



summer reset

T R A N S C R I P T S

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What Do You Really Want This Summer?

So many of us dive headfirst into summer thinking about how much fun we're going to have. Excitement builds for our long awaited trips with family and friends. We can't wait to spend more time with our grandchildren. We are so glad that homework and being a taxi service is done for a couple of months. For some of us, summer is a time to relax while others are on the go even more than usual.

But what we all have in common is this. Summer is a great time to examine your current weightloss routines and habits and see which ones will stay on lock and which ones need a reset for your weightloss. Unfortunately though, what most of us do is use summer as one more excuse as to why losing weight is hard.

Here's some common excuses I hear.

Welllllll Corinne, I'm going on vacation with my friends and have no control over the food since they are doing the planning.

Wellllll, you know I got the grandkids for a couple of weeks and it's hard to not eat the goldfish, cookies, and goodies they got laying around.

Welllll, there's no way I can lose weight and be spontaneous. My friends love to go out last minute, leaving me either being bah humbug or the fun one.

Look, I get it. Believe it or not, I have a kid who loves summer treats, I go on lots of business trips and vacations where my routine is different, people actually like me so they invite me to the bar and often last minute. And trust me, I like food just as much as the next person. But here's where I'm different than most people who struggle with their weight in the summer. I don't use having a good life filled with friends, opportunities and loved ones as a problem or barrier to losing or keeping weight off.

Rather than excuses, I think about how my full and big ass life fits with weightloss and maintenance. And that's what I want to teach you how to do, too.

The No BS Summer Reset is about designing a doable routine and plan for your summer that works while also enjoying your life. Everything you learn will apply on vacation, pool side, at the camp ground, when your kids are home, and at spontaneous BBQ's and last minute back patio get togethers.

By the end of this workshop, you'll believe me when I say summer is the perfect time to lose weight and have fun. Fun and weightloss can and should go together like sunscreen on your face.

One thing I know about weightloss after losing 100lbs and keeping it off for over 15 summers now is this. Long term weightloss, where you consistently lose and then maintain, requires adjusting your expectations and routines with the seasons of life. I want you to lose weight in a way that, for the rest of your life, you have the skills to adjust, adapt and pay attention to your eating and emotional needs. I want you to no longer use things like the summer, holidays, your kids, travel or having a full life with friends as a big ass obstacle that requires you to eat your face off and resent that you can't lose or keep weight off.

So just like the seasons change, so do your weightloss goals, routines, expectations and eating habits.

You see, summer isn't hard. What's hard is trying to go into summer snorting hopium instead of crafting a well thought out plan that includes fun and your goals. As I always say, we don't do hopium inside No BS. No hoping you'll be good this summer, no hoping you aren't tempted at picnics and pool parties, and no hoping you don't gain weight.

The best part of having a No BS Woman summer is that you really can lose weight while enjoying yourself. With mindful, intentional-based planning, you can reset your seasonal routines so that they feel doable. And you'll be able to create experiences on

vacations or weekend trips that you've never been able to do in the past around food. A No BS summer helps you think differently about yourself, your food and your body so that you don't end up eating your face off as the only way to have a good time and relax.

My wish for you is that you lose weight both mentally and physically this summer. Real fun happens when you aren't obsessing about your body or worrying about what you can and can't eat. And all it takes is a little planning and thinking ahead of time.

I'll warn you though, some people bitch and moan about planning. They think it's exhausting to think about food ahead of time. They complain that it takes too long or that it cuts out the fun. They want to just not think about it at all.

Look, if hoping for the best and going with the flow worked, I'd let you do it. But here's the truth. It's exhausting to end most meals wishing you hadn't ate so much. What takes more time than planning is sitting around negotiating what you're in the mood for and if it'll make you fat. Not thinking about food at all sounds great until you're constantly thinking you'll never lose your weight or get your shit together.

So let's make a deal. If you're in the boat of 'planning ahead of time sucks,' then you got two choices. The suck of planning or the suck of staying the same. Choose the suck you want.

But, I will promise you that once you do the few things I teach you and experience the clarity and sense of relief you get from having a rock solid plan, then you'll no longer bitch and moan.

So, there are just three steps to having a No BS Summer.

