



WEIGHTLOSS
JUMPSTART

The logo for 'NO BS' is a circle containing the letters 'NO' stacked above 'BS', with a small 'TM' trademark symbol to the right.

PROGRAM GUIDE

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**I'M SO GLAD YOU'RE
HERE AND CAN'T WAIT
TO WORK WITH YOU.**

Corinne

GET STARTED

Complete these 3 steps to get the most out of the 7-Day Weightloss Jumpstart Workshop!

1. Print or Download Your Workshop Guide

- We've made the guide 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.

2. Decide When and Where You're Going to Watch the Videos

- Block out the time now and limit your distractions.

3. Check Your Inbox

- We'll email you the link to 1 video each day to make it easy.



LESSON 1: THE TWO-STEP WEIGHTLOSS PROCESS

Eating as a No BS Woman is SIMPLE - Start when you're hungry and stop when you've had enough. Use this resource all week long to help you start tapping into your body's signals.

The Ultimate Doable Hunger Cheat Sheet

Here is your ULTIMATE GUIDE to pinpointing your enough signals so you can lose your weight and feel great.

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 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.
- 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.
- You're not full, you are satisfied and physically ready to stop eating.
- There's no bloat.
- You might even sigh or sit back from the table.
- You begin to wonder if you need another bite or two.

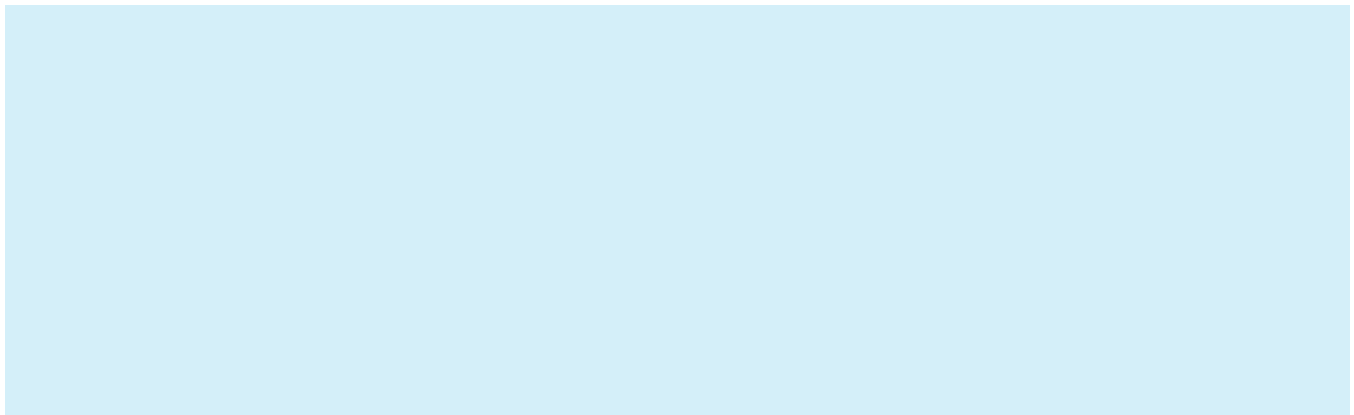
Pro-Tip #3: Your brain's likely to throw a hissy fit if you eat less than usual. That's NORMAL. Plan ahead to pack up leftovers or don't be afraid to throw those last bites away and go on with your day. Better in the trash than on your ass.

Signs you've gone past enough:

