

LIVE
MORE
WEIGH LESS

JOURNAL

OH, HELLO! I'VE BEEN WAITING FOR YOU.

Welcome to Live More Weigh Less, my dear!

Our time together is going to be nothing short of miraculous. I have put so much time, love and care into LMWL to bring you the most fun and effective program on the planet for creating an amazing life so you can finally get to your ideal weight.

I've done my best to include everything you need to create a life and body you adore from how to have more fun to how to create an amazing relationship, from the best foods for your body to how to be a whiz in the kitchen, from how to find a job you love to developing a spiritual practice.

Because when you can create a beautiful life, you can't help but become a beautiful woman, inside and out.



I've worked hard to hold my end of the bargain, and now I need you to do the same. I'll be honest, there are women who don't lose weight or feel that different after LMWL. But it's because they half-ass it. In order for you to get the results you desire I need you to promise me a few things:

- ☐ I agree to participate fully in all elements of the program, that means listen to every module in a timely manner and give it my full attention.
- ☐ I promise to make as many of the group calls as I can and to reach out for support on the calls when I need it. (Mastery participants only)
- ☐ I understand that everything that is shared by the other women in Live More Weigh Less is completely confidential.
- ☐ I promise to be kind and easy with myself if I make a wrong turn, and will lovingly get back on my path.
- ☐ I promise to support the other women in LMWL because I know that by helping others, I am healing.
- ☐ I understand that I will only get out as much as I put in.
- ☐ I understand that Sarah will provide the steps and the map, but I have to do the work.
- ☐ I agree that this is a positive place and I will not judge, snap or be mean to any other member.
- ☐ I promise to give this my all, with my whole heart.

SIGNATURE

**EXCELLENT! GLAD WE'RE IN AGREEMENT.
LET'S BEGIN.**



YOUR JUMPSTART PROGRAM

Let's get this party started!

**WRITE DOWN ANY THOUGHTS, A-HA MOMENTS OR QUESTIONS
YOU HAVE WHILE LISTENING TO THIS WEEK'S MODULE**

JUMPSTART PART 1

The one thing you need to stop doing in order to lose weight.

Imagine you stopped trying to lose weight. How would your life be different if you weren't trying to lose weight? What would you eat? How would you spend your time? How would you talk to yourself?

Probably, your number one or top priority was to be thin. What is your new top priority? And what steps are you going to take to work on this new project? (Here's an example: My new top priority is to be more social. These are some things I'm going to do to support being more social: Call my two close friends and plan dinner with them on Saturday. Say hello to the girl I always see in yoga class. Go to that meet-up group for opera singers I've been looking at. Say yes to the next social invitation I get. Work on telling myself that I'm fun and interesting to be around.) What about you?

MY NEW TOP PRIORITY IS:

THESE ARE SOME THINGS I'M GOING TO DO TO SUPPORT THIS:

**YOU ARE SO MUCH MORE THAN YOUR WEIGHT. I WANT YOU TO
SPEND SOME TIME REMEMBERING WHO YOU ARE.**

What did you love to do as a little girl? What is your unique talent? What's fun for you?
What do people come to you for? What makes you tick?

JUMPSTART PART 2

Designing Your Life

YOUR PAINTED PICTURE

This exercise is adapted from Cameron Herold's Painted Picture and an exercise given to me by Marie Forleo (www.marieforleo.com). You can go through Herold's exercise by downloading this PDF Chapter from his book Double, Double (www.doubledoublethebook.com).

I want you to lean out three years and visualize what you want your life to look like. We can't go anywhere if we don't know where we're going! I find that the greatest contribution to staying stuck is having no vision and low standards. I want you to dream big while still being grounded in reality. Have fun with this.

Answer the Following Questions in these 6 Areas:

BUSINESS / CAREER

What does your business/career look and feel like? How much revenue and profit? This section most closely follows Cameron's original exercise so have at it!

RELATIONSHIPS

What is your ultimate vision for your intimate relationship? What do you want to create, give, experience, share in terms of love, intimacy, passion, connection and fun?