Step 1 is to figure out how you are thinking and showing up for your weightloss now. We're going to take a look at where you are at without being a big asshole about it. You need to know what's working and what's not with your eating, how you think

about your body and yourself, and your thoughts on the people you'll spend your time with the most this summer.

Step 2 is to set realistic and meaningful goals based on where you're at and where you want to go. We'll figure out routines that work and need tweaking and routines that need a complete overhaul because summer schedules and demands change. Some people have more time in the summer and some have less. Some find summer helps them with seasonal depression while others experience more social anxiety.

I'll teach you how to set goals that work for you. Maybe you would like this summer to be one where you maintain instead of gain. Or you might want to lose weight and end the summer feeling more confident around food than ever. We're going to get to the heart of what you want and go after it.

And step 3 is to schedule steps and benchmarks to keep you focused and adjusting as needed. I've given you a calendar in your Summer Reset guide to help you not only plan what you'll do to lose weight, but also for progress check-in points to help you adjust your habits and behaviors as needed.

The diet industry has tunnel-vision-type thinking with weightloss. They don't care WHY you want to lose weight and what's important to you about it. Unless you know these things, you have no foundation for choosing what you'll do to lose weight.

We've all been taught to set a goal and then do what we're told to get there. You liking what you eat or what you have to do to lose weight, being able to fit food into your summer lifestyle, or you being able to eat and live like this long after the weight is gone is irrelevant.

Without context as to why weightloss is important and the type of life you want to build, you're left with a bunch of deprivation and restriction that just keeps you stuck yo-yo dieting like it's an Olympic sport.

No BS Women don't just set random weightloss goals and hope we reach them. We

get to the root of why we want it and what we are realistically willing to do to achieve it.

We're going to break it all down today and come up with a plan to get there. Then, we will set up periodic check-ins through the summer so you can make adjustments as needed while you work towards your goals. Whether you are on track to meet your goal or not, the key is never quitting. Just because you're behind or ahead of schedule, you never stop working on adjusting habits and behaviors to get to where you want to go.

Alright, the work begins. Let's start creating your No BS Summer.

Setting Up Your Ideal Day

In the No BS Membership, we have a page in our custom member planner called the Ideal Day. It's where you decide things like what time you will wake up in the morning, what time you'll plan and assess your food, if you are the type of person who works out and when, and other parts of your healthy routine that are key to weightloss success.

The reason the ideal day is important is because so much of weightloss is in the little things. The ideal day is about making sure the basics of life are covered. It doesn't mean every day IS ideal and perfect. It means when you plan your life according to how you want to live, ideally this is how you do it. You think about the things that are important and use the ideal day planning page to make a conscious effort to put them on your radar.

So often people focus on big-ass complicated things in weightloss, like cutting out favorite food groups BEFORE they even get into the habit of doing the small things that MUST happen to lose weight. Think about it, before you buy another gym membership or purchase a damn chalky tasting \$400 a month shake program, how about nailing eating when you get hungry? Stopping at enough when you are eating foods you fucking like? Drinking water and getting your sleep since that's gotta happen no matter what diet you choose?

We don't need more bullshit ways to lose weight that are for sure less than ideal for the way we want to live. And creating an ideal day at the start of the summer allows you to think about your typical day where so much progress and habit formation happens.

You see, we do have vacations and special times. But when you look at the 3-4 months of summer, most days are not parties and trips. They are normal, every day occurrences that we can create a baseline around for how we want to ideally show up for ourselves.

An ideal day keeps you focused on what you minimally do each day as a baseline for a good day. It's basic enough in structure so that when shit hits the fan, most of your ideal day can still happen. Again, your ideal day isn't about perfect days. It's about how to take a shitty day and know you've done the basics of still having your goals of a healthy life in the equation.

Anytime there's a change in season is a great time to re-look at your ideal day. For many of us, the sun is rising a little earlier and setting later. When we revise our ideal day from the mindset of our goals, we decide how to spend that time. Maybe you want to hang out with your partner in the evening while the kids play outside. So you adjust your daily food planning to be done before bed versus first thing in the morning since you need to sleep a little later each day to make space for proper rest.

