



**summer
reset**

guide

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WELCOME TO THE NO BS SUMMER RESET

I can't wait to spend a whole half-day helping you blow out your summer goals and lose weight while you party, relax, vacation, and enjoy time in the sun. Here's exactly how to get prepped and ready to get the most out of our time together:

Step One: Get Your Materials Ready

Print or download this workbook in advance - we'll be going through it together during the live session on Saturday, June 3rd. We've made it digitally fillable so you can use your favorite apps like Goodnotes if you're a digital diva. Just make sure you have it ready.

Step Two: 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!

Step Three: Review Your Four Basics

It's totally normal to need a refresher on the four basics from time to time. Visit the No BS Summer Reset home page to check out our best resources for staying dialed in on planning, water, sleep.

HOW TO GET THE MOST OUT OF BEING HERE

Arrive Ready to Go and Ready to ACT

Make sure you have your digital workbook 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 end self-sabotage. 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 – all they have to do is visit Losing100Workshop.Com.

Connect with Other 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. And all summer long, you can post #SummerReset to share your takeaways, protocols, and summer plans.

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.

SESSION #1: 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 to 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.

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 campground, when your kids are home, and at spontaneous BBQs and last minute back patio get togethers. 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 the routines that work or just need tweaking and the 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 bonus Summer Planning Calendar resource on your Summer Reset Home Page 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.

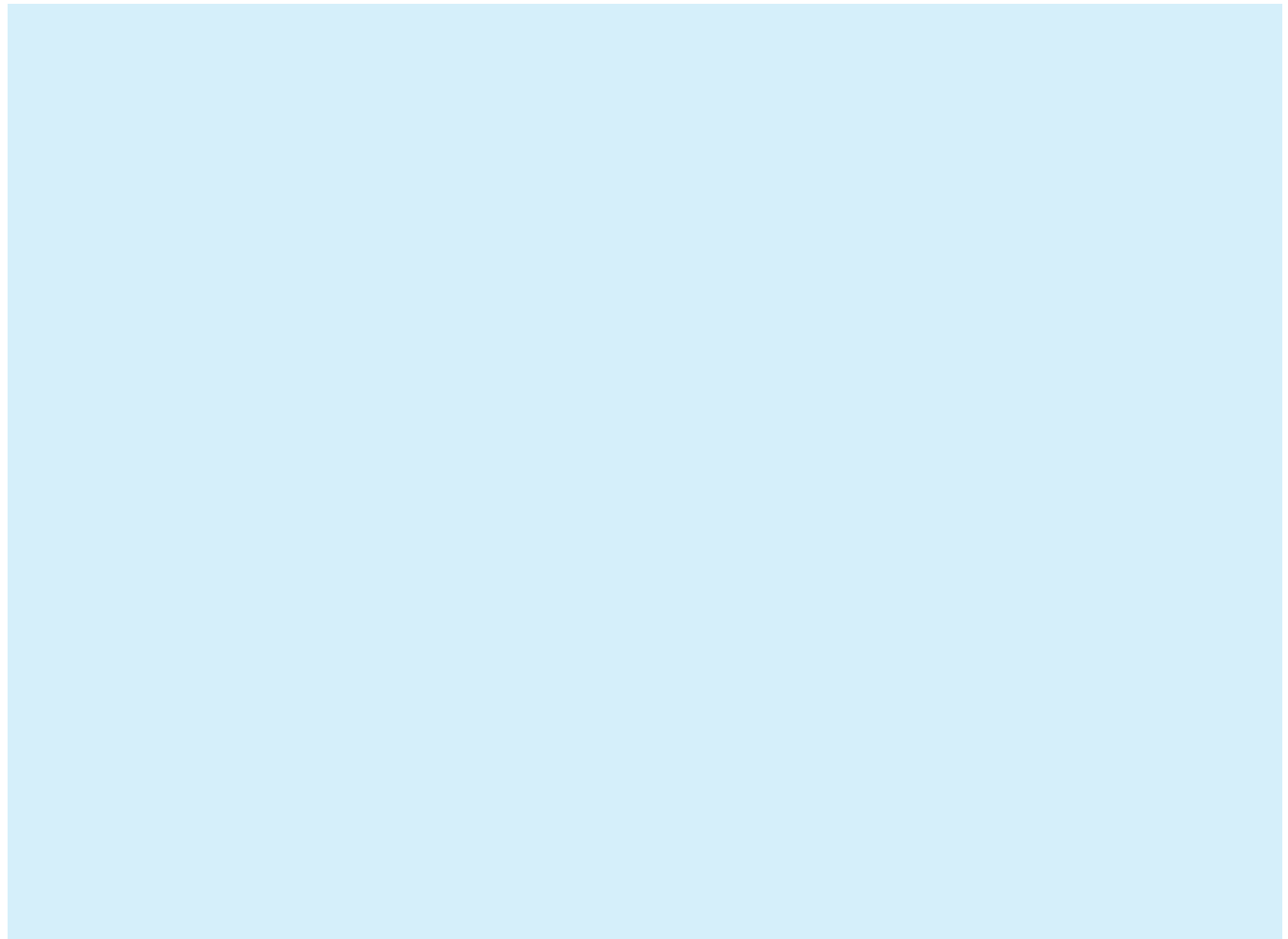
The diet industry has tunnel vision thinking with weightloss. They don't care WHY you want to lose weight or what's important to you about it. Unless you know these things, you have no foundation for choosing what you'll do to lose weight.