FINANCIAL

What is your ultimate vision for your financial life? What do you want to earn, create, experience, feel, give away, have in terms of income, savings/investments/cash flow?

BODY & HEALTH

What is your ultimate vision for your body and health? What do you want to create, feel, experience, and enjoy in terms of your ideal body weight, your strength, stamina, endurance, flexibility? What about your health in terms of energy, vitality, confidence, nutrition and well-being?

LIFESTYLE

What is your ultimate vision for your lifestyle in terms of how often you work, travel, play, rest, see family and friends, enjoy creative hobbies, have adventures?

MENTAL / EMOTIONAL / SPIRITUAL MUSCLES

What is your ultimate vision for how you feel mentally, emotionally, spiritually - you're ability to live true to your values, to feel connected to your truth, to communicate lovingly and honestly with others, to feel empowered and strong in yourself even during challenging times?

JUMPSTART PART 2 - CONTINUED

Designing Your Life

CLARIFYING YOUR GAP

For each of the six areas (business/career, relationships, financial, body/health, lifestyle and mental/emotional/spiritual muscles) answer each question.

1. What has been preventing you from taking your _____ to the next level?
What habits, beliefs, behaviors, decisions or emotions have held you back?

BUSINESS/CAREER

RELATIONSHIPS

FINANCIAL

BODY/HEALTH

LIFESTYLE

MENTAL/EMOTIONAL/SPIRITUAL MUSCLES

CLARIFYING YOUR GAP - CONTINUED

2. What would it take to change it all? What fears, beliefs or thoughts can you transform? What actions can you take that are in service of your ultimate vision? What do you need to do now to create the _____ you want and deserve?

BUSINESS/CAREER

RELATIONSHIPS

FINANCIAL

BODY/HEALTH

LIFESTYLE

MENTAL/EMOTIONAL/SPIRITUAL MUSCLES

JUMPSTART PART 3

The 5 daily habits that will guarantee you success in this program

Let's be honest about where you are with these habits right now, before you start this program.

YES NO

☐☐

Daily Habit #1: Moving in the direction of my painted picture.

☐☐

Daily Habit #2: Having fun everyday.

☐☐

Daily Habit #3: Eating without distractions.

☐☐

Daily Habit #4: Moving my body.

☐☐

Daily Habit #5: Eating what my body wants when she wants it

What did you improve on this week?

What do you want to focus on for next week?

JUMPSTART PART 4

Setting Up Your Calendar For Success

Get out your calendar and create a sample week of your schedule how it is now. Include “getting ready for work”, your commute time, time you’re at work, commute time home, tv time, dinner time, fb time, feeding the kids, doing the laundry, going out with friends, getting ready for bed, everything.

Here’s two example of what your current calendar may look like:

IF YOU DON'T HAVE A FAMILY YET

7 am	SNOOZE ALARM
8 am	RUSH TO GET READY, SKIP BREAKFAST
	COMMUTE
9 am	WORK
10 am	
11 am	
12 am	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	COMMUTE
	COOK DINNER
7 pm	EAT DINNER, WATCH TV, GO ON FACEBOOK ALL AT THE SAME TIME
8 pm	
9 pm	
10 pm	DO DISHES, GET READY FOR BED, WATCH MORE TV
11 pm	

JUMPSTART PART 4

Setting Up Your Calendar For Success

IF YOU HAVE A FAMILY:

6 am	SNOOZE ALARM
7 am	THROW ON SWEAT, GET KIDS UP, FEED EVERYONE BREAKFAST
8 am	GET KIDS OUT THE DOOR
	RUSH TO GET READY AND LEAVE FOR WORK
9 am	WORK
10 am	
11 am	
12 am	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	COME HOME TO THE KIDS, MAKE DINNER
	GET THE MILLION THINGS DONE YOU SHOULD'VE DONE LAST WEEK
9 pm	GET KIDS TO BED
10 pm	CLEAN UP THE HOUSE
11 pm	WATCH TV WITH HUSB
	TOO TIRED FOR SEX, BED TIME

NOW I WANT YOU TO MOVE YOUR CALENDAR AROUND SO YOU CAN CREATE TIME FOR:

- 30 to 60 minutes everyday to work out and move your body
- 15 minutes for breakfast
- 30 minutes for lunch
- An hour for dinner (this will include cooking and prep time)
 - * if you want more time, go for it.
- 45 minutes to shower, and get dressed
 - * this does not include breakfast
- Time to have fun. This could be before, after or during work.
- If you have a partner in your painted picture and you're currently single you need to schedule time to date.
- Anything else you need to make a priority and schedule in your life? Check that list you made under Jumpstart Session #1.