If you're like me, I love warm morning walks. I get up, plan my day, and skip the self-development. I want to get outside and enjoy the weather before it's too hot. I do longer miles talking to my mom and friends on the phone, and I get extra podcasts in that help me learn and grow my mind.

What most of us do, though, is never adjust our ideal days even though life, seasons, and circumstances are changing around us. We try to force old routines out of fear we can't lose weight, instead of adapting our daily routines so we can have more ideal versus imperfect days.

When you don't consciously design your days, little stuff sneaks in. You might stay outside with the kids but also try to get up at the same time each day. Before you know it, you're behind in sleep, tired, and finding your ass snacking on shit in the afternoons to compensate. Some people get caught in self-sabotage loops. They assume if they can't do the day perfectly then they can't do anything. I call this 'fucking up the day' when you have the option to save it.

By creating intentional ideal days you have parameters you've set for yourself that aren't based in perfection. They are based in what you will and can do knowing the life you want to live with the commitments you have.

This is why it's so important to base your ideal day on the reality of your life, and why we've included a page for weekdays, weekends, and vacations. Creating a variety of ideal days helps you see the variety and flexibility in which you can design and live your life.

In the next lesson, we'll get into the nitty gritty on how to deal with specific food choices and decisions at parties and on vacations, but for now, let's focus on the big picture of your days and circumstances.

You'll answer questions like, how do I want to start each day? What do I want for my weekdays, weekends, and vacations? We will focus on how to live ideally given your life. And we will focus on what you can control; not all the things that get in your way.

Remember, we are focusing on what we call Minimum Baselines inside of No BS. Minimum baselines are the minimum things you plan to do no matter what. It's things that even when the shit hits the fan you know that most of the time, you will do it because it makes life better.

My minimum baseline for planning when I'm home is every day. I use my No BS planner and answer all the questions. It's detailed and asks me rock solid food mindset questions so that I'm not left with doubts and insecurities backing up my food decisions.

When I'm traveling for business or vacation, my minimum baseline changes. My ideal day is to have my food choices made each day. I don't do a lot of journaling. I take a look at my plans for the day, plan meals around restaurants, room service or Uber Eats that I know about ahead of time, and then just make agreements on meals I have no clue what will be on the menu or served to me. I might write down 'skip appetizers and dessert' if I'm going to a fancy restaurant. My minimum baseline is also to move each day on vacations and trips. I either hit a gym or the streets and take walks. I don't try to keep up with lifting routines like I would at home. My ideal workouts on the road are more about keeping a daily 20-30 minute movement habit going.

Don't be afraid to get creative to meet your needs when creating your ideal days.

Do you want to plan the whole weekend on Fridays instead of doing it on Saturday and Sunday morning because you like to sleep in? Do you want to do a quickie meal prep on Thursday nights because weekends are busy with friends and family? On vacation, do you sleep in and go to bed when you choose to versus having set structure? It's all up to you and what you want for your lifestyle. I promise, planning creates freedom to go live the life you want. Planning isn't about strict rules and taking things away from yourself. It's seeing on paper what you can do FOR yourself so you can achieve your goals while living in a way you decide is right for you.

Spend time thinking of common scenarios you face during the summer and decide now how you want to show up. Be realistic. If you are struggling to wake up and plan at 5 AM now, then don't keep putting that on your ideal day for the summer. Try something new, like planning the night before. Don't use unrealistic rules and expectations when creating your ideal day because it will backfire. I want you to see that there are just a few basic things you need to do in order to lose weight. And planning ideal days helps you plug in those little things that equal long-term weightloss success.

One more thing I want to add here. So many of us fuck it eat and go off the rails on vacation and on weekends because we're forcing ourselves through our daily lives. We try to live by crazy expectations and rules we've compiled all of our life on how we should live, be and eat. Summertime magnifies this because most of us have more opportunities to relax.

Ideal day planning allows you to create structure and plans from love and how you want to live given a variety of scenarios like vacations, weekdays and weekends. Ideal day planning let's you make space for a little self-care and meeting your basic human needs each and every day. You get to create guidelines that work for you versus strict and punishing rules that have you starting the day with perfect intentions and ending it disappointed, wondering why you can't get your shit together. When you plan

realistically and include little things that feel caring, the less you need to escape your life with food and booze at every opportunity.

