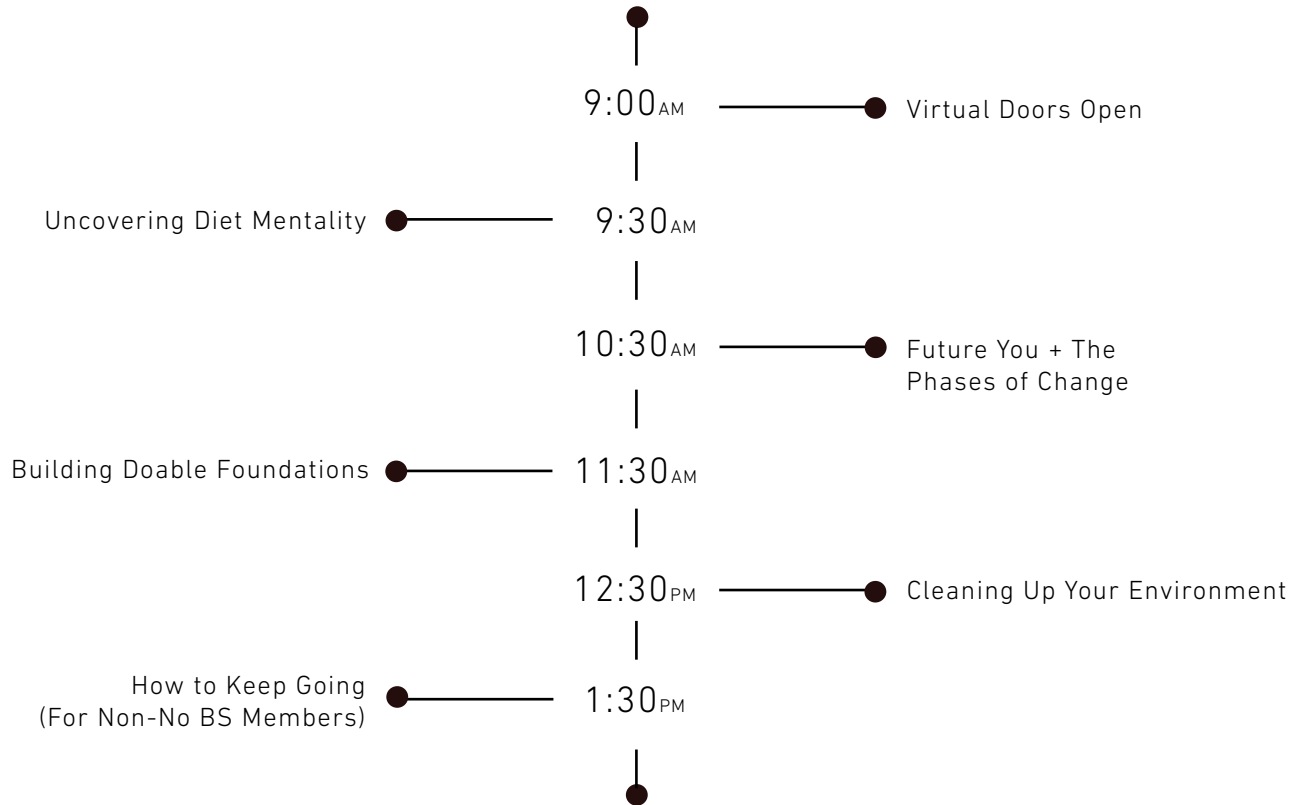
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AGENDA

All Times are Central Time



HOW TO GET THE MOST OUT OF BEING HERE

Arrive Ready to Go and Ready to ACT

Make sure you have your digital or printed guide ready, a pen you love, a highlighter for extra awesome insights, sticky notes and comfy clothes. You'll take a lot of notes and have time to create plans and more. You are more likely to remember things you take note of.

Bring WATER

Yep. We'll play the Corinne Drinking Game. I cuss - you DRINK. Be prepared to know what it's like to be properly hydrated! You might find you are thinking clearer, too.

Act Like You Are in the Room with Me

When I ask a question, answer it. Do the worksheets. No checking your phone or "side tasking." If you have kids I get it; you might have to take care of them. But remember, you signed up to get the weight off for good. No sabotaging your future by acting like an inattentive asshole today. Just because I can't see you doesn't mean you can't see yourself.

Include Your Friends and Family

Have your friends sign up, too, so y'all can keep the momentum going after our event. If you have daughters, sons, husbands or wives living with you who want to attend then just let them watch with you. Print them a workbook and do this together. You'll get to reinforce what you learn by talking about your insights, aha's and things you are going to start doing.

Connect with No BS Women

One of the best ways to feel connected is to visit my social media and comment on posts. Go to my Instagram and Facebook pages to leave comments. Use #noBSwoman in your own posts. You can also meet people in our live chat throughout the day of the event.

Keep the Learning Going

You will learn a lot but what you DO with that information is key. It's not enough to hear it and get inspired. You need to set your mind to doing the things you learn.

WEIGHTLOSS BEFORE THE WORKSHOP...

There are four things you can start today to lose weight. Practice these before our workshop. It doesn't matter if you get them right. What matters is you do them to the best of your ability.



WEIGHTLOSS MADE SIMPLE

1

Ask 'Am I Hungry'
Before Eating*

Make sure you're physically hungry
before you start eating.

2

Ask 'Have I Had
Enough' While
Eating*

Stop eating right before you're full (just
a little less than usual).

3

Sleep 7+ Hours
Per Night

Sleep is a fat-burning superpower.
Give your body the rest it deserves.

4

Drink 64+ Ounces
of Water Daily

Water, decaf tea, and coffee always
count. 1 caffeinated beverage a day
counts. Add non-caloric sweeteners if
you like

*Use the cheat sheet on the next page to help find your cues.

Hunger and Enough Cheat Sheet

Learning how your body communicates hunger and enough takes time. Here's some common signs and signals to get you started.

You are not yet truly hungry if you think and feel these things:

- You “wonder” if you’re getting hungry.
- A particular food sounds good right now.
- You crave a particular snack but wouldn’t eat a bowl of broccoli.
- You’re worried you’ll get hungry soon.

Pro-Tip #1: Not hungry yet? Drink a glass of water, wait 15 minutes, and assess again.

Signs you are legit hungry:

- Your stomach feels slightly empty.
- You might have a little bit of a gurgle.
- You begin to feel a little distracted while trying to focus.
- You begin to think “I’m getting hungry. I’m about ready to eat.”

Pro Tip #2: Being hungry in No BS feels doable – not shaky or starving.