JUMPSTART PART 4

Setting Up Your Calendar For Success

MAYBE YOUR NEW CALENDAR LOOKS LIKE THIS IF YOU'RE SINGLE:

6 am	UP AT 6:30 AM
7 am	DO A YOGA VIDEO
8 am	MAKE A SMOOTHIE, SHOWER, LOOK AWESOME
9 am	COMMUTE
10 am	WORK
11 am	
12 am	
1 pm	LUNCH BREAK, READ A MAGAZINE, GO FOR A WALK
2 pm	WORK
3 pm	
4 pm	BREAK, BACK MASSAGE AROUND THE CORNER
5 pm	WORK
6 pm	COMMUTE
7 pm	MEET FRIEND FOR AN ART CLASS
8 pm	INVITE THE GUY YOU WENT OUT WITH LAST WEEK FOR DINNER AND MAKE A BEAUTIFUL MEAL TOGETHER WHILE WATCHING THE SUNSET
9 pm	MAKE OUT FOR AWHILE AND SEND HIM HOME
10 pm	TAKE A BATH
11 pm	GO TO BED HAPPY

OR LIKE THIS IF YOU HAVE A FAMILY:

6 am	UP AT 6:00 AM
7 am	MEDITATE, SHOWER, MAKE A SMOOTHIE, DO MAKEUP
8 am	KIDS WAKE UP ON THEIR OWN COME DOWN FOR BREAKFAST, THEY LEAVE ON TIME AT 8:30
9 am	TIME TO GATHER THINGS CALMLY AND GET TO WORK
10 am	WORK
11 am	
12 am	
1 pm	LUNCH BREAK, READ A MAGAZINE, GO FOR A WALK
2 pm	WORK
3 pm	
4 pm	
5 pm	BABYSITTER PICKS UP KIDS AND STARTS DINNER
6 pm	GO TO A DANCE CLASS
7 pm	COME HOME AND HAVE A FAMILY DINNER, EVERYONE CLEANS UP TOGETHER
8 pm	READ KIDS A BOOK AND PUT THEM TO BED
9 pm	TIME WITH PARTNER, SITTING, CHATTING, HAVING A GLASS OF WINE AND GETTING A FOOT MASSAGE
10 pm	TAKE A BATH
11 pm	HAVE SEX, GO TO BED HAPPY

ANY CHALLENGES, WINS OR AH-HA MOMENTS YOU WANT TO RECORD? WHAT THINGS DID YOU NEED TO GET RID OF OR ADJUST IN ORDER TO FIT IN YOUR NEW PRIORITIES?

WEEK 1 / CHECK-IN

The 5 daily habits that will guarantee you success in this program

YES NO

☐☐

Daily Habit #1: Moving in the direction of my painted picture.

☐☐

Daily Habit #2: Having fun everyday.

☐☐

Daily Habit #3: Eating without distractions.

☐☐

Daily Habit #4: Moving my body.

☐☐

Daily Habit #5: Eating what my body wants when she wants it

What did you improve on this week?

What do you want to focus on for next week?

WAYS TO MOVE YOUR BODY

What ways are you excited about moving your body? Circle the ones you like.

GROUP IN-PERSON CLASSES

google these to see what's available in your city/town

Intensati (Like kick boxing with affirmations)
Group weight lifting classes
TRX
Spin
Boxing
Cross-Fit
Outdoor bootcamps
Bar Method (or similar)
Pilates
Yoga

DANCE CLASSES

Zumba
African Dance
African drumming
Hip Hop
Pole Dancing
Burlesque Dancing (excellent and sexy workout)
Lyrical
Ballet

INDIVIDUAL MOVEMENT

Run
Walk
Hike
Swim

WAYS TO MOVE YOUR BODY

What ways are you excited about moving your body? Circle the ones you like.