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, tactics around food fitting 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 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.

My Notes and Takeaways:



SESSION #1 WORKSHEET: WHAT DO YOU REALLY WANT THIS SUMMER?

Use this worksheet to figure out what you really want this summer. Tap into how you'd like to feel three months from now as summer is winding down.

What do you really want when it comes to your weight this summer?
(Are you looking to lose, maintain, or even willing to accept some gain this summer?)

What do you really want your eating and drinking to look like this summer?
(Do you want to work on managing your drinking so you can make great food decisions even after a couple glasses of wine? Do you want to commit to realistic weekend planning so you can go into every party and poolside gathering ready for success?)

What do you really want from your time with other people? *(Do you want to spend every weekend with your besties? Vacation solo with your partner? Want to make sure your kids' activities don't keep you from time with yourself?)*

What do you really want your travel and vacations to look like this summer? *(Do you want to vacation without obsessing about your weight? Do you want to stay mindful of your eating so you don't come back disappointed and feeling like you have to restrict and diet?)*

What do you really want to feel about your body this summer? *(Do you want to work on feeling confident on the beach by diving into self-love and worth in your journaling? Do you want to feel good in shorts by practicing wearing them around the house and telling yourself kind things in the mirror?)*

Based on what you wrote above, what is your main goal this summer? *(Example: I want to lose eight pounds by September 1st while enjoying time with my family, working on my relationship with overeating when I'm drinking, and maintaining my weight during my family reunion in July.)*

When will you check in with yourself on this goal? Write these dates into your Summer Planning Calendar and make sure to set reminders for yourself.



SESSION #2: BLOWING OUT 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.

Anytime there's a change in season, it's 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.

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 on 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.

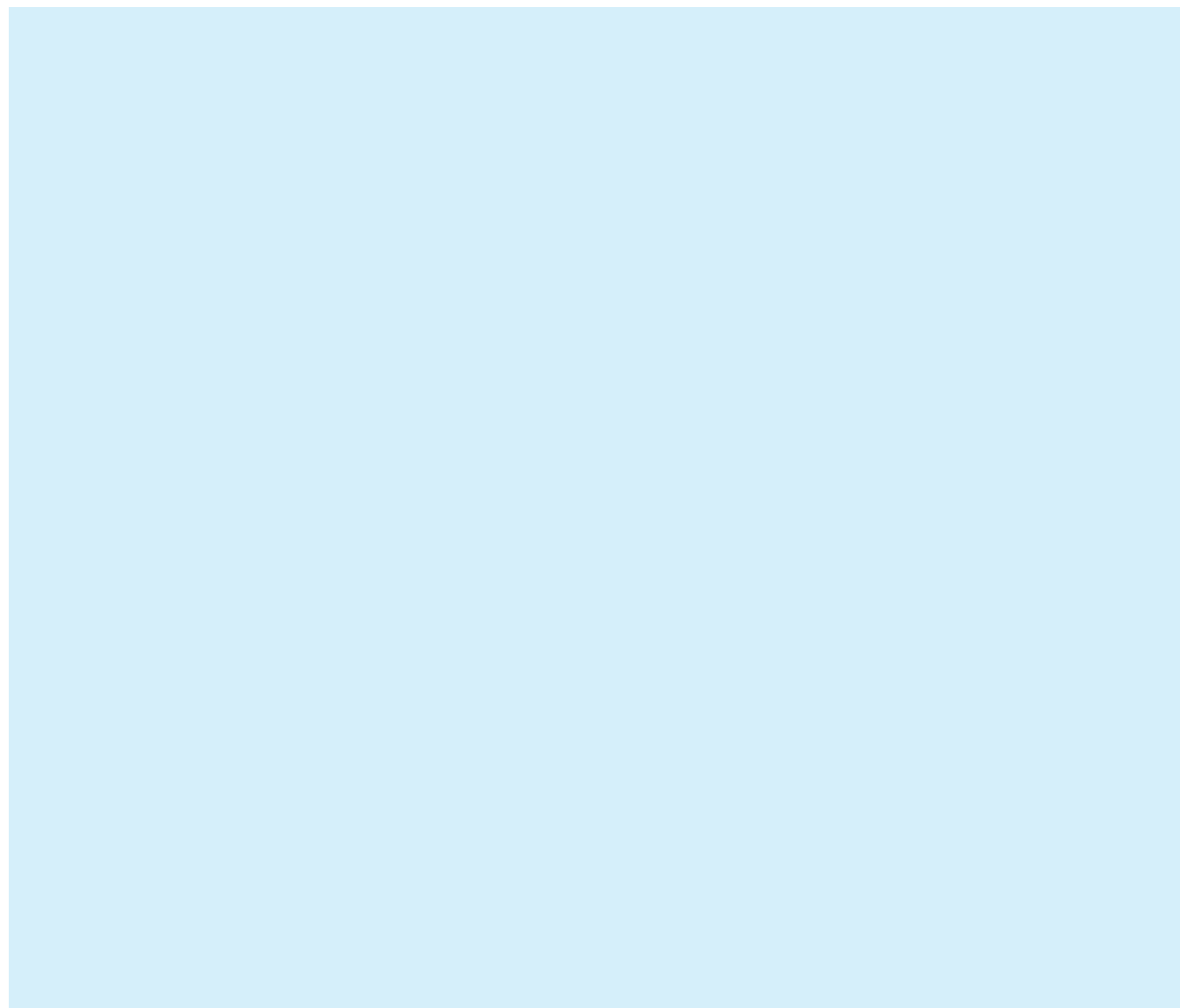
Remember, we are focusing on what we call Minimum Baselines inside of No BS. Minimum baselines are the minimum things you plan to do no matter what. It's things that even when the shit hits the fan, you know most of the time you will do it because it makes life better.