Signs you’ve had enough:

- You’ve lost the focus on your food. Your mind wanders or you start surfing social media/ email.
- You’re not full, you are satisfied and physically ready to stop eating.
- There’s little to no bloat.
- You might sigh or sit back from the table while eating (almost like you’re catching your second wind for eating).
- You begin to wonder if you need another bite or two.

Pro-Tip #3: Your brain’s likely to throw a hissy fit if you eat less than usual. That’s NORMAL. Pack up leftovers and eat them later if you didn’t get enough. Don’t be afraid to throw those last bites away and go on with your day. Better in the trash than on your ass.

Signs you’ve gone past enough:

- You have the thought “I shouldn’t have eaten those last few bites.” You are physically full and have heaviness in your belly.
- You have some bloat and are uncomfortable.
- You need to unbutton your pants or get out the stretchy pants.

Pro-Tip #4: Miss your body’s satisfaction cues and gone past enough? That’s NORMAL too. Plan to have a few less bites next time as you learn your body’s signals.

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?

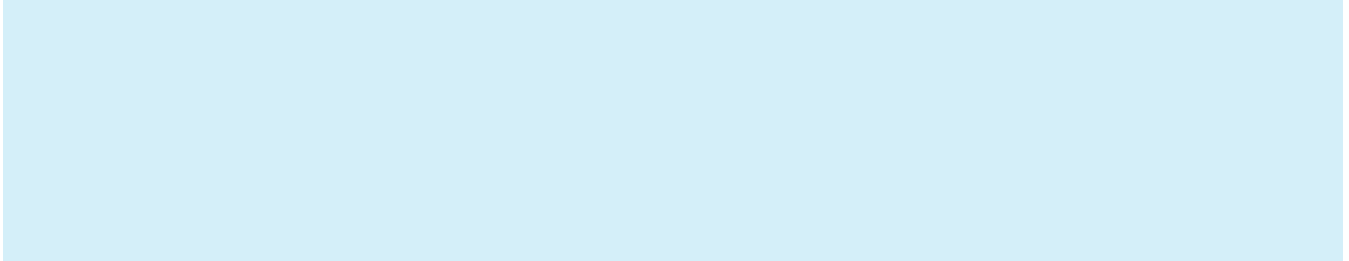
Check in with yourself - does this feel like a truly doable foundation for you, even on a tough day? If not, go back and break the actions down further.



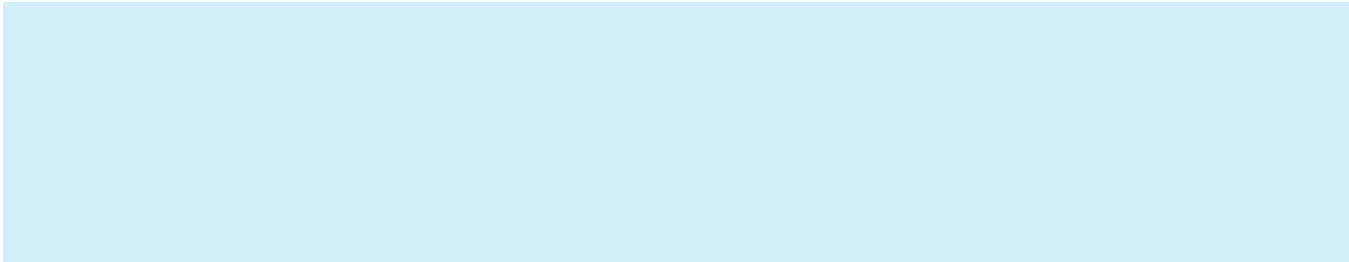
**A DOABLE FOUNDATION IS THE MINIMUM
BASELINE OF THINKING OR ACTIVITY
YOU'RE WILLING TO DO FOR YOURSELF.**

LESSON 4: CLEANING UP YOUR ENVIRONMENT

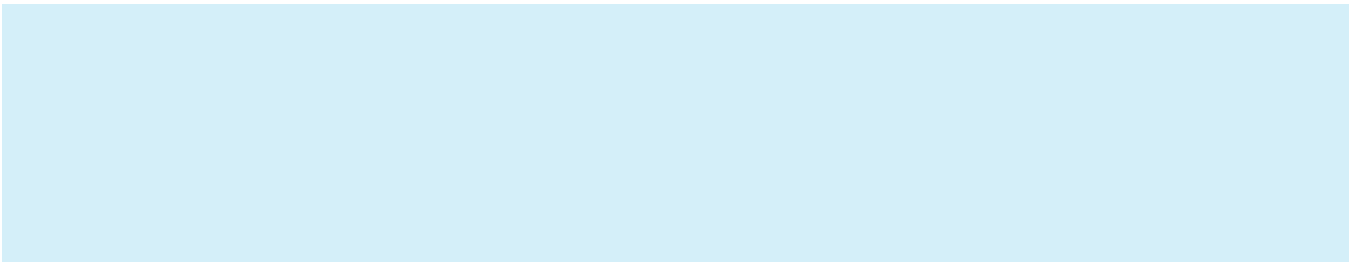
Make a list of foods that are currently hard to be around. Next to each one, decide if you will keep it around or take a break. There's no right or wrong. Remember, whatever you choose it's because you want to set yourself up to improve your overall relationship with food and weightloss.



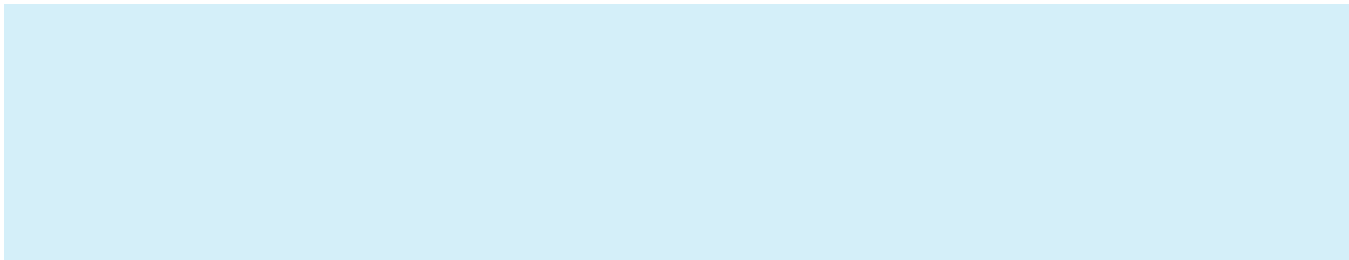
For the foods you want to keep, what can you do with them to help you eat mindfully and joyfully? (Ex. I'm going to pre-portion my nuts into bags. I'll move the wine to the cabinet above my refrigerator.)



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.

