



WEEKLY JOURNAL ASSIGNMENTS

Your weekly JOURNAL ASSIGNMENTS are meant to help dislodge deep-seated emotions. Many of us tend to overeat due to emotional stress. Getting your feelings up and out of you will help you more clearly understand your relationship to food and your body.

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WEEK 1 – GETTING TO KNOW YOUR BODY

You may answer the questions on each day or all at once during the week. However, it is strongly recommended to write a little bit each day to keep tuning into your inner voice.

DAY 1

- Write down, in as much detail as possible, what your current physical, mental and spiritual states are. How do you feel about them?
- On a scale from 1 to 10 (10 being highest), how would you rate your level of energy?

DAY 2

- What specific areas of your body do you love? Why? Be as specific as possible. *"What I love about my body is..."*
- What specific areas of your body are you ashamed of or don't love? Why? Be specific. *"What I loathe about my body is..."*

DAY 3

- Write your body a letter. Begin with the line...
 - "Dear Body, when I look at you, I SEE...."
 - "When I look at you, I FEEL..."
 - "You ACT like..."
 - "It reminds me of..."

DAY 4

- Write down your long-term goal for your body. What do you want it to look like? But, more importantly...how do you want to FEEL in your body?
- Write down your plan to create the body that you want to live in.

DAY 5

- Reflect on your long-term goal from yesterday. What distracts you or keeps you from reaching this goal? Write down who or what is responsible for distracting you. Visualize removing all distractions and achieving your goal.

DAY 6

- When have you been most PROUD of your body? Describe in detail the experience (child birth, recovering from injury, etc),

DAY 7

- When have you been the most ASHAMED or EMBARRASSED of your body? Describe in detail. (trauma, sexual abuse, puberty, farting in class, sexual inhibition...)



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WEEK 2 – EMOTIONAL DUMPING

You may answer the questions on each day or all at once during the week. However, it is strongly recommended to write a little bit each day to keep tuning into your inner voice. Please share with your POWER PARTNER.

Often, we tend to hold unprocessed and repressed emotion in our bodies and the extra weight we are carrying is actually residual extra emotion we have yet to let go of. Use this week and next to purge deep seated emotion. Clearing out and “lightening up” is not just a physical process, but also emotional.

DAY 1 – SHAME/ INNER CRITIC

- Identify your greatest critics. Think back on a time when you felt most ashamed or “wrong” (the earlier the better). Write about the story in as much detail as possible. Who criticized you? What did they say? Be as specific as possible with the words. Was it a teacher, parent, coach, sibling? What was the scene and how did you feel? Write: “I felt.....”
- How are you currently internalizing this voice? For example, if you felt rejected....where do you feel like you don’t fit in or assume that someone will reject you?
- If you were told you weren’t smart....do you assume that you will not succeed or aren’t as smart or creative as your colleague?

DAY 2 – PASSION + PURPOSE

- What would you do with your life if no one could criticize or praise you? How would you spend your time if no one else cared or was watching?
- Would your life be very different? How? What does this tell you about how much power you give to other people and other people’s opinions?

DAY 3 – ANGER

- Is there anyone or anything in your life that you are still angry at/about? You will know this is the case if you feel “triggered” talking about it or sharing with someone new (uncomfortable/antsy/irritable) about the incident.
- Who have you not forgiven? Write them a letter. “Dear _____, I am angry at you for.... I hate you because....I am pissed off/disappointed/etc....” Get all the blaming, resentful voices OUT!
- If possible...go outside (into a remote area) or in your car and scream/yell to purge all these voices.

DAY 4 – SADNESS + GRIEF

- “I am sad about _____.” “My sadness looks like/ feels like/ acts like/ reminds me of...”
- “I am disappointed because...” “I miss _____.”