GREAT WORKOUTS TO DO IN YOUR HOME

Erin Stutland's "Shrink Sessions" <http://shrinksessionworkout.com>

Liz DiAlto's Wild Soul Movement <http://wildsoulmovement.com/>

Danielle Diamonds Xen Strength <http://xenstrength.com/>

The Tracy Anderson Method <http://tracyandersonmethod.com/>

PilatesAnytime.com <http://pilatesanytime.com/>

Pop Pilates <http://www.blogilates.com/>

**WHEN ARE YOU GOING TO DO THESE THINGS? WRITE IT DOWN
BELOW AND PUT IT IN YOUR CALENDAR!**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

RECOMMENDED READING

LOVE:

Mama Gena's School of Womanly Arts by Regena Thomashauer
Intimate Communion by David Deida
How to Make Every Man Want You by Marie Forleo
Enchanted Love by Marianne Williamson

FOOD & BODY:

Women Food and God by Geneen Roth
The Slow Down Diet by Marc David
The End of Emotional Eating by Geneen Roth
WomanCode by Alisa Vitti

CAREER:

The Fire Starter Sessions by Danielle LaPorte
The Four Spiritual Laws of Prosperity by Edwene Gaines
I Will Teach You to be Rich by Ramit Sethi

SPIRIT:

The Redbook by Sera Beak
A Return to Love by Marianne Williamson
Add More ~ING to your Life by Gabrielle Bernstein

MODULE 1: FUN!

*Why having a blast is critical to being
at your ideal weight*

**WRITE DOWN ANY THOUGHTS, A-HA MOMENTS OR QUESTIONS
YOU HAVE WHILE LISTENING TO THIS WEEK'S MODULE**

FUN PART 1

Why we don't have fun anymore and why it's so important.

What are all the reasons you don't make fun a priority?

What are the main causes of stress for you?

What does stress feel like?

Do you notice that you eat when you're stressed? What are some foods you go for?

How do you feel about making fun a priority? Does it make sense to you? What are your reservations or fears?

FUN PART 2

Getting on the same team as your body.

Explain how you currently feel about your body?

Do you find yourself blaming your body for your misery? Why?

What do you think your body is trying to tell you?

What is out of balance that needs fixing?

I WOULD LOVE FOR YOU TO WRITE AN APOLOGY LETTER TO YOUR BODY, AND THANK HER FOR GETTING YOUR ATTENTION, WRITE FROM THE HEART.

FUN PART 3

All the ways to have fun.

What stood out to you for fun things to do in each category?

PLEASURE

ROMANCE

FRIENDSHIP

ADVENTURE

ENTERTAINMENT

SPACE AND TUNING OUT

EDUCATION

CREATIVITY

I want you to write out your perfect day that is full of fun. If you're feeling stumped, try this: Think about your imaginary identical twin. Give her a name, mine is Sophie. And your twin looks exactly like you, but the main difference is that she has a ton of fun everyday. She is constantly playing. I want you to write down exactly what your twin's day looks like.

After spending a week having more fun, have you noticed any natural changes in your eating or how you think about your body?

FUN PART 4

How to stay in action.

If you were “pretending” to be a fun person, what things would you do differently?

What have you been waiting to happen in your life before you take action on certain things?

What is holding you back from taking action?

What are you scared might happen if you take action?

After taking action in the face of fear for a week, what evidence are you noticing in your life that supports taking this action? Is it getting any easier?

A NOTE ABOUT ADVENTURE WEEK

During Week 4 we'll all be taking a week off for "Adventure Week" which is a self-led experience of fun, romance and adventure. I want you to take some time this week, while we're talking about fun, to plan your adventure week. Do you want to get a group of women together and go to the beach? Do you want to go on a solo road trip? Do you want to plan a week of art projects with your family? Do you want to surprise your partner with a getaway? Can you take a day or 5 off of work?