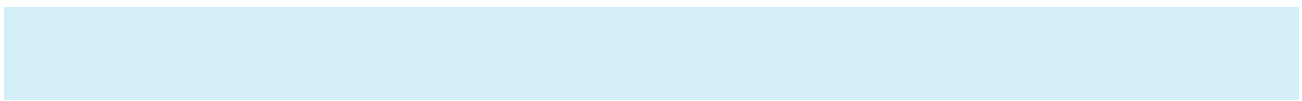
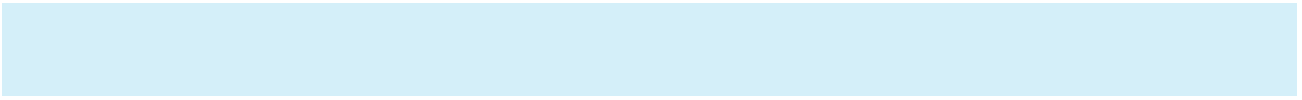
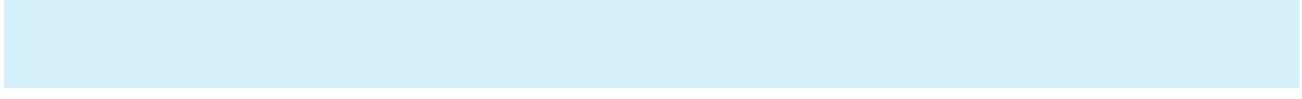
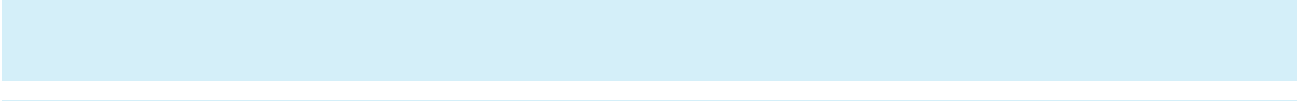
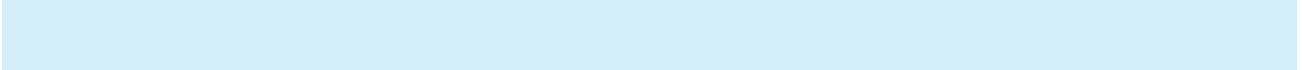
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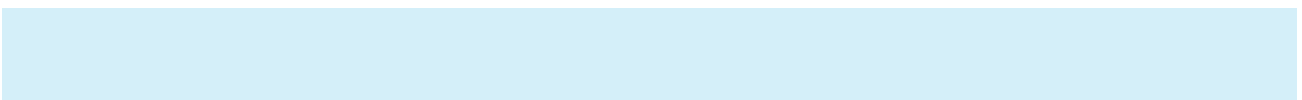
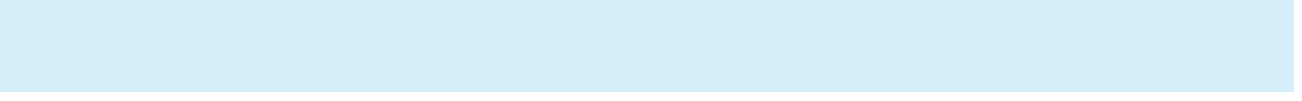
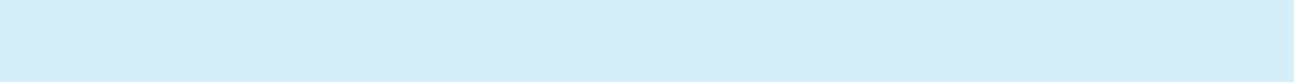
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MY 60-DAY NO BS SUCCESS PLAN

6. 
7. 
8. 
9. 
10. 

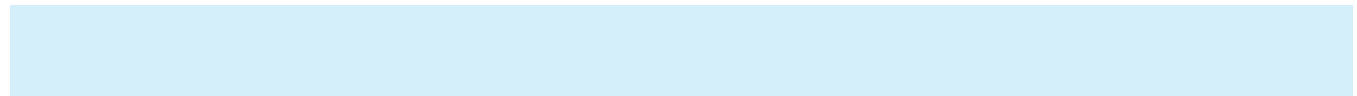
Of these 10 things, circle or star 3 that you want to get really good at.

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

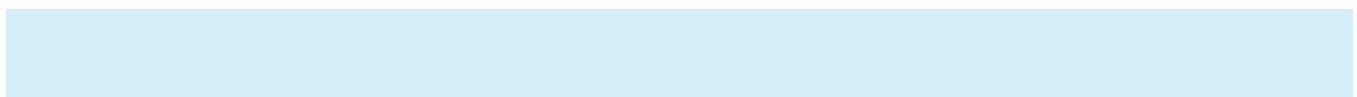
1. 
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Think about your “diet crutches.” What are you going to immediately delete, pause, or take a break from for the next 60 days?

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?

SAMPLE 60-DAY NO BS SUCCESS PLAN #1

Jenn

Busy mom of 3 with 75 pounds to lose, new to No BS

In 60 days, I want to lose **-6** pounds

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

Body - **I’m learning to love my body on the way down the scale.**

Weight - **The scale isn’t the only measure of my success.**

Food - **Food doesn’t have to be hard anymore.**

Future - **This really could be the last time I try to lose my weight for good.**

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. **Set out water by my bedside every night and drink after waking up.**
2. **Serve myself on a smaller plate during dinner.**
3. **Try leaving a few bites behind at lunchtime.**
4. **Head to bed 5 minutes earlier every night.**
5. **Set a reminder on my phone to check in with my water intake midday.**
6. **Take a walk at work to get a mental break when I’m having urges to eat.**
7. **Split meals with my partner when we go out.**
8. **Pause halfway through my meals to ask if I’ve had enough.**
9. **Write three things that went well each night before bed.**
10. **Drink a glass of water before each meal.**

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. **Set a reminder on my phone and put a Post-It note on my mirror asking “Have you had your first 16 oz today?”**
2. **Put the smaller plates on the lowest shelf so it’s easier to remember to use them.**
3. **Set a timer for 10 minutes to remind me to pause and assess midway through my meal.**

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 - **Local moms’ running group - I don’t really enjoy it and there is a lot of body shaming and diet advice this time of year.**
- Instagram/TikTok Accounts to unfollow and apps to delete - **N/A**
- Email Lists to unsubscribe from - **WW and Optavia**
- Podcasts to stop listening to - **N/A**
- People to stop talking to about diet culture - **My sister – we always do a juice fast at the beginning of the year. I’m willing to let her know that I’m trying something different.**
- Fake or Frankenfoods to stop eating in place of real food - **I’ve never really liked fat-free cheese, or Veggie Straws.**
- Old shakes, pills, and diet foods to toss that I no longer need as a visual reminder of diet shenanigans and culture. - **Get rid of the shakes in the basement**
- Goal weight or “old clothes” that are painful to look at (donate or pack up) - **I’m willing to get rid of anything in a size 10 or below for now – I know when I lose all my weight, I can buy new things that I love.**

When old diet trauma 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?