DAY 5 – LONELINESS

- Reflect on your relationships. When do you feel most lonely? At night, weekends, never? Are you in a romantic relationship, but still feel alone and like your partner does not really “see” or “hear” you? Befriend your loneliness and describe it.
- “When I’m lonely, I _____. My loneliness looks like/ feels like/ acts like/ reminds me of _____”

DAY 6 – OVERWHELM

- “I am stressed because _____.” “I feel overwhelmed because _____.”
- “There’s never enough time for _____.” “There’s never enough money for _____.”

DAY 7 – FEAR

- What are your 3 greatest fears?
- Describe it in detail. Then write: “My fear looks like/ feel like/ acts like/ reminds me of _____.” “I am afraid of _____.”



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WEEK 3 – WHAT ARE YOU HOLDING ONTO?

You may answer the questions on each day or all at once during the week. However, it is strongly recommended to write a little bit each day to keep tuning into your inner voice. Please share with your POWER PARTNER.

DAY 1 – UNFORGIVENESS

- "I have never forgiven _____." Is there someone who betrayed your heart or hurt you? Write it all out.

DAY 2 – JUDGMENT

- "I judge _____ for _____." (Note: Look at who you gossip about. Who you talk about behind their back. Who do you think should be acting a different way?)
- "I judge myself for _____." Write it all out. "I hate myself for _____."

DAY 3 – RESPONSIBILITY

- Is there anyone or anything in your life that you carry their burdens?
- "I feel responsible for _____." "I try to control _____."

DAY 4 – GUILT

- "I feel guilty for _____."
- "I should have _____." OR "I should not have _____."

DAY 5 – PRESSURE

- What do you feel pressure to do? Who do you feel pressure from?
- "I feel pressure to _____." "I feel pressure from _____." "I feel so pressured about _____."

DAY 6 – LAZINESS

- "I am lazy when _____." "The next step for me in not being lazy is _____."
- Where do you not take responsibility for creating positive, vital, productive energy?

DAY 7 – PROTECTION

- What do you try to protect yourself from? Someone? Financial stress? Betrayal, loss, failure, success?
- "I try to protect myself from _____." "I feel I need to protect myself from _____."
- Is there anyone in your life whose relationship is toxic? "I feel drained after spending time with _____."



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WEEK 4 – WHAT CHANGES DO YOU NEED TO MAKE?

You may answer the questions on each day or all at once during the week. However, it is strongly recommended to write a little bit each day to keep tuning into your inner voice. Please share with your POWER PARTNER.

DAY 1 – SUPPORT SYSTEM

- Write down the 5 people you spend the most time with (aside from your children). Review the list and be honest. Do these 5 people hold the same values that you do?
- Would you describe them as healthy, vital, athletic or "in good shape"? Do they have a healthy weight, engage minimally in drinking alcohol and eat nutritious, balanced meals? If not, how would you describe their relationship with food and their body. Be specific.
- Write 3 adjectives that come to your mind first to best describe each of these 5 individuals.

DAY 2 – FAMILY EATING HABITS

- Describe your family's eating habits. How many times a week do you make dinner together and sit down to have a ritual meal together?
- If you live alone...or are single...how often do you make meals for yourself and sit down, set a table and enjoy a lovely, ritual meal?
- What was your family's eating habits growing up? Did your mother or parents take pride and time in feeding you healthy meals? Or did your family rush through dinner or often argue at dinner or never eat together?

DAY 3 – CURRENT EATING HABITS

- Write: "Making food for myself is _____.", "Cooking for myself feels like _____.", "Cooking for myself reminds me of _____."
- Or... "Cooking for my family looks like/feels like/acts like/ reminds me of...."

DAY 4 – CLEANING HOUSE – Consider any relationships that need to be cleaned up or eliminated altogether.

- "I need to limit my time with _____ because _____." "When I am with them, I feel _____."
- "In order to shift this relationship, I need to _____."

DAY 5 – POWER PARTNERS

- "The 3 people I feel most "myself" around are _____, _____ and _____."
- "Being with them makes me feel _____."
- Call one of them and make a 'friend date' for this week (phone or in-person).