Just remember, not every day is ideal, but knowing what you're aiming for will keep you focused and dialed in for whatever life brings. Every single day matters so let's make as many of them count as possible.

How to Have a Good Time Without Stuffing Your Face

We talked about an Ideal Day. Think of it as a framework for how you live your weightloss life. Now we're going to talk about protocols and how they can help you make agreements on what you eat and how you want to think about food and specific situations.

A protocol helps you establish guidelines for food and thinking. These guidelines save you time because there's no more wondering and negotiating on what you should eat. There's no worrying that you'll eat all the things because you've worked through how you want to show up for yourself. Protocols help ease the worry that you won't know what to eat because you have no idea what will be served. And the best part of a protocol is that it frees you from feeling restricted or deprived like traditional diets do. You are the one choosing what you want to include and what you don't. You are the one thinking through how to best show up and handle yourself instead of worrying you'll be a shit show. A protocol has your tastes and the quality of life you want in mind.

Protocols are made ahead of time for common situations like vacations, work weeks, weekends, and more. Hell, I even have a period protocol. That bitch happens every month and I have a written plan for how I eat and think when mother nature arrives.

You can have a protocol for meals prepared by partners. Often, my No BS Women are freaking out that they have to plan food ahead of time. They are like, "Corinne! My partner cooks and they don't like planning ahead. I never know what they are cooking so I can't possibly have a protocol or even a daily plan." That's some bullshit right there. And that's the same horse shit mindset we use on vacations and dinners out with friends during the summer.

Look, you can ALWAYS have control over what goes in your mouth. Think about what decisions you CAN make ahead of time when you don't know exactly what's being served instead of laying on your fainting couch thinking you can't do this.

Why is this important? Because we're used to diets teaching us that FOOD is the problem. Food is just food. The real problem is learning how to wait for hunger when you're bored as fuck in the car and the kids are driving you crazy. The real problem is stopping at enough when something tastes good. You are so used to foods being off limits and eating crap you don't really like that the moment you eat something tasty you go face down in the food out of fear of not getting it again.

Protocols help us remove the restrictions and put in sensible guidelines that create safety and confidence around food. For example, all of my protocols say no bread baskets at restaurants. This has nothing to do with bread being bad. It's because free bread with dinner isn't worth it anymore. I can have bread whenever I want. I use my protocol to show me what's truly important and the abundance of choices I've got around food.

The reason I have you do a protocol is to override the part of your brain that wants to make food a villain or virtuous. The way I think about my protocol is this. It shows me I can eat all kinds of things to lose and maintain my weight. And, there are just some things I don't eat because I don't like them. I don't like how they make me feel, and I want to remember that when I'm having an urge or someone says, "a little won't hurt." When I've consciously made a protocol by thinking ahead of time and agreeing with myself, my subconscious knows a little does hurt! Deep down, I don't really want it.

For example, my protocol is simple. All meats, vegetables, fruits, nuts, full fat dairy. The only fried foods I eat are chicken livers, French fries, and oysters. I don't drink sugary drinks or red wine but I do drink flavored vodkas and club soda or white wine. There's other things on my protocol, but let me tell you how this helps.

When I'm on vacation in Vegas and someone is buying crazy shots, it's easy for me to say no, that's not something I drink. When I order salads, it's easy to sub grilled chicken because fried chicken isn't a food I happen to love and I think is worth it.

Protocols help me in situations where my old eating habits like to come up. Even after 15 years of losing 100lbs and keeping it off, old thinking around food like 'oooohhh that looks good' or 'a little won't hurt' still happens.

The good thing about a protocol is that you've decided on foods and practiced ahead of time NEW thinking to use when your old shit comes up.

Let's say your grandkids are visiting and you got a pantry full of Little Debbie's, Goldfish, and chips. Your protocol doesn't have that stuff on it. The only chips you eat are at the local Mexican restaurant because they're always hot and salted just right. And, if you are having cake it ain't a ho ho. It's homemade and needs to be strawberry or white cake. You see, saying no to the grandkids snacks will feel easier because you know the types of food that deserve a place in your belly. Goldfish ain't deserving of going behind the velvet rope of club belly! They ain't no VIP like chips from La Hacienda.