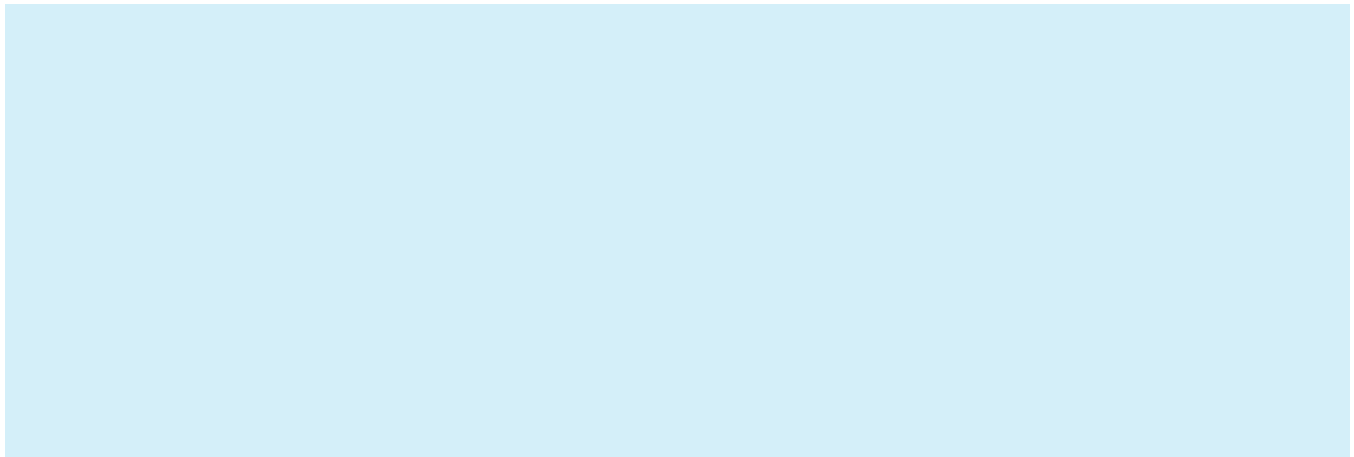
- You have the thought “I shouldn't have eaten those last few bites.” You are physically full and have heaviness in your belly.
- You have some bloat and are uncomfortable.
- You need to unbutton your pants or get out the stretchy pants.

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.

Look at the signals above – what do you think will be EASY about following your hunger and enough signals?



What do you think will be hard?



Take Big Weightloss Action This Week: Plan to ask ‘Am I hungry’ and ‘Have I had enough’ at your next meal.



LESSON 2: CAN I FUCK UP AND STILL LOSE WEIGHT?

Four Phases of Behavior Change

Waking Up Phase: You learn something new, start trying it, and about 20% of the time, you're remembering to start at hungry and stop at enough, and 80% of the time, you're forgetting, overeating, or doing other normal habitual behaviors.

Remember This: Weightloss is all about being patient — keep practicing.

Make or Break Phase: 60% of the time, you're doing what you said you'd do. 40% of the time, you're still messing up, forgetting or making mistakes.

Remember This: This is the phase most people quit in, even though your brain is ready to keep going, because you're thinking you should be perfect by now. It's your job to keep working on ways to keep making progress, not give up.

Momentum Phase: About 40% of the time, you're remembering your new habit, but 60% of the time you're either forgetting to take action, or default into the old behavior.

Remember This: You have momentum on your side. You're catching things more and more often, and your brain is increasing how much it's paying attention. Your brain is starting to help you out.

Habit Phase: 80% of the time, you're working habits like a boss, but still making NORMAL mistakes 20% of the time.

Remember This: There's no phase called "100% of the time it works." Accept that 80% is good enough to lose all your weight and keep it off for good.

What's one 'A-ha' I learned from the Four Phases of Behavior Change?

Why am I willing to make mistakes and keep trying this time around?

Take Big Weightloss Action This Week: Keep this chart somewhere you'll remember and plan to review it later this week to remind your brain that mistakes are NORMAL.



LESSON 3: AVOIDING THE EXCUSE TRAP

When you take away your overeating, you'll hear tons of excuses to keep overeating. You have to be willing to hear your excuses and actually DO something about them.

Corinne's 3-Step Overcoming Excuses Process

Step 1: Stop overeating to turn up the volume on your excuses.

Step 2: When you hear excuses, add something believable and doable to the conversation.

Step 3: No bitching and moaning that your brain offers excuses.

EXCUSE BUSTER WORKSHEET

What are your main excuses for overeating or quitting? List three big ones.

(Ex. I'm too busy to learn new diet rules, I need my afternoon snack to function.)

1.

2.

3.

What else could you think that's just as true as the excuses?

(Ex. Asking Am I Hungry and Have I Had Enough takes seconds (not a lot of time), If I skip my snack I might not be as hungry later as I fear.)

1.

2.

3.

Take Big Weightloss Action This Week: Write your new truths on a Post-It note and remind yourself what else could be true when your excuses pop up this week.