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.

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.

My Notes and Takeaways:



SESSION #2 WORKSHEET: BLOWING OUT YOUR IDEAL DAY

Start with building your minimum baseline for when you're at home on a **normal weekday**.

How do you ideally want to eat? (Example: At the table, never standing or in the car, always from a plate vs. a carton, putting my fork down between bites.)

What else do I do on my Ideal Weekday?

In what ways am I already living my Ideal Weekday? List things that I like that I already do.

Is there anything I can stop doing each day to help me create my Ideal Day?

Now let's work on adjusting for a **summer weekend day**:

How do you ideally want to eat? *(Example: Plan weekend eating on Thursday night to get it out of the way, no random grabassing just because the day is unstructured, start the day with my favorite latte after my Sunday walk)*

What else do I do on my Ideal Weekend Day?

In what ways am I already living my Ideal Weekend Day? List things that I like that I already do.

Is there anything I can stop doing to help me create my Ideal Weekend Day?

Now let's imagine the ideal **summer party or vacation day**:

How do you ideally want to eat? *(Example: Decide in advance how many drinks I'm going to have and make sure to write that number down, or commit to not having a second helping unless I'm legit hungry)*

What else do I do in my Ideal Special Occasion/Vacation Day? *(Example: Plan for all of the things that are in my control, focus on gratitude for my family and friends, assess how it went and tweak by 12 PM the next day)*

In what ways am I already practicing my Ideal Special Occasion/Vacation Day? List things that I like that I already do.

Is there anything I can stop doing each day to help me create my Ideal Special Occasion/Vacation Day?

Use the bonus resource templates in the back of this guide to get dialed in on the details for your ideal day.

SESSION #3: HOW TO HAVE A GOOD TIME WITHOUT STUFFING YOUR FACE

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 you'll eat all the things because you've worked through how you want to show up for yourself.

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.

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. Then write about why this is important. A solid protocol is about loving your reasons for the things you include and the things you don't.

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, 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.

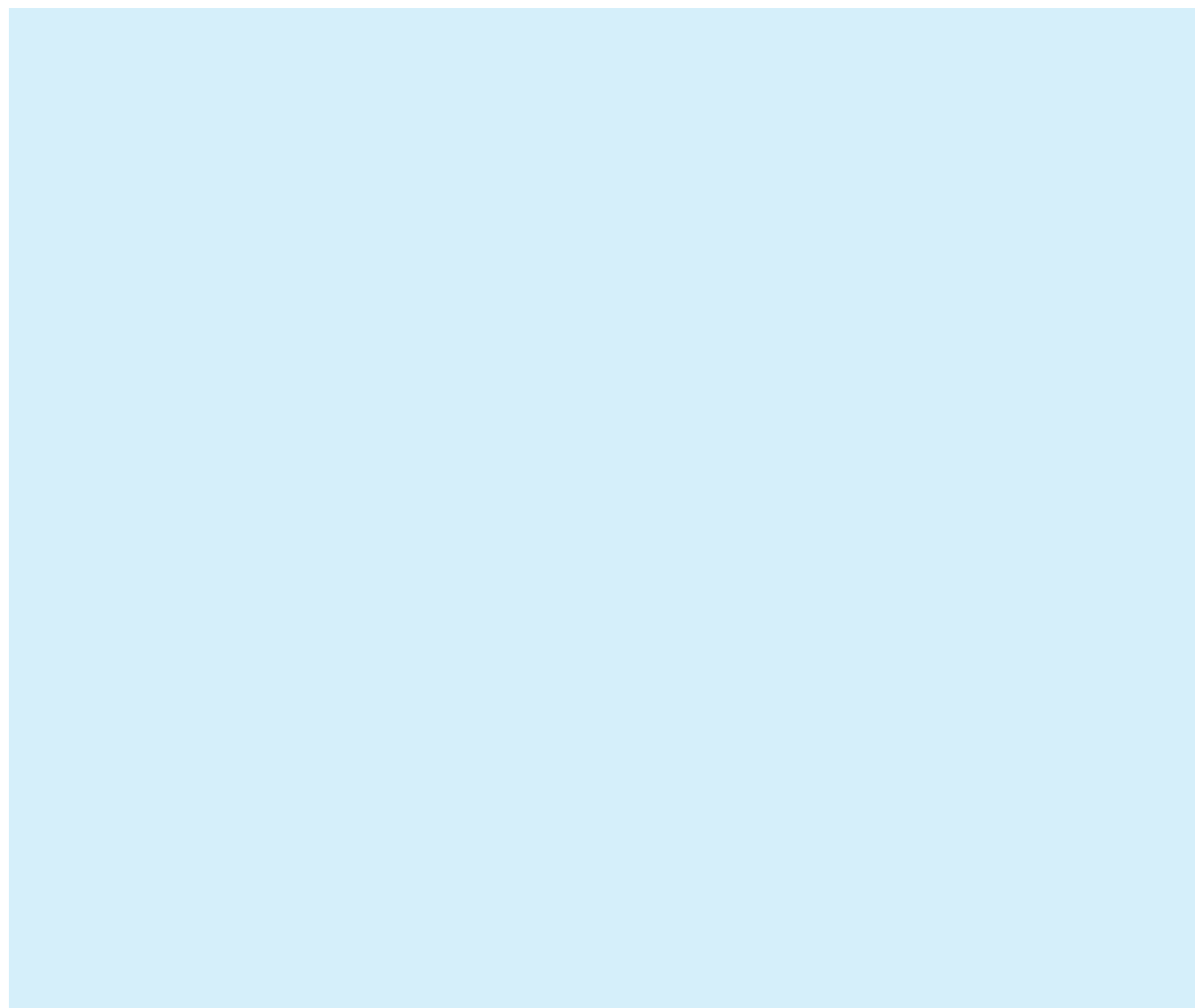
Then it's time to list excuses and justifications that might come up. Your brain, even with your awesome protocol, will think it's old bullshit. By thinking ahead of time about what might come up and how you'll think instead, you are equipped to handle yourself. Most of us skip this part, but to me this 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.