The key to an amazing protocol is planning all the little things you can think of ahead of time. What you want and what you don't, what you know you want to include and what's no longer worth messing with. And then writing about why this is important. A solid protocol is about loving your reasons for the things you include and the things you don't.

Let me warn you of something that comes up here. Your brain will light up with rules from old diets and things you've been told are good for you and bad for you. You will want to be confused about what's good and bad. I don't believe in good and bad food mentality. It's a breeding ground for disordered eating patterns and binge and restrict patterns.

I believe in the Four Basics. When you drink plenty of water and get your sleep, you no longer will crave food to give you energy. Your body is set up best to give you clear hunger and enough signals. When you plan what you'll eat each day and include foods you love and foods that help you lose weight, you lose the feeling of being restricted or deprived. This removes the desire to eat all the things the moment you are tempted or have a craving. And when you wait for normal, easy hunger and stop eating when your body feels like it's had enough, you lose weight. Cookies, chips and cake can be enjoyed. The problem is when we eat those things in order to enjoy ourselves, to get them out of our system because we keep thinking we can't have them, or eat them just because everybody else is having them.

For my No BS Women, you have our lessons on the Good Better Best system that breaks the restriction and good food/bad food mentality we all have been taught. I want you to re-watch the lesson inside the No BS Weightloss Course on Good Better Best. And, follow that up with the Good Better Best Deep Dive inside Basics 2.0.

For everyone else, you might choose not to eat certain foods because they upset your stomach, give you heartburn, or cause you to have inflammatory responses. But those are good reasons to leave them alone. Just remember, there is no right or wrong foods. There's just the foods you will apply the Four Basics to.

You can make as many protocols as you want. The first one to make is your typical one. It's the basis for all of them. Then, once you get that one done, you can create new ones for vacations, BBQ's, spontaneous dinners and luncheons, and anything else you want. The point is to spend time thinking about how you can be **SUCCESSFUL** instead of hoping you don't screw up.

To make your protocol, you'll want to start with all the foods you definitely want to include. Feel free to go wild here. If you like vegetables just say, "all vegetables I like." No need to get super specific. Same with meat. I put all meats I like. Where I get specific is with foods that I need some guidelines. I don't want to write down all cookies. All cookies aren't special to me. I will put down things like, "homemade peanut butter cookies, white chocolate macadamia nut, or warm snicker doodles." It's

not that these foods are bad, but these are foods I want to be clear on them earning their way into my VIP belly.

Next, write down foods you don't do. For me, my list has things I might be tempted to eat but I know I'd regret it. For example, I list chips that aren't worth it. My husband loves Jalapeño Kettle Chips. It's easy to grab a handful, they taste good, but they are not my favorite. I've never ate them and been excited I did it. I just decided these aren't worth it, especially knowing I only grab-ass them. Same goes for sugary drinks and coffees. These things in the long run aren't worth-it items for me. It makes ordering at a Starbucks super easy when I know I'm having coffee or an Americano. Lattes just never leave me feeling awesome, so I decided I just don't do those drinks.

Then it's time to list excuses and justifications that might come up. Your brain, even with your awesome protocol, will think it's old bullshit. By thinking ahead of time about what might come up and how you'll think instead, you are equipped to handle yourself. Most of us skip this part, but to me this is the most important. It's why every single day inside the No BS 60-day planner I have my members work through what might get in their way today.

Think of all the excuses and bullshit your brain might think when it's time to eat. Maybe you'd love to bring your own food to a camping weekend. After all, you're going 8 times this summer and every weekend doesn't need to be a food-a-palooza. Your excuse might be, "you'll look weird eating your food while everyone is eating hot dogs and s'mores." Address this on your protocol. What's the BEST thing that could happen? What will you say if someone wants you to live a little? Run through your likely scenarios and prep yourself.

Maybe you want to limit your drinks when you go to the neighbor's house to play corn hole. Decide on how many drinks, and then run through your excuses to drink more and eat like a jackass. How will you talk to yourself? Who can you ask to help you stick to your plan? What will you say if someone is trying get you to drink or eat?