LESSON 4: FIND YOUR WHY (IT'S NOT WHAT YOU THINK)

Write down every why that you have for weightloss. (Examples: I want my kids to see me as an example, I want to be able to wear whatever I want on date night.)

Use these prompts for inspiration:

- How do I want to feel when I lose all my weight?
- What do I want to change about my life when I reach my goal?
- What feels exciting and new in weightloss?
- What problems will no longer exist when I lose my weight?
- Who in my life would love to see me succeed?

Here are ten of my why's for weightloss:

1.

2.

3.

4.

5.

7.

8.

9.

10

Take Big Weightloss Action This Week: Write your why's onto Post-It Notes and put them somewhere you'll see them every day. Next week, add in at least one new why so they stay fresh.



YOUR WHY'S SHOW YOU WHO YOU
ULTIMATELY WANT TO BE.

**YOU MUST LEARN HOW TO START
THINKING THAT WAY NOW SO YOU
ENJOY REBUILDING YOU WHILE YOU
LOSE WEIGHT.**

Corinne

LESSON 5: THE TRUTH YOU'VE NOT BEEN TOLD ABOUT BELIEF AND MOTIVATION

Hearing something new after years of diet industry tactics can feel overwhelming – and that's NORMAL. Use these questions to find new beliefs and thoughts about how this time will be different:

What am I NOTICING that I'm feeling right now about losing weight that feels scary?

Why could it be NORMAL to feel this way?

(Ex. It's normal to feel overwhelmed because this is new information, I've been doing restrictive diets for years.)

What can you think about losing weight that feels NEUTRAL?

(Ex. I am learning a new way to lose weight, I can try something new this week.)

What would I like to tell myself about weightloss that feels doable and keeps me motivated?
(Ex. I've never tried to lose weight this way before, but I'm open to it, I'm willing to try stopping at enough at my next meal and see how it goes.)

Take Big Weightloss Action This Week: Dedicate a little time this week to focus on what's possible – whenever you notice a scary thought about weightloss or feel like things are hard, repeat your doable beliefs to yourself. Eventually, they'll stick and replace the old.



MOTIVATION IS ALWAYS CREATED OR
SUCKED DRY BY WHAT YOU'RE WILLING
TO THINK ABOUT THE MOST. *Corinne*

LESSON 6: WHY A GOAL WEIGHT SCREWS UP YOUR WEIGHTLOSS

Setting a goal weight isn't good or bad. The problem is when you spend more time focusing on the number on the scale rather than the life you want to live. You need more than a goal weight to figure out what kind of lifestyle you want to have in maintenance and beyond.

Types of No BS Goals:

1. What You Want to Weigh
2. How You Want to Live Once You Lose Weight
3. How You Want to Think And Feel

What's different about your habits in three months if you join No BS and start working on your weightloss in a new way?

How do you feel in three months that's different than today? What does your new body feel like? What's easier to do because of your weightloss?

What's different about your thinking three months from today? Do you no longer beat yourself up when you make mistakes? Have you learned how to stop at enough while still enjoying your favorite foods?

Take Big Weightloss Action This Week: Spend dedicated time visualizing the future you with purpose and intention – then take one action that will help you get there. If future you goes to the gym five days a week, that might mean you today needs to sign up and try walking on the treadmill for ten minutes. If future you is at her goal weight, you today needs to practice waiting for hunger.



HOW TO KEEP GOING

Now that you've jumpstarted your weightloss journey, the absolute best way to keep the momentum going is by joining the No BS Weightloss Program, where you'll have all the support, structure, and guidance you need to reach your weightloss goal and stay there. The moment you join, you'll have access to the signature No BS Weightloss Course, a full community of No BS Women ready to support and encourage you, and access to Corinne and the world's best weightloss coaches.

If you're still on the fence, this last worksheet is designed to help you figure out whether joining No BS is a good fit for you at this time.

What will be different in my life if I do join No BS and start to figure this out?

What would it look like if losing weight actually saves me time?

If I join No BS, how might I start to save money on my weightloss journey? What medications might I come off of? What would my grocery bill look like? What memberships or subscriptions might I finally let go of?

If I'm not joining No BS, am I 'hell yes' on doing this by myself? Why or why not?



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