A huge part of this program is experiencing what it feels like to live an incredible life, so whether you're close to home or miles away I want you to plan something adventurous for yourself. And remember, if you're not uncomfortable, you're not growing.

WEEK 2 / CHECK-IN

The 5 daily habits that will guarantee you success in this program

YES NO

☐☐

Daily Habit #1: Moving in the direction of my painted picture.

☐☐

Daily Habit #2: Having fun everyday.

☐☐

Daily Habit #3: Eating without distractions.

☐☐

Daily Habit #4: Moving my body.

☐☐

Daily Habit #5: Eating what my body wants when she wants it

What did you improve on this week?

What do you want to focus on for next week?

MODULE 2: FOOD!

*Everything Weight Watchers, your mother
and that diet book forgot to tell you about
food and weight loss.*

**WRITE DOWN ANY THOUGHTS, A-HA MOMENTS OR QUESTIONS
YOU HAVE WHILE LISTENING TO THIS WEEK'S MODULE**

FOOD PART 1

How to eat.

How do you currently eat? What distractions do you typically have around while you're eating?

What distractions do you need to remove?

What do you need to adjust in your life so you can remove those distractions? Be more focused in the morning at work? Get up earlier? Ask your partner to turn off the TV?

What ambiance do you want to create during your meals? Think of what you want to see, hear, touch and smell.

What do you need to do TODAY in order to create that ambiance at dinner?

FOOD PART 2

The best foods for weight loss and why counting calories is a complete waste of time.

What “food rules” do you need to ditch?

What foods are you currently eating that your body DOES recognize as food?

What foods are you currently eating that your body DOES NOT recognize as food?

What foods would you like to add into your life?

What do you need to do TODAY in order to have some of those foods at dinner tonight?

FOOD PART 3

My foolproof strategy for enjoying wine, cheese, chocolate and bread without gaining a pound.

How often are you currently eating foods you love but your body does not recognize as food?

How do you feel after you eat them?

How often would you rather eat these foods?

What foods do you want to eat 80% of the time?

What foods do you want to eat 20% of the time?

FOOD PART 3 -CONTINUED

My foolproof strategy for enjoying wine, cheese, chocolate and bread without gaining a pound.

How can you upgrade these foods to be higher quality or more enjoyable? Think about ingredients, ambiance, time of day, freshness etc.

How did you feel after making these changes?

FOOD PART 4

Why you know what to do but just aren't doing it.

Think back to right before you ate when not hungry, how were you feeling emotionally?

Are there any circumstances, events, situations or conversations that happen before you overeat?

What are you actually emotionally craving?

What are some ways you can fill those cravings besides eating?

FOOD PART 4 - CONTINUED

Why you know what to do but just aren't doing it.

How often are you eating when you are hungry vs. just wanting food?

What does hunger feel like to you?

What times of day, or times during the week are you eating when you're not hungry?

What do you typically reach for?

It's so easy to reach for food anytime we are bored, tired, stressed out, sad, lonely, anxious or over excited. Going forward I want you to do something for fun or a relaxing activity instead of eating when you're not hungry. Below I want you to write down all the things you typically crave, and what you can do as an activity instead.

Here's an example:

WHEN I CRAVE

Ice cream at 4pm because I'm bored

Chips at 10pm because I'm lonely

DO THIS INSTEAD

Go get my nails done or go for a walk

Call my friend and take a bath

ANYTHING ELSE YOU WANT TO DO FOR FUN, RELAXATION & CONNECTION?

PUT THIS ON YOUR FRIDGE!

WEEK 3 / CHECK-IN

The 5 daily habits that will guarantee you success in this program

YES NO

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Daily Habit #1: Moving in the direction of my painted picture.

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Daily Habit #2: Having fun everyday.

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Daily Habit #3: Eating without distractions.

☐☐

Daily Habit #4: Moving my body.

☐☐

Daily Habit #5: Eating what my body wants when she wants it

What did you improve on this week?