It’s normal for shitty thoughts to come up because I’ve been working at losing weight for a long time. I’m doing something different this time.

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

Trusting myself around food and seeing each day as a new opportunity to make progress.

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

If I’m getting in my 64 ounces of water most days, sleeping 7 hours a night, and asking myself about doable hunger at most breakfasts and lunches.

I’m going to focus on water – I want to try to get in 48 oz to start by trying out flavoring and making sure I drink a glass before I eat.

SAMPLE 60-DAY NO BS SUCCESS PLAN #2

Kelly

Working on her last 5 pounds, has already lost 30 pounds with No BS doing the Four Basics

In 60 days, I want to lose -5 pounds

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

Body - **I’m learning to accept every inch of me.**

Weight - **I’m ready to reach my final goal weight and it doesn’t have to be hard.**

Food - **I don’t need to cut out any foods to get to my goal weight - I’m just going to keep going with what has already worked.**

Future - **The next step in maintenance is figuring out who I want to be outside of my food struggle and No BS will help me figure this out.**

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. **Weigh in once a week instead of every day to focus on my habits more than the # on the scale.**
2. **Eating when I’m hungry during breakfast and lunch. I’m usually less stressed at those times and it’ll eventually make trying this at dinner feel easier.**
3. **I want to try to get an extra 16 ounces of water during my period – I’ve noticed over the past few months that it helps with bloating and the scale ups and downs.**
4. **I also could try planning meals for the whole week when I have weekends off and am in the mood to cook ahead of time.**
5. **Start taking 10 minute walk breaks during lunch 3 times a week.**
6. **Level up to leaving three bites behind at my dinners.**
7. **Drink a glass of water and wait 20 minutes before eating lunch and dinner.**
8. **Work on upping my sleep – I feel best when I get at least 8.**
9. **Journaling on Fridays about how I want to feel Monday morning so I keep up my habits on weekends.**
10. **Listen to one No BS lesson or replay in the car on my way to work.**

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. Set a reminder on my phone and put a Post-It note on my mirror asking “Have you had your first 16 oz today?”**
- 2. I know my data from last year shows I need to be all-in on doable hunger at night. I want to work on stopping at enough at night 5 out of 7 days a week and text my accountability group when I am successful.**
- 3. I think I can get there by cutting out the scrolling and reading a book before bed and focusing on weekdays first, then weekends..**

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 - **N/A**
- Instagram/TikTok Accounts to unfollow or apps to delete - **I’m planning to clear out all the keto recipe accounts I’ve followed over the years.**
- Email Lists to unsubscribe from - **Bulletproof Diet guy - I don’t find the tips helpful or aligned with where I want to go.**
- Podcasts to stop listening to - **Intermittent Fasting and Keto podcasts**
- People to stop talking to about diet culture - **I’m done with the office talk about diet tactics – I’ll politely walk away going forward.**
- Fake or Frankenfoods to stop eating in place of real food - **No more cottage cheese! I’ve never actually enjoyed it.**
- Old shakes, pills, and diet foods to toss that I no longer need as a visual reminder of diet shenanigans and culture. - **I think I’m ready to throw away my old Weight Watchers trackers and clear out the cabinet of my ‘detox’ pills.**
- Goal weight or “old clothes” that are painful to look at (donate or pack up) - **It’s time to get rid of my old size-24 pants – I’m not going back.**

When old diet trauma 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?

When the scale stalls, I still get urges to overeat because “It’s a waste of time.” I want to pause and think about how far I’ve come, and tell myself that I can figure this out.

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

I’ll feel like I have a solid, doable routine that I can maintain for a lifetime. I’ll have habits that work for me long-term and not just weightloss tactics that I want to give up on.

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

If I’m hitting 90% on my four basics and not overeating most days of the week.

HOW TO KEEP GOING

The best next step is to join the No BS Weightloss Program. You'll take what you learned today and go deeper with our full course, be able to ask more questions as they come up, get help when things don't go perfectly, and have support in the moments your "Old Thinking" takes over.

BUT! You might still be on the fence especially if you've been on all the diets and struggled like I did most of my life.

This worksheet will help you decide if NOW is the time to join No BS and put your weightloss struggles behind you.

What will be easier with my weightloss if I join No BS?

How can joining No BS save me money? What memberships can I let go of? What medications might I come off of? What money can I quit wasting on foods and supplements that don't work?

How can joining No BS save me time and emotional energy?

What might improve in my life when I am no longer doing traumatic diets and talking hard to myself?

Do I do better on my own or do I do better with accountability and positivity surrounding me?

On a scale of 1-4, with 1 being hell no and 4 being hell yes, how do I rate myself on going solo and achieving my goals with what I've learned today?

Anything less than a 4, what about joining keeps me on the fence?

(Take your answer and email us at support@pnptribe.com for help.)



PRE-RECORDED VIDEO TRANSCRIPTS

UNCOVERING DIET MENTALITY

If you're like most No BS Weightloss members, you start diets that focus on what foods are good for you and which ones are bad. There's some "evil" list of foods that when eaten cause you to break out in fat. And there's another powerful list of foods that you can eat "all you want" or somehow they sit upon a "moral high ground" falsely making you believe you're a better person for eating them.

You probably also think you need a "calorie deficit," which from your past diets means EXTREME hunger to the point of triggering your body into panic and fear that you're actually starving.

The message we receive is that in order to be a good and happy person, there's a level of misery you must go through when losing weight.

Giving food moral power and normalizing starvation tactics is one of the most dangerous things the diet industry has done to you. They've made you think that you are a good or bad person depending on what you eat. This line of thinking is detrimental because it keeps you overly focused on the food instead of instead of WHY you are eating in the first place. And it erodes the relationship with yourself based on how you eat and what you weigh.

Following unrealistic diets with extreme rules and meal plans are ineffective ways of trying to control your food and weight. And what I give you inside the No BS Weightloss Program is basic rules that work WITH your body and the way it was designed to lose and maintain weight.

By using the Four Basics and learning how to cope with emotional eating you stop trying to implement more and more harsh, rigid, or punitive rules to be "good." In exchange you start getting in touch with what your body needs AND what your emotional life needs, too. My goal is to open your eyes up to a new way to lose weight where you finally get in touch with what you actually want and need in your life. What you want for your food life, your emotional life, and your weight. And not only acknowledge your needs but to do so from becoming the person you want to be.