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 its 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 when 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 helps you make those in-the-moment decisions a little bit easier.

My Notes and Takeaways:



SESSION #3 WORKSHEET: MY BASELINE PROTOCOL

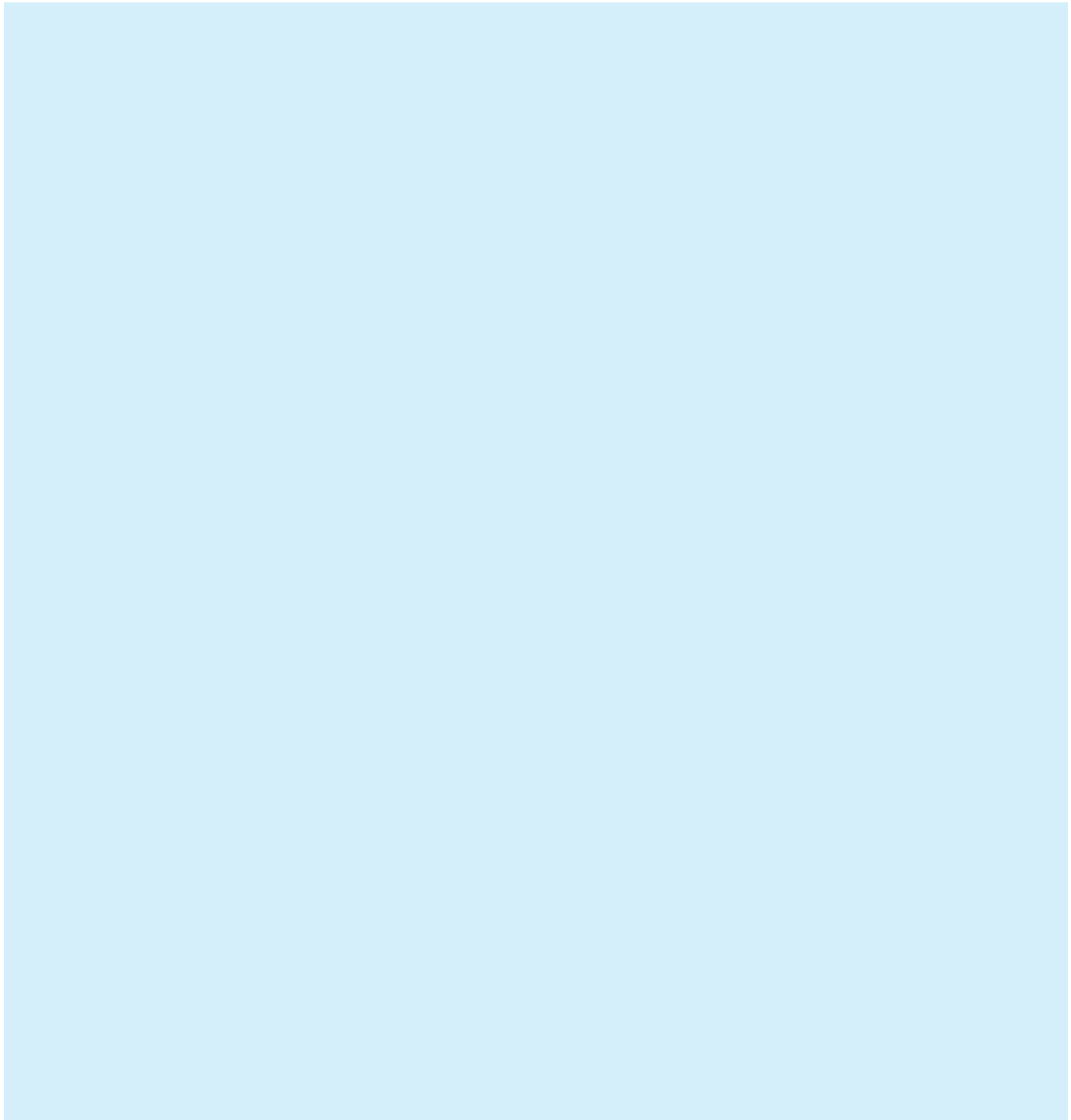
Here are all the foods that I do want to include on a regular basis:

Here are all the specific foods that I want to include only when they are worth passing the velvet rope of my belly: *(Example: Homemade cake from my favorite bakery, fresh-cut french fries, my mom's fried chicken.)*

Here are some common excuses and justifications that tend to come up for me when I'm faced with foods outside of my baseline protocol: *(Example: I just want it, I don't like saying no.)*

Here's how I want to handle those situations going forward: *(Example: Practice saying no ahead of time, keep my water bottle filled so I'm more likely to drink than grab a snack, plan for a walk instead of a snack run during my work breaks.)*

Here are some situations and occasions where I want to create a special protocol:



SESSION #4: FUTURE YOU: SUMMER EDITION

You've decided your ideal day, 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 the Future You who is 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 the you of 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.