What do you want to focus on for next week?

MODULE 3: LOVE!

*Creating meaningful, fulfilling and
loving relationships with your parents,
partner and girlfriends.*

**WRITE DOWN ANY THOUGHTS, A-HA MOMENTS OR QUESTIONS
YOU HAVE WHILE LISTENING TO THIS WEEK'S MODULE**

LOVE PART 1

Why your family could be holding you back from having a life and body you adore.

What kind of relationship do you currently have with your parents?

Do you have any anger towards your parents? If so, what is it?

Take a leap, and assume we were meant to be the child of our parents, what lessons were you set up to learn?

Even if areas of your relationship were hard, how could they shape you into being a better person?

LOVE PART 1 - CONTINUED

Why your family could be holding you back from having a life and body you adore.

Fill in the blank:

I forgive my parents for....

Are there any boundaries you need to put in place? In what ways do you feel responsible for your parents?

When did this dynamic evolve as a child? Was there a set of circumstances that triggered this?

In what ways are you balancing out this dynamic in your eating?

What things do you need to change in order to get into a different dynamic?

Are there ways that your parents are still “in charge of you”?

What boundaries do you need to establish so that you can be in charge of yourself?

How has your family been the perfect family for you?

LOVE PART 2

*Finding or creating a relationship full of romance, support and really good sex
(even if you've been together for years)*

As you go through these questions, you may feel as if some are geared more towards specific relationship statuses, however, each question is helpful in its own way no matter what your current relationship status may be. I encourage you to go through and answer each one based on where you currently are in your life.

What is your relationship currently like? If you're single, how do you feel about relationships?

What is holding you back from dating?

What are all the things you think will be better about your life when you have a partner?

How can you make those things a reality for your life now?

What things can you do to get out of the house and start doing for fun?

What steps do you need to take to become the best version of yourself?

If you had to rate your current 'polarity' on a scale of 1-10 what would it be?

In what ways do you see your relationship affect your eating habits?

What masculine habits in your relationship would you like to stop?

How is sex a reflection of your relationship?

What do you want to change in your relationship so you can get some passion in your relationship?

If feeling shy about being physically naked is a proxy for being emotionally naked, what are you scared to reveal to your partner about your emotions, desires, soul and true self?

What are you worried their reaction will be if you reveal yourself?

Do you have any rules around sex?

What are your beliefs around sex?

Do you want to shift those beliefs? If so, to what?

What do you want your sex life to look like?

How do you want to feel before you have sex?

How do you want to feel while you're having sex?

How do you want to feel after?

Do you want one partner? Multiple partners?

How well do you ideally want to know the person you're making love to?

How often do you want to have sex? Always 5 days a week? Sometimes 7 times, sometimes go a month without it?

What kind of sex do you want to have? List all the kinds... fast and wild, slow and sensual, deep and dirty.

Where do you want to have sex?

What's your favorite time of day to have sex?

What steps do you want to take to create your ideal sex life?

What can you appreciate your partner for?

List 10 date night ideas:

LOVE PART 3

Your most important relationship: the one with yourself.

What are the things you say to yourself regularly?

What does that voice sound like? Does she have an age, personality or tone?

If someone you were close to said those things to you all the time, what would you do?

If your daughter (real or imagined) was struggling, would you talk to her the way you talk to yourself?

That voice is there for a good reason, what does she want for you?

If your daughter was struggling with the things you do, what would you tell her? How would you talk to her?

Do you make yourself a priority?

In what ways do you want to develop a better relationship with yourself?

Who are you besides your body?

What dates do you want to take yourself on?

Are there any guts reactions, intuitions, signs or messages that you're ignoring?

WEEK 4 / CHECK-IN

The 5 daily habits that will guarantee you success in this program

YES NO

☐☐

Daily Habit #1: Moving in the direction of my painted picture.

☐☐

Daily Habit #2: Having fun everyday.

☐☐

Daily Habit #3: Eating without distractions.

☐☐

Daily Habit #4: Moving my body.

☐☐

Daily Habit #5: Eating what my body wants when she wants it

What did you improve on this week?