When I was losing my weight, I knew I had to quit talking to myself like an asshole. I often heard myself saying the small changes I was making like taking 15 minute walks or cutting back to 3 slices of pizza instead of 5 simply weren't good enough. It dawned on me that I had to stop the Old Corinne thinking each and every time I heard it. Old Corinne beat herself up to the point she needed a break.

You see, I never really needed a break from any diet. I needed a break from ME and my Old Corinne thinking. Sure a lot of my diets did indeed suck, but I analyzed why I often just

needed a weekend to relax. It was because I spent every minute of my weightloss journey telling myself that what I was doing in the moment wouldn't make a difference, that I should've never gotten this fat in the first place, or I was obsessing over following the rules for fear I was going to screw up one more time.

So instead of quitting my weightloss, this time I decided to quit talking to myself like a butt. I started a simple practice and that was my first step in breaking diet mentality...insert New Corinne thinking.

New Corinne thinking sounded like this: what you are doing right now will add up. What doesn't add up is you giving up in this moment. I told myself it didn't matter what I weighed right now and how I got here. What did matter is that I was moving forward. And moving forward was way more important than focusing on what's happened in the past. And, I told myself that I might get some stuff wrong while losing weight but that didn't make me a loser or broken. It meant I was trying and to just keep trying until I figured it out.

Trust me, Old Corinne thinking felt WAY fucking better than Old Corinne thinking. And I realized while losing weight how much easier it was to take care of myself when I fought for myself. You see, it's a lot easier to take care of something you love than it is to take care of something you don't give a shit about. Unfortunately so many of us are trying to talk shit to ourselves and lose weight. Then we wonder why it's hard to stay motivated or make better decisions for ourselves.

Inside No BS, we focus a lot on how you talk to yourself about your life, your food, and your body. I'm a believer in giving you just a few basic rules or guidelines to make eating not only simple, but to also fit your likes and dislikes. And then we put all of your energy and effort into increasing your confidence in your food choices, making peace with your body and food, teaching you how to think like the new version of you at whatever weight and size you are right now.

My promise to you is this: I will help you learn to love yourself from the beginning just like I did, because when you do that, taking care of yourself without food becomes a shit ton easier.

The next thing you need to do to get rid of diet mentality is acknowledge the damage past diets have done. You must stop glorifying them and start analyzing them. So often we have hindsight bias, which simply means you remember the warm and fuzzy parts of a past diet and not the whole truth of what was going on.

You might look back and think some low to no carb diet works and is the only way you can lose weight. You remember loving how fast the weight ripped off but you don't remember every time you felt deprived, dizzy or ill. You conveniently forget the times you binged or overate because you just needed a break. I once did a keto style diet for a bodybuilding competition. I was thin and ripped at the end, but I also couldn't drive my son to school without fear I would fall asleep at the wheel. I also felt so bad physically that at least once a week I binged on jars of peanut butter because my body lacked the carbs it needed

or basic human needs.

So take a look back at past diets and try to find where the diet might not have been as great as you remember.

Question whether the diet REALLY worked? Did you lose your weight and were you able to keep the weight off? Were you happy with how you were losing weight and could you see yourself doing that the rest of your life?

You see, the truth is diets are failing YOU. You aren't the one failing. Most diets set you up biologically and psychological to fail because they deprive your body of its basic needs and diets don't help you deal with the reasons you are overeating to begin with.

Next, you must get aware of your diet thinking.

There are subtle ways diet mentality shows up in your life, so it's important you start witnessing it.

Have you ever said, "I had no willpower, I ate cookies!" or "I just said fuck it and ate my face off!" You might be using willpower to lose weight instead of learning how to include foods you like as you lose weight. Or you're trying to be extra hungry denying your body what it truly needs because of old conditioning that you have to be starving to lose weight.

Sometimes diet mentality sounds like this: "I should or shouldn't eat that", "I can or can't eat that," "that's healthy or unhealthy" or "that's good or bad to eat". This way of talking about food tells you that you're still hanging onto old, outdated or harmful food rules. And if you break the rules you'll be filled with guilt and shame for not being obedient.

The final way diet mentality creeps in is this: you feel like you've "failed" if things don't go perfectly. I'll talk more about how change truly works later, but know this. When you do the Four Basics and lose weight like a No BS Woman you cannot fail.

The methods we use to lose weight for the last time expect you to be imperfect. In fact when you don't do things perfectly, you get the opportunity to uncover emotional eating your other diets can't address with their calorie ranges and naughty food lists. You also get to rebuild the relationship you have with yourself by taking each imperfection and making it a part of talking better to yourself, discovering your truest needs in life outside of food, and figuring out the person you want to be in the future.

Now, this can feel scary and uncomfortable at first but it's also scary and uncomfortable to wake up each day thinking you'll never get your shit together.

The last step to unwinding diet mentality is to ditch your diet crutches. All those calorie, macro, points apps, meal plans and social accounts you follow have to go to go. None of these help you learn how to break free of rigid food rules or listen to what your body needs to lose weight.

The fastest way to get good at listening to your hunger and fullness cues WHILE building a confident and in control relationship with food, is to stop relying on external things to tell you if you're good or bad. From this moment forward YOU are always good and you are learning how to be the person you want to be.

Now a word of caution. The hardest part about breaking diet mentality is having compassion and understanding for yourself.

It's easy to get pissed that for generations women have been taught that their worth is tied up in how much they weigh or what size they wear. It's also likely you'll keep talking down to yourself or beating yourself up for not doing things right simply because you've never been taught how to be there for yourself.

Be patient with yourself. Keep noticing Old You Thinking and challenge it every time you hear it.

That's what I did the entire time I was losing weight. And yes, it was exhausting to keep reminding myself I was worthy, on the right track, or doing better than I was giving myself credit for.

But it was also exhausting being the judgmental bitch version of me too. In fact, it was worse because that version of me was never going to change her life. She wasn't just judg-y -- she was also hopeless.

I promise that if me and 1000's of my No BS members can change their lives after years of battling our weight, you can too.

I often say, weightloss success stories have a few things in common. First, none of us thought we would lose our weight when we started. In fact, most of us doubted it for a long ass time. And we also had to keep going in the moments we thought we failed. The biggest difference between a success story and someone who quits is simple. When things get hard, don't go as expected or feel scary, a success story chooses to go forth anyway.

FUTURE YOU + THE PHASES OF CHANGE

So let's talk about your goals and how you get there. You're here today so I know you have big ass goals for your weight and life. Even if you're scared or doubting you can lose weight, there's a part of you whispering "Maybe I can do this."

That future inner voice is important to hear, and in this lesson, we're going to talk about how to make the voice of your future louder than the bitch ass today voices filled with fear and uncertainty.

You see, there's a version of you in the future that's lost all of her weight. She's the NEW version of you and she's the one who quietly keeps whispering possibility in your ear.