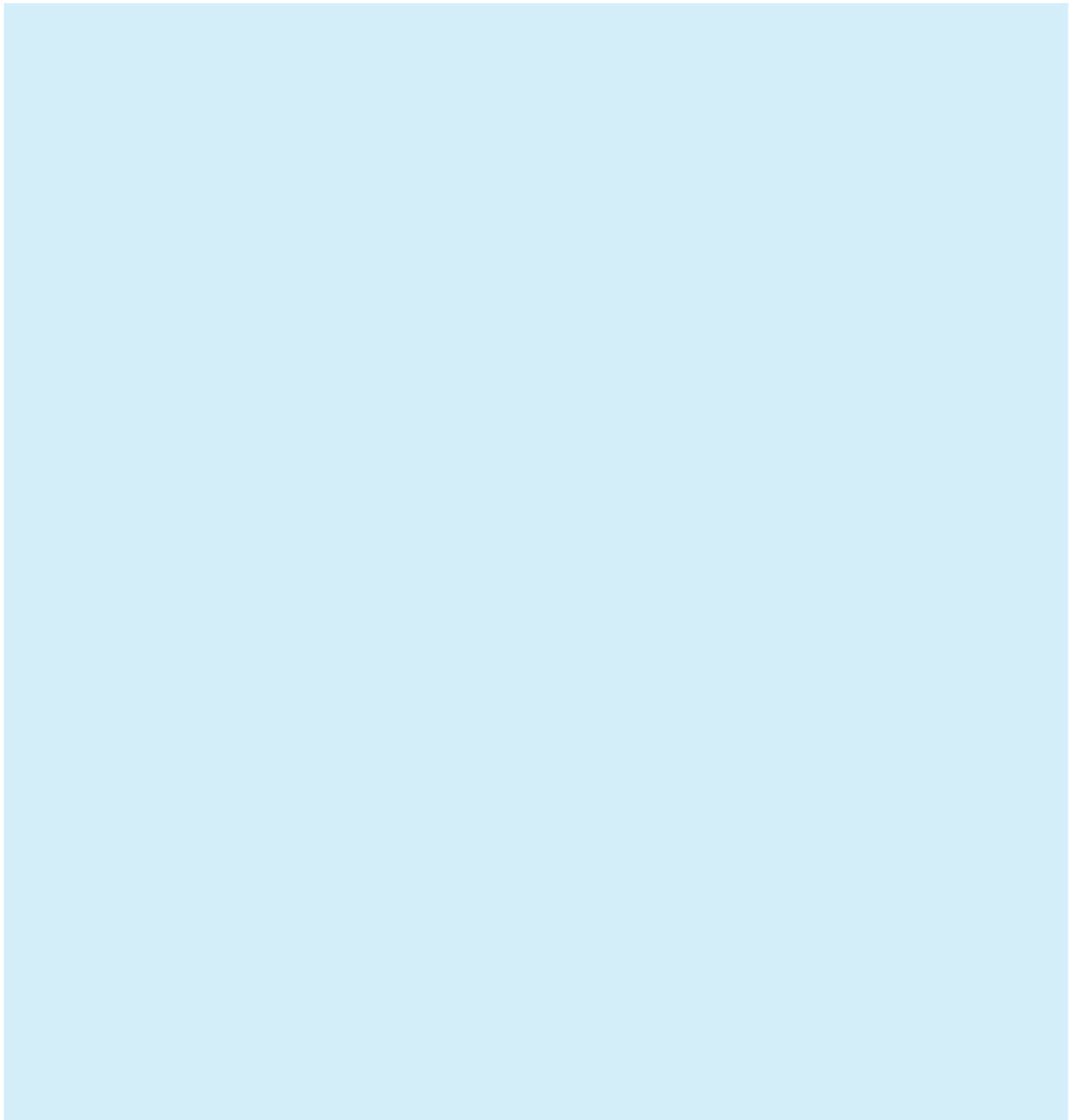
Everything you do, no matter how big or small, deserves you celebrating it versus saying it's not going to be enough to lose weight fast. Look, future you is enjoying the weightloss and life you created for her. This means you today must learn to lose weight in a way that you can enjoy the process.

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.



My Notes and Takeaways:



SESSION #4 WORKSHEET: FUTURE ME: SUMMER EDITION

Start by visualizing your future self – see her rocking her ideal day like a boss, using her protocols during special occasions, and dialing into what she really wants.