Last, evaluate how things go once you've tried your new protocols out. It's totally normal for it to not go perfect the first time. What's not normal is throwing the whole thing away because you didn't predict every little thing that could happen. Celebrate what you did do and learn from what happened. Do you need to change anything? Do you need to just try again because you're getting used to it?

Remember, being prepared ahead of time helps you in the moment. Your brain is terrible at making in-the-moment decisions. It will always default to what it's done in the past, or to what is easiest in the moment.

This is why having a well thought out plan ahead of time helps you reduce the chances of doing what you always do in the moment things get hard. Knowing what you'll say to food pushers, having a game plan for last minute events, and guidelines for eating and drinking help you make those in-the-moment decisions a little bit easier.

Future You - Summer Edition

You've decided your ideal day, you've made decisions on how to eat and how to think about food, and you've got goals set and ready to be worked on. With your plan set, it's time to talk about future you. The version of you doing all this throughout summer and starting the fall feeling ready to keep rocking the goals.

In the No BS Weightloss Program, we often talk about future you. Who is she? How does she think differently than you? What stuff does she eat and what doesn't she care to eat anymore? Does she feel confident around food? Why? What does she talk to herself like and what types of things is she no longer saying?

Too often when we're asked to think about the future you who has lost weight, we immediately go to some land of perfect. We only think about the size pants we wear and the weight we will be. Future you is more than that. She's facing life each day just like you today, but hopefully with more confidence, a belief in herself, and free of fears around her body and food.

I want you to really get to know her. How she lives, what she thinks about her body, how she reacts to stress, what she does when she gets tired, and how she finds joy in her life when food is no longer the main source of entertainment.

When you understand how future you lives, it's easier to figure out how you TODAY must start living. For example, if future you is proud of her weightloss, that means you today must be proud you said no to a cookie. You have to practice pride for her sake. Everything you do, no matter how big or small, deserves you celebrating it versus saying it's not going to be enough to lose weight fast. Look, future you is enjoying the weightloss and life you created for her. This means you today must learn to lose weight in a way that you can enjoy the process. That's why I have you create ideal days, doable goals, and protocols that you can easily manage and stick to. These things are done so future you can hit her goal without worrying and obsessing over everything she eats.

The reason I preach falling in love with the process of weightloss is because hating what you do to lose weight sets you up for quitting or regaining your weight. The more ways you find to make this journey doable and fun, the more likely your future self will succeed in keeping off the weight.

And don't just take it from me. These No BS Women decided that they would learn to love every step of the journey...

[Success Stories montage #1 shown here.]

So often, we think about ourselves today as so different from our future selves. We see the person at the end of the summer who has lost a bunch of weight, is confident in a swimsuit, and can say no to bullshit overeating.

But there's another side of the future you story. It's not all rainbows and daisies. She's got hard days, days where shit hits the fan, and days where she isn't motivated. We want to also envision that version of us and connect with how she shows up. Doing this normalizes us to the fact that even when we lose our weight, we will still need to deal with life without going face down in Lo Mein and egg rolls.

I want you to practice really visualizing yourself at the end of the summer. Close your eyes and picture her. If she's at Six Flags with the family, how is she handling the FOMO when the rest of the family is chowing down on cotton candy? If she's on the beach, how is she thinking about her thighs that don't look like a 20 year old? If someone makes a rude comment about her weightloss, how does she hold onto her self-confidence versus getting her feelings butt-hurt over a douche bag?

It all starts with the you today making little changes and shifts in how you think and show up for yourself. Listen to these No BS Women who've lost weight. They know that the little things are what helped them get closer and closer to their future selves...

[Success Stories montage #2 shown here.]

Let's make this summer one to remember because you did it differently. Because you ditched the bullshit diet tactics and decided to be all-in on building a life based on what you actually want, like, and enjoy.

You have all the tools you need to have a No BS Summer. You're ready to take action from a place of confidence and to own your results.

If you're already a member of the No BS Weightloss Program, we got you covered all summer long with ongoing support and help. We have an amazing weightloss challenge for July, 24/7 support for when times feel hard or you lose some enthusiasm, and a full community working with you side by side, offering advice when you don't know what to do or cheerleading you when you get a win.

Listen to these No BS Women who know the power of support and community.

[Success Stories montage #3 shown here.]

You have what you need to get started. It's time to put it all into action.