And in order to become future you who's lost her weight, you must start making changes today that will get you to where you want to go.

Unfortunately, most people get this part wrong. They start making tons of changes instead of the right changes for where they are today instead of growing and evolving a little bit at a time into our future selves.

I think one of the most valuable weightloss lessons you must learn is this: How to start losing weight in such a way that you can keep going. Most of us start trying to be the thin version of ourselves on day 1 and I'll be honest, it rarely works.

If you want the fastest path to weightloss it's this. Make changes that you know you can keep doing or make changes you can at least fuck up a little but get right back on track.

But most of us are afraid that's the slow way to lose weight. Bullshit! The slowest way to lose weight is starting so hard that the moment you screw up you totally give up. I'm here to tell you there's no magic diet coming that you're going to do 100% perfectly. There's just going to be you, the things you do, and your capacity to keep moving forward. Learn how to choose things that the person you are today can commit to, and then combine that with a willingness to keep going. That's the magic formula for lasting weightloss.

So how do you pick things to start that don't blow you out?

Well it's a lot easier than you think.

First, if you do the No BS Four Basics you already have simple steps to implement. For example, if future you drinks plain ass water every day by the jug full and right now you gag at the thought of water, then you might start with drinking some Crystal Light mixed in 16 ounces of water before every Coke or sweet tea you normally drink.

If future you no longer eats at night once the house is quiet, then you might start with skipping eating at night only on Mondays. Do this for a few weeks to see if it's easier than you think. Once you get the hang of it, add a day on until you no longer eat after dinner.

And if future you no longer cleans her plate at every meal no matter how much it costs or how good it tastes, you today might try serving yourself a tad bit less food so you aren't feeling so guilty about not finishing what you've been served.

You see, the best thing I did for myself when I first started losing weight was to only do things I knew I could keep doing. Everything I picked in the early days had to feel easy and doable. If it wasn't then I tabled those ideas for a day I might be ready.

When I went out to eat in my early days I left cheese and mayo off my burger, when I ate ice cream at home I put it in a large ass bowl instead of eating out of the carton, at night I went to bed a few minutes earlier than the night before to break the habit of being a night owl, and I found ways to flavor water so I could get it all down for the day.

Now, often my inner voice would say, "that's not good enough. It'll take forever to lose weight like this." That's when I learned a simple trick. I named the future version of me New Corinne and when the perfectionistic asshole Eeyore voices piped up I called them Old Corinne thinking.

I knew that New Corinne thinking was the only thing that would keep me going. So if my Old Corinne voice said, "this isn't good enough," I would tell myself, that's what Old Corinne thinks. But new Corinne thinks every step forward, no matter the size is better than doing jackshit.

So my challenge to you is simple. Knowing the Four Basics, what are the small changes you can make starting today that takes you in the direction of the New You?

Now, making your changes that are doable is awesome and will start you off with momentum. But that doesn't mean everything is going to go perfectly. In fact, it's not supposed to! I want to teach you this because you're old school diets never help you overcome the normal ups and downs of making behavioral change.

Let's talk about the Phases of Change so you can start making changes and stop quitting on yourself the moment things don't go as planned.

How many times have you ate off your plan or ate too much and immediately thought "I blew it. I'm back to square one." Most of this think this and it's WRONG.

Change always comes with learning curves. And just so you know, learning curve is a fancy way of saying you're going to fuck some shit up and that's normal. Screwing up ain't bad and it sure doesn't mean you can't lose weight. It means you get to try again until you get the hang of it.

There are four phases and the first one is the waking up phase.

20% of the time you'll do what you say you will do and 80% of the time, you'll forget or think don't want to do it.

If you're like most people you're used to thinking '80% of the time I'm fucking up' and 20% isn't good enough. You probably think once you learn something you should be 100% perfect. WRONG.

When you learn something new your brain needs time to wake up, or get used to a new behavior. For example, when you start practicing stopping at enough, you're likely to forget to even think about stopping until you've finished the damn meal.

This isn't a problem if all you do is think "I'm a screw up, I'll never get this, or I must be stupid...". Mishaps or forgetting become a problem when you make them a personal assault on yourself. When you think I'm a screw up, I'll never get this, or I must be stupid...well now you've taken a behavior process that takes time to get used to doing and turned it into a damnation on your abilities to lose weight.

So in the beginning of behavior change around food, expect to get it right about 20% of the time...say a couple of weeks. Your brain is getting used to thinking in a new way and you're getting used to doing new things. And don't worry. You'll still lose weight.

Phase 2 is the Momentum Phase where you see yourself doing the new behavior about 40% of the time and 60% of the time you're still figuring shit out.

The Momentum phase feels good because you're seeing progress. You're starting to remember to ask your hunger and enough questions and you're feeling a little sense of relief that you're getting the hang of things. But you're also not perfect most of the time. The most important thing to remember in this phase is that you always have a choice in how you talk to yourself. You can either think I suck – I've been at this a few weeks and I'm still a mess, or I'm making progress and as long as keep my head out of my ass I'll keep moving forward.

Then there's Phase 3 – The Make or Break Phase. 60% of the time, you're doing your thing, rocking and rolling. But 40% of the time it's not happening yet. I call this the make or break phase because this is the part where the harder habits to break present themselves. You might be great at asking if you're hungry, but you still find yourself eating anyway because you had a bad day.

Now, this is good to know. Most people will slip back into perfectionistic thinking telling themselves weightloss is taking too long or that this must mean they can't lose weight.

NO. What this phase does is show you some of the emotional work you need to do around food.

Isn't it good to know that you still want to cope with a bad day by eating? That means you just need to learn how to comfort yourself in a new ways other than food. It doesn't mean your broken. It means you have the next steps to finally losing weight laying right in front of you.

This phase is important because this is where your old diets left you hanging. But not in No BS, this is where we help you. By uncovering the 40% you uncover what a restrictive meal plan, carb counter or calorie app will never do for you.

The last phase is the Habit Phase. This is where your future self lives. 80% of the time, your habits are on track – you're feeling like a boss, noticing and listening to your hunger cues, and hitting water and sleep goals like it's your job.

Most importantly, you're feeling good because you're doing the mental work alongside changing your habits. You're breaking the habit of using food to have fun or comfort you. The 20% of the time you're not doing things right, you are discovering why, and you're working on it instead of beating yourself up over it.

Notice there's no phase 5 called You've Arrived at the land of perfection. I still overeat at times. I just don't make it a big deal. I make it a lesson in figuring out what I truly need in my life. Sometimes I need a good cry, a nap, or to ask someone to help me when I got more on my plate than I can handle. Other times something just looked tasty and I ate it. No need to catastrophize or eat my face off for days over it. Keeping things calm helps me stay in the 80% of eating and living like a boss.