Now think about a scenario your future self might face this summer that will be challenging:

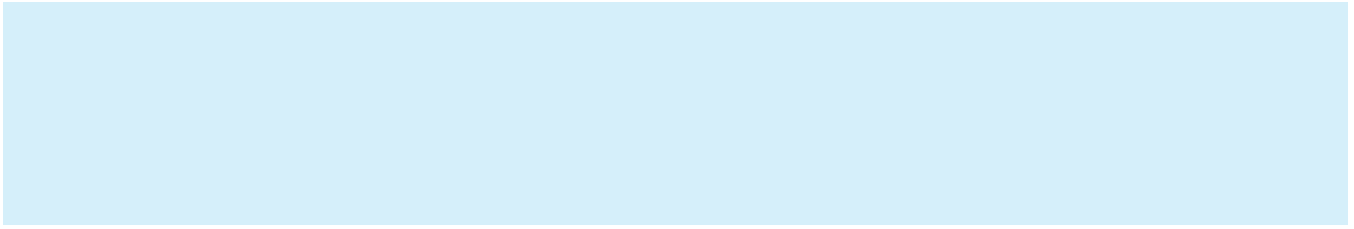
What kinds of thoughts might come up and how will you speak to yourself?

How will you show up for yourself no matter what?

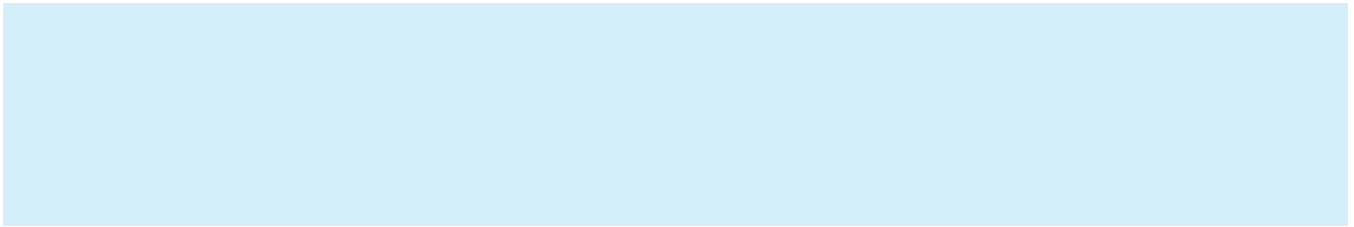
Why will facing this scenario/situation make a difference in your weightloss journey?

Now think about a second scenario your future self might face this summer that will be challenging or exciting:

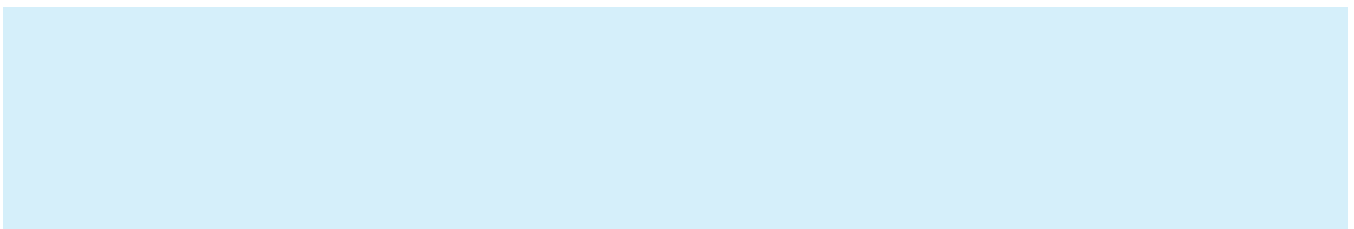
What kinds of thoughts might come up and how will you speak to yourself?



How will you show up for yourself no matter what?




Why will facing this scenario/situation make a difference in your weightloss journey?




BONUS RESOURCE #1: IDEAL DAY TEMPLATES

Summer Weekday



: ^{AM}/_{PM}
 Wake Up Time




: ^{AM}/_{PM}
 Bed Time



When and how often?

IF YES >

What sounds fun?



: ^{AM}/_{PM}
 24-Hour Plan

Daily Self-Care

Will I spend time with family/friends?


YES  OR NO


IF YES >


When? : ^{AM}/_{PM}


How?


IDEAL DAY PLANNER


4AM 


5AM 


6AM 


7AM 

8AM 


9AM 


10AM 

11AM 


12PM 

1PM 


2PM 


3PM 


4PM 


5PM 

6PM 

7PM 

8PM 


9PM 

10PM 

Morning Routine	Evening Routine
<input type="checkbox"/> <input type="text"/>	<input type="checkbox"/> <input type="text"/>
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BONUS RESOURCE #1: IDEAL DAY TEMPLATES

Summer Weekend



: AM
 : PM

Wake Up Time



: AM
 : PM


Bed Time



When and how often?

IF YES >

What sounds fun?



: AM
 : PM

24-Hour Plan

Daily Self-Care

Will I spend time with family/friends?


YES  OR NO


IF YES >

When? : AM
PM


How?


IDEAL DAY PLANNER

4AM 


5AM 


6AM 


7AM 


8AM 


9AM 


10AM 


11AM 


12PM 


1PM 

2PM 

3PM 


4PM 

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8PM 


9PM 

10PM 


Morning Routine	Evening Routine
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BONUS RESOURCE #1: IDEAL DAY TEMPLATES


Summer Vacation



: AM
 : PM
 Wake Up Time




: AM
 : PM
 Bed Time



When and how often?

IF YES >

What sounds fun?