DAY 6 – POWER POSSE

- List 3 people who you know in 'real-life' now – that you greatly admire and would like to deepen your relationship with.



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- Write about the qualities each of these 3 have that you admire. Then, write about how you would be different if you hung around with them more.
- Reach out to a new friend and ask them to go for tea, a hike, lunch, etc. Expand your support system.

DAY 7 – BOUNDARIES

- *"I could strengthen my boundaries with _____, by _____." "This looks like _____."*
- *"A lie, I now tell myself is _____." "The TRUTH is _____."*



WEEK 5 – JOURNAL ASSIGNMENTS

WEEK 5 – GETTING HONEST

You may answer the questions on each day or all at once during the week. However, it is strongly recommended to write a little bit each day to keep tuning into your inner voice. Please share with your POWER PARTNER.

To effectively create change in our lives, we must get radically honest about what behaviors and underlying thought forms need to shift. We all lie to ourselves in different ways – rationalizing and making excuses so one part of our brain wins out over another. It is crucial that we look directly at what is holding us back and *commit* to making the changes necessary to meet our highest goals.

DAY 1 – TIME BOUNDARIES

- Write about how you waste your time. Facebook, cruising the internet, idle chat with friends, reading gossip magazines, watching TV?
- What is your favorite form of procrastinating? Often we say “*I never have the time to work out or make dinner!*” But, this is a lie we tell ourselves. It is all about priorities. Prioritize your highest good. The body you live in, quality of energy you feel and self-confidence is the source of all other results in your life. MAKE THE TIME! No excuses.

DAY 2 – ASKING FOR HELP

- Where in your life do you need help? What are you not so good at? Ex. Accounting/bookkeeping, cooking, child care, technology, relationship issues?
- Emotional eating often stems from overwhelm. We must learn how to ask for help and let go of trying to do everything ourselves. Give up control and let those people who are better at certain tasks take over.
- How can you enroll your partner, kids or co-workers by asking them for support and help? They can do it!

DAY 3 – SAYING “NO!”

- When we are stuck in “*People Pleasing*” we have a hard time saying “*no!*” to other people and ourselves. Learning to draw boundaries is one of the most important factors in living a happy, balanced life. Who, in particular, do you have a hard time saying “*No*” to? A parent, child, partner, boss? What are you afraid will happen if you say “*no*”?
- Where do you honestly need to say “*No*” to yourself? Be honest.

DAY 4 – SENSUALITY/ SEXUALITY

- How often do you have sex? Do you make time every week to spend time loving your body (with a partner or alone)?
- Write down 5 things that you can incorporate into your life to love your body: ex. Get a massage, go to yoga class, making love, going to a spa, getting a facial.
- Commit to a “bodyheart” date every 2 – 3 weeks to indulge in something to show your body love.

DAY 5 – DERAILERS

- Be honest. Who in your life wants you to stay the same? Who in your life holds you back? (Well, no one else really holds us back, but who in your life is resistant to your changing?)
- Is there anyone prodding you to have a dessert, have a glass (or another glass) of wine? Is there anyone close to you who makes fun of eating more vegan, “organic” or healthy?
- How can you limit or eliminate your time with this person? Is it time for you to take space from them? You are the guardian of your inner and outer world.

DAY 6 – THE PLEASURE PRINCIPLE

- Make a list of 100 things that bring you joy + pleasure. (ex. going for a walk/hike, visiting with an old



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- friend, playing a game, arranging flowers, dancing, going to the movies, etc.) Anything and everything.
- Make a date with yourself – **minimum once a week** – to take yourself on a date and let yourself do something for the sheer pleasure, play + joy of it! You deserve it!