That's why I lost my weight and why I've kept my weight off for over 15 years. I've used times I overeat to figure out how to do a little better next time. So each time things don't go right or as planned, I want you to ask yourself, what can I do a little differently next time? And what do I want to think so that I can keep moving forward in my weightloss?

BUILDING DOABLE FOUNDATIONS

Let's talk about how to set up doable foundations as your baseline for your weightloss journey. Doable Foundations are an agreement you make with yourself that give you the minimum actions and behaviors you'll do to lose weight in the face of life's challenges. They are there to help you build momentum and confidence in weightloss and to provide some flexibility for the Four Basics when the shit hits the fan.

Doable foundations also help you build trust with yourself because these agreements you make with yourself are things you've decided you want to consistently do from here on out. The very first doable foundation I gave myself was 15 minutes of walking per day. At the time I was well over 250lbs with a 1 year old and I literally was too tired to play with him every damn day. But, I wanted to be the kind of mom who had enough energy to go to the park and to take him on walks. I also wanted to be able to dart into the street and grab him if he ever got away from me.

I decided that on day one of my weightloss journey that I was going to walk for 15 minutes every day for the rest of my life. When I thought about it, it felt like something I could see myself doing even in my old age. I could see why it was good for me and I could honestly say it wasn't a big fucking ask. I knew that even at 90 years old I wanted to be a woman who could walk to the potty unassisted.

But walking 15 min every day wasn't scorching calories or significantly improving my cardio capacity, but here's what those walks did for me.

They made me get clever on cold days how I would get in 15 min of walking in my own house instead of sitting on my ass.

They made me show up anyway when I thought a 15 min walk was insignificant. That commitment taught me how to pay attention to all the little things that added up to 100lbs gone for good.

And those walks that I still take to this day help me see that I can have my own word whenever I decide to.

Now let me warn you, doable foundations will likely trigger you to think things like...

"This isn't good enough."

Or, "I don't want to."

And that's the point. Doable Foundations need to bring up this bullshit thinking that has stopped you in the past from losing weight. And when these thoughts come up, you have the opportunity to prove your thinking wrong by doing what you agreed to do with your best self anyway. And in those moments it'll be easy to talk yourself into these actions because these behaviors don't take a ton of willpower, obedience or perfectionism to accomplish unlike your past diets required.

When you combine Doable Foundations, understanding how change works, and the Four Basics, you're going to be well on your way to being someone who believes in themselves, who loses weight with simple steps, and who seeks to make their life easier instead of thinking losing weight has to be hard.

To set your Doable Foundations the first thing you must do is start where you are today without shame and judgment.

This is another place diet mentality or OLD you thinking can creep in. Don't fall into the trap of thinking you should be able to do more or that what you decide isn't good enough. Remember, the diet industry has sold you a book of lies that losing weight has is hard and that you're a better person the harder things are. It's just not true. Last I checked ain't nobody getting into heaven because they ate clean and stayed at goal weight.

So instead of throat punching yourself over where you are starting, I want to remind you of some NEW thinking. You have my permission to stop being so hard on yourself and start being there FOR yourself.

Anything you decide as a doable foundation is moving you forward from where you are now. One day you might be able to do more, but that's a gift you'll give yourself by starting where you are today.

So your doable foundations are personal and they are only for you. They must feel like they can be done in the face of life's usual shit. A doable foundation that can't be done in the face of your kids' getting sick, your boss asking you to work late, or a vacation ain't a DOABLE foundation. It's a bullshit rule you think you have to do to lose weight.

Most No BS Women start with the Four Basics as their doable foundation. So you might want to do things like:

Drink 16 ounces of water prior to coffee every morning to start your hydration.

No longer use the snooze button in exchange for sleeping uninterrupted up until the moment you know you'll actually get up.

Plan your food each day making sure that whatever you put on there feels plentiful, tasty and can be chosen in the moments you're tired, overwhelmed or thinking something would taste better. If it doesn't meet that criteria, you change the plan while planning. You're not going to change the plan in the moment you're throwing your weightloss under the bus.

Another doable foundation might be to never go back for seconds. You can fill up your plate as much as you want but seconds are now something you don't do because you know your body doesn't need it.

And maybe you always have a snack with you that can help you out if you get stuck in traffic or in case your body is hungrier than you thought it would be for the day.

And some of you might want to modify Four Basics until you get some momentum built. You might only create a 24 hour doable plan 3 days a week at the start so you can break feeling like you're being "forced to eat on a plan." Doing it 3 days a week is enough days to show you that planning the No BS way is not depriving and rigid like past diets. You might not be ready to wait for hunger because it triggers your body to panic. In the beginning you might choose to create food plans, but to go ahead and eat every 3 hours so that you can rebuild trust with your body that you're nourishing it unlike in past starvation diets.

Just remember doable foundations are FOR YOU. They aren't rules and regulations made against you. They are things the part of you that loves you says, "I know we can do this and it's the first steps to becoming who we want to be."

So how do you know if your Doable Foundation is actually doable? Ask yourself, "Could I do this on a day where the shit is hitting the fan?" Remember, you might not want to, you might think it won't matter, but COULD you do it anyway? COULD you talk yourself into it as easily as you're trying to talk yourself out of it?

That's a doable foundation. When it can be done in the face of the I don't want to's you got a winner. And the more you strengthen your commitment to weightloss the more momentum and motivation you build to lose your weight for the last damn time.

So, decide your Doable Foundations in each of the four basics. Assess where you're at, and decide what will now be the foundation in which all of your weightloss happens.

CLEANING UP YOUR ENVIRONMENT

How many diets have you done where you can't keep anything in the house that'll tempt you?

I'm a big believer in setting up your environment for as much success as possible, but most people do a big ass purge of their house from a shitty mindset.

Have you ever thrown out all the bad foods because you're "out of control" when you're around them?

Or have you had to keep trigger foods because it's what your family loves, but underneath you're seething because everyone is making weightloss harder on you?

The problem isn't whether you keep the food or not. The problem is you think food is the real problem instead of how you're talking to yourself.

I'm a big believer that to lose weight you gotta quit being an asshole to yourself. And being an asshole to yourself comes down to how you talk to yourself before you make decisions.

But, before I can teach you how to clean up your environment we gotta clean up how you talk to yourself about your environmental clean up first. Otherwise, you'll just remove your trigger foods believing something is wrong with you instead of teaching yourself that you're more powerful than you currently give yourself credit for.

Back when I was losing weight I knew chips were hard for me to have around the house. I always hovered the bag if I ever tried to eat a reasonable amount.