: AM
 : PM
 24-Hour Plan

Daily Self-Care

Will I spend time with family/friends?


YES  OR NO


IF YES >


When? : AM
 : PM


How?


IDEAL DAY PLANNER


4AM 


5AM 


6AM 


7AM 

8AM 

9AM 


10AM 


11AM 


12PM 


1PM 


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10PM 

Morning Routine	Evening Routine
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BONUS RESOURCE #2: NO BS TEAM PROTOCOLS

Missy's

(No BS Community Team) Potluck and Picnic Protocol

What Do You Eat and Why?

- One hotdog if grilled or on the open fire, no bun or toppings – I get heartburn if I have more than one, and I prefer them plain!
- Overall, I prefer things like grilled chicken and loaded baked potatoes to chicken strips and fries.

What Do You Not Eat and Why? Why do you love your reasons?

- I don't have dinner rolls or stale store-bought bread.
- I also don't have deep-fried foods – I don't love how they feel in my body, and it really helps with deciding in the moment when there are snacks, donuts, French fries etc. around.
- Also, no prepackaged/store-bought cookies – I just prefer homemade dessert, ice cream, cake.

What Do You Focus On With Your Four Basics to Enjoy the Food You Do Choose to Eat?

- Drink at least 24 oz of water before attending.
- No eating something before the planned event in an effort to “prevent eating too much there” – I want to wait for hunger and enjoy the meal I am going to have.
- Survey food selection before taking anything.
- One trip through the food line.
- Leave space between the different foods on my plate.
- One full serving of dessert or a few small “tastes” if I want to try more than one.
- No grazing/grabbing food...I sit to eat and don't stand at the food table.
- Take time to really pause and be grateful for the people or activities.

What Do You Say to Food Pushers?

- No thanks, I am not hungry right now, but I may take some home.
- Thanks, but I already had plenty – it was really good.
- Not right now, maybe later.

Vern's

(No BS Support Team) Baseline 'No More BS' Protocol:

What Do You Eat and Why?

I have set weekly maximum limits based on prior data, so I know how much of some things I can have and still lose weight for the week.

So for example, if 1 bottle of wine is my weekly limit for the week, I can look at my schedule at any time during the week and decide, do I want one bottle tonight or this week do I want to have 2 glasses twice a week or 1 glass 4 nights a week. My choice. But I know more than 1 bottle and my body will maintain or gain. It's my choice.

I do the same with something sweet. I always have mini-Blue Bell ice creams in the house so I can plan a couple of those this week OR I can choose a really nice dessert if we go out but not both.

What Do You Focus On With Your Four Basics to Enjoy the Food You Do Choose to Eat?

I make a Weekly Meal Plan with all of the week's meal choices locked down on Sunday. I don't use it to plan day by day, but instead use it as options to choose from what I will shop for or have on hand to fill out a week's choices. I can swap what's on that list whenever plans change and still count it as on plan.

I also Prep for Success - cut fruit and vegetables prepped on Sunday so if we decide we're too tired to cook, we can make mini charcuterie on the whim. I bought 3 special containers from Amazon that make it easy to create one quickly. 1 is all veggies, 1 is all fruit, and 1 is crackers/cheeses/honey or preserves.

I tape my weekly goals and commitments into my planner on the first day of each week so that I keep my mind on what I said I would do this week.

And I start every day with a sticky note added to my planner answering this question: "What am I willing to commit to for weightloss today?"

At the end of the day, I answer this question on a sticky: "Today I am most proud of..."

What makes your protocol work?

The key for all of my protocols is I have learned via data what my body likes and what it doesn't. If I decide to eat off the doesn't like list, it's ok sometimes but I know I'm not choosing weightloss those weeks.

BONUS RESOURCE #3: PERSONAL PROTOCOL TEMPLATE

Protocol Type:

These are the foods I will eat... (Remember: What's worth passing the velvet rope of your belly?)

Here's why I'm choosing to eat those foods...

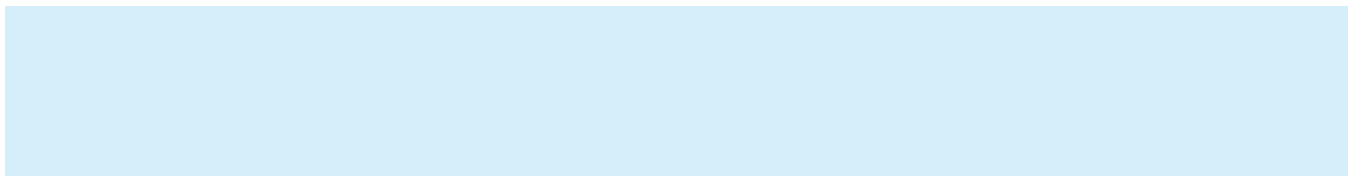
Here's the foods I'm choosing not to eat, and why I like my reasons...

Here's some common objections or thoughts that might come up...

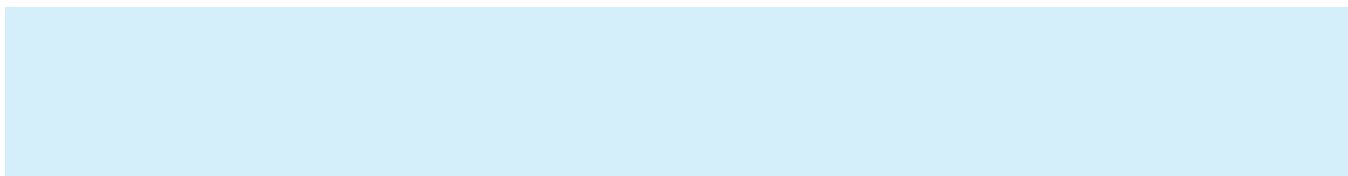
And here's how I'll handle them...