DAY 7 – POSITIVE REINFORCEMENT + CELEBRATING YOUR SUCCESSES

- What is your love language? There are 5 languages of love: verbal, quality time, gifts, physical affection, acts of service (ex. someone doing the dishes for you). How do you prefer to know you are loved and appreciated?
- Now, every time you work out or eat well, affirm to yourself to celebrate your success. For example, if you crave verbal affirmation – look at yourself in the mirror after every workout and say something like: *“Great Job! You did it!”* If you prefer gifts, after you meet your goal of losing 5 lbs – buy yourself a new shirt or outfit. If you need quality time, buy yourself a massage or take yourself on a mini-vacation when you meet your goal. Get in the habit of integrating small rewards for a job well done to let your successes register.



WEEK 6 – JOURNAL ASSIGNMENTS

WEEK 6 – SPIRITUAL WEIGHTLOSS

You may answer the questions on each day or all at once during the week. However, it is strongly recommended to write a little bit each day to keep tuning into your inner voice. Please share with your POWER PARTNER.

To create lasting change in our relationships with body and food, we need to address the underlying, core issue of a spiritual deficit. On some level, we think we are “*not good enough*” and do not treat our bodies with the upmost care and concern – making healthy, vibrant choices. As we move through the last week and prepare to go back out into the world, we will focus on building a strong connection to your inner spirit and the source of love and appreciation within!

DAY 1 – YOUR CONNECTION

- How do you most feel connected to Spirit/ love/ a source that is greater than yourself? Ex. Being in nature, doing art, meditating, making love, playing with or watching children or pets?
- Write the top 10 things that help you feel love and loved. Commit to spending 15 min. every single day doing whatever it is that opens your heart and makes you feel love.

DAY 2 – WHAT ARE YOU HUNGRY FOR?

- Often our “*physical hunger*” is actually masking an “*inner hunger*”. What in your life are you hungry for right now? What do you need more of in your life? What is missing or deficient?
- Ex. Financial security, physical affection, more joy or sweetness, intimacy, some down time?

DAY 3 – BRING IT

- What can you do in your life to bring more of “what you’re missing”? For example, if you are craving financial security – can you meet with a financial advisor, create a budget, begin saving 10-15% of your income?
- What are 3 things you can commit to DOING today or this week to bring more of what you are missing?

DAY 4 – ALTAR

- Creating a safe, sacred space for your Self and Soul to live in your world is crucial to feeling grounded, safe and connected.
- Your task today is to create an altar space in your home. It can be a small area, a bench, part of a shelf, but carve out some physical space that represents your inner Self. This should be a fun, joyful exercise – maybe something as simple as a photograph that is meaningful for you, a candle and a flower. Or something more elaborate – like pictures of any deity, leader, archetype that you feel especially connected to. Enjoy the process of finding images of things that call to your inner Soul. Where you can come to sit, feel connected and remember who you really are.

DAY 5 – PRAY

- Each day for the last 3 days – write in your journal pages – 30 times in the morning and 30 times in the evening: (from Marianne Williamson’s - “*A Course In Weightloss*”)
- “*Dear God, please feed my hunger and restore my right mind.*”
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DAY 6 – YOUR THIN SELF

- Close your eyes. Take 3 deep breaths. Now, imagine you at your ideal weight. How does your “Thin Self” move through the world? What is She concerned with? How does she socially interact?
- Watch her and learn from her. What does She have to say to you? What does She need from you? Listen, hear and commit to what She needs. What’s the #1 thing She is asking of you?



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DAY 7 – THE “NEW ME”

- Write down some thoughts, feelings and behaviors of this “New You”.
- Make a list of at least 10 things:
- THE NEW ME:
 - *“I feel great and proud walking along the beach in a swimsuit.”*
 - *“I am confident and feel loved and accepted – part of the group – at a party.”*
 - *“I enjoy rolling around and playing on the floor with young children.”*
 - *“I feel good knowing that my family is proud of me.”*
- Now, congratulate yourself on a job very well, done! Do some personal ritual to commemorate your efforts and successes.
- Then, make a simple game plan to keep this progress in place. Perhaps, 3 simple rules to live by (ex. Only 2 drinks a week, sweat every day, take 1 “bodyheart” date a week).

ENJOY!!! ☺