One day I was thinking about whether we should keep chips in the house. In past diets I would tell my husband we gotta get rid of this shit because I can't control myself eating them. Just thinking about how out of control I was around food felt so true, but it also felt horrible to think. I thought I was broken or like something was wrong with me because I couldn't eat a serving of chips like a normal person.

What I realized is that I had to quit talking about chips like they were controlling me. Chips, in reality, couldn't control me, but I knew I wasn't good at controlling myself yet around them. The problem wasn't chips. The problem was I wasn't clearly stating the problem. And when the problem isn't clear neither is the solution. When I realized I needed learn how to control MYSELF it dawned on me that I needed to develop patience and understanding of how I talked and acted around food. And cleaning up my food environment could give me time to learn how to be more in control of my thinking and eating.

Instead of telling myself I'm out of control around chips I reframed my thinking. The new truth I focused on was "I am going to set myself up for success." I decided to not buy chips for one month so I could make weightloss a little easier on myself. Now that felt REFRESHING and empowering. It felt like I was doing something for myself instead of doing something TO myself like my old pantry purges where I tossed shit I thought was too hard to be around.

And this is key. When you do an environmental clean up you don't want to do it from a mindset that fosters brokenness, helplessness or restriction. Otherwise when you bring the food back you are still thinking the food has power over you instead of you realizing you just need to relearn how to eat these foods, so you can enjoy them and lose weight.

For me, there were some foods I could keep in the house without it being too hard. But some foods I needed some space from so I could get better at listening to my body, being OK with stopping at enough, and gaining some momentum in my weightloss.

The first thing we must do is address how you talk and think about "trigger" foods to begin with. You are not weird, crazy or broken if you have foods you believe control you. So many diets you've done falsely taught you that there are good foods and bad foods. When diets focus on food as the problem they ignore the real issues like eating to fit in and have fun, overeating to relax or push through stress, or eating to get your money's worth.

The way you talk to yourself about food and your decisions is going to dictate how easy or hard weightloss is. It's important that when you make decisions around food that you first listen to your thinking about it. So often we do things like removing food that tempts us from a place of punishment or restriction. We can't heal our relationship with food and improve the relationship with ourselves doing that.

To lose weight and never gain it back you must be improving the relationship with yourself and food all along the way. Otherwise, you force yourself to do things by talking to yourself like an asshole, and eventually, you just need a break. A break from yourself. And when you take a break you typically do it with your favorite foods while still only believing this food controls me.

So, let's break this cycle. Let's tell ourselves a new story.

You're not out of control around certain foods. There are just foods you might want a break from so you can reset your relationship with food and yourself.

You're not getting rid of foods because they're bad. You're focusing on foods right now that help you reestablish trust with your eating so you can bring them back when you're ready.

I want you to start doing things for yourself that come from love. Diets don't focus on this and I promise the more you learn how to talk better to yourself you'll feel so much more in control and empowered in your weightloss.

Now, there were foods I never removed from my house like ice cream because my son and husband wanted to keep eating them. I didn't think, "they don't support me or they're making shit hard for me." I wanted to think that but again, I realized that type of thinking made weightloss hard, so I changed it.

Since we were keeping ice cream, I had to find ways to think that helped me instead of hindered me. I decided any small change I made was going to be good enough until I figured out how to eat ice cream without overeating. First, I switched from eating out of the carton to putting ice cream in a big ass bowl. That was my first step at portion control. Then I decided to serve myself just a little less over a few weeks. It took a little time but eventually I was able to eat a small portion of ice cream without feeling like it wasn't enough. I taught myself that it was awesome I could eat ice cream each night if I wanted to. And now I rarely ever eat ice cream at home even though we keep a carton at all times. I taught myself that ice cream is fine to eat so just have it when you truly want to enjoy it.

So, success in weightloss comes down to the reasons behind what you do. And you are always in control of your reasons.

Now let me give you some practical tips for setting up not only your food environment, but some other changes you can make to make weightloss easier.

First, identify the foods in your house that are currently hard for you. Decide if you are going to keep them around or not. Remember, you aren't getting rid of foods because something is wrong with you. You are choosing to give yourself some space to gain confidence and momentum in your weightloss. Then you'll reintroduce these foods when you're ready to practice having them mindfully instead of uncontrollably.

Next you can keep some of your foods but choose to portion them ahead of time. This gives you a chance to create intentional pauses before eating more. I do this with nuts. It's easy for me to eat a few handfuls without hardly even thinking. So when I get home from the store I immediately portion them into small bags. I allow myself one bag at a time. If I want more I can have it, but that also means I have to get up and go back to the pantry to get another bag. It's a lot easier to stop eating when you have to get up and think all the way to the pantry do I really need this?

Another thing you can do is make your trigger foods harder to find. For example, many of my No BS Women don't keep wine "out". They don't want to have to stare at the bottle every night when they are tired. By keeping the wine tucked away on a high shelf it doesn't "talk to them" as much as if it was laying on the counter.

Some other easy ways to help you environmentally outside of food is to make your daily habits easier to do.

You can keep water by your bed so you drink some first thing in the morning instead of trying to remember.

Maybe you want to workout in the morning. It's a lot easier to get going if you don't have to find your workout clothes. Sleep in them like I do or lay them out.

For my No BS Women, keep your planner in the same place you drink coffee. Keeping it out means it's never out of sight. It's a lot easier to do things you can see.

And last you might need to do a human environmental clean up. What does this mean? It means going through your social and unfollowing companies and friends who send the wrong weightloss messages. Unfollow your friends and accounts who are bashing their body or promoting the latest diet hacks. Unsubscribe from those weightloss companies who send you 100's of emails a month trying to lure you back.

As you clean up your environment remember this. You might need to ADD in support too. Inside No BS we do this for you. Make sure you've signed up for an accountability partner or group. You can also do the Relationship Inventory that helps you see who in your current life is in your corner and where you might need more support to help you lose weight.

Just know this, the best way to lose weight is to learn how to set yourself up for true success. By cleaning up your mind and your environment you'll be making weightloss so much easier on yourself. No more getting rid of everything you love. Let's trade that in for learning how to love on yourself.

ABOUT CORINNE

Corinne Crabtree

Founder and CEO of The No BS Weightloss Program

Corinne Crabtree is a top ranked health podcaster, Master Weightloss and Life Coach, motivational speaker, and all around badass. She's an expert in the field of weightloss where she teaches her unique No BS Weightloss Program that helps women lose weight the way they want to live their lives. She is known for telling it like it is, showing up looking sassy or showing up with morning hair getting sassy. She lets nothing stop her from helping her women figure out their shit so they can live the healthy life of their dreams. She's a proud Mommy Tiger to Logan, wife to Chris, devoted cat lady and holds it all down in Nashville, TN.

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