Here's what I'll focus on using the Four Basics to support my choices...

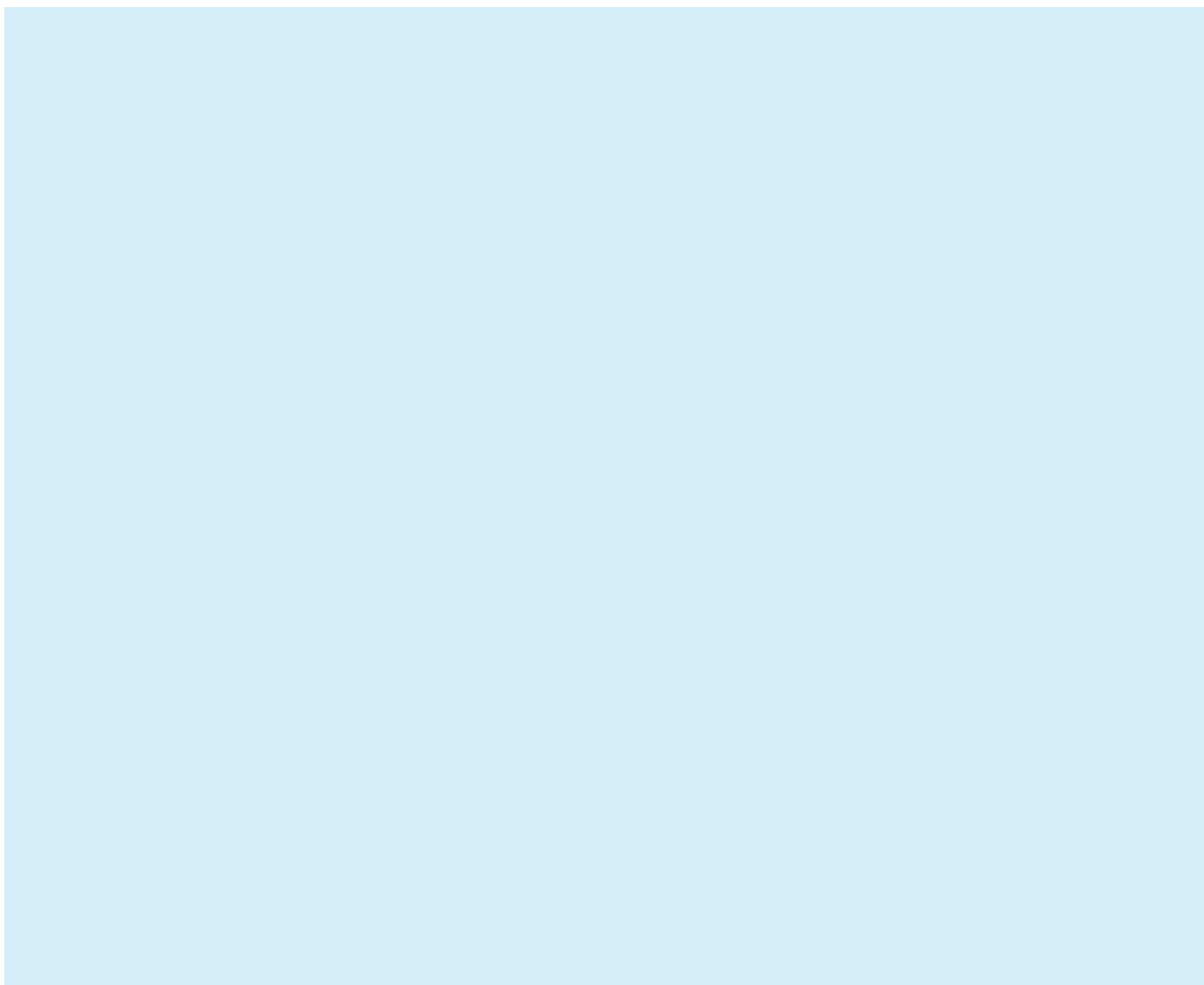
I'll know this protocol is a success if...



I'm willing to implement and try this protocol because...



Follow Up Notes (Jot adjustments, successes, and places for improvements here.)



BONUS RESOURCE #4: FUTURE SELF LETTER

Dear _____,

I want to thank you for spending the first Saturday in June doing the Summer Reset Workshop.

You might not believe it, but we have LOST _____ lbs this summer!

When summer kicked off, we felt...

Today, _____ lbs. down, we feel...

I'm so thankful that when summer started we did the following things...

I want to tell you how we live now. You might not think it's possible right now, but that's OK. You just need to know it's OK to imagine it and imagine it often.

The way I eat now is...

On the days life gets in the way, this is what I think...

Every week I do these things to set myself up for success...

On weeks I gained weight, I would think...

The weeks I lost weight, I would think...

The BEST advice I have for you is this...

Please don't give up. You will have hard times and I want you to remember... At anytime come back and visit me. Ask me what to do. I'm here for you.

Love,





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