What do you want to focus on for next week?

ADVENTURE WEEK!

Congratulations!

You are halfway through Live More Weigh Less and deserve a much needed break. This week is all about putting more fun, romance and adventure into your life. Back in week 1 I asked you to make some plans, go back and read what you wrote and make sure to make your ideas a reality.

Remember that having time for adventure doesn't happen naturally, we have to create the time. A big part of LMWL is putting our ideas into action and really experiencing the life we want TODAY! There will never be a good time to do things for yourself, so you might as well do it now.

HAVE FUN!

PLAN YOUR WEEK!

What are you going to do each day to make this week amazing?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 5 / CHECK-IN

The 5 daily habits that will guarantee you success in this program

YES NO

☐☐

Daily Habit #1: Moving in the direction of my painted picture.

☐☐

Daily Habit #2: Having fun everyday.

☐☐

Daily Habit #3: Eating without distractions.

☐☐

Daily Habit #4: Moving my body.

☐☐

Daily Habit #5: Eating what my body wants when she wants it

What did you improve on this week?

What do you want to focus on for next week?

MODULE 4: BODY!

How to ensure you never have to count a calorie, worry about portions or get confused about cravings ever again.

**WRITE DOWN ANY THOUGHTS, A-HA MOMENTS OR QUESTIONS
YOU HAVE WHILE LISTENING TO THIS WEEK'S MODULE**

BODY PART 1

Building a relationship with your body.

What things do you already trust your body to do for you without thinking?

What are all the things your body is useful for?

What are the action steps you want to do that will help you connect with your body?

BODY PART 2

The secret to eating the exact amount you need to lose weight without worrying about portions or hidden ingredients.

What does hunger feel like to you?

Of all the times you eat, what percent of the time are you hungry?

What is a food you typically want when you are hungry?

How can you get the healthiest version of that food?

What are you afraid you'll eat if you let your body eat what she wants?

Of that list, what does your 'head' want vs. your body?

Are there things you can do (instead of eating) that feel like some foods on that list?

**TAKE A MINUTE TO TUNE INTO YOUR BODY'S WISDOM, JUST FOR FUN,
AND ASK HER THESE QUESTIONS:**

How do you currently feel?

How do you want to feel?

What do you want?

What do you want to eat?

What do you want to wear?

How do you want to move?

Are you tired?

What do you need?

How can I take care of you?

BODY PART 3

Why “wanting to be thin” is a waste of time and why ‘following the feeling’ could get you the results you’ve never achieved before.

How do you think you will feel when you are thin?

How can you feel that way after your next meal?

How can you feel that way in 3 hours?

How can you feel that way after 24 hours?

BODY PART 4

What to do when you feel like shit.

Explain the situation that made you just feel terrible.

What are all the terrible things you're saying to yourself as a result?

Removing the drama and the promises, how do you feel physically? Explain it in a matter of fact way in great detail.

What were you emotionally trying to get from that food?

How can you ensure that you can get what you are emotionally craving in the future?

BODY PART 5

How to become one of those people who looooves to workout.

What is your current relationship with working out? Why do you workout?

How do you currently feel before, during and after your workout?

How do you want to feel before, during and after you move your body?

Check out the resources section for some fun ways to move your body! Make a list of the ones you want to try out here:

What do you need to shift around in your life to make time for moving your body?

BODY PART 6

Are you using your body for protection?

What are the benefits of holding onto extra weight? And what could be scary about being thin?

Do you ever fear attention? Why?

What judgement do you have about thin women?

How do you feel about sexy women?

How do you feel about beautiful women?

Anything here surprise you?

What do you need to stop judging people for?

What do you need to change about your attitude towards attention?

What is your flavor of sexy?

How you do want to communicate and act on your sexuality? What do you want interactions when there's attraction & when there's not to look like?

A NOTE ABOUT RETREAT WEEK

Can you believe that we only have two more modules left in Live More Weigh Less? I'm so proud of you for working so hard and really giving this your all. Something that a lot of us do is downplay our efforts and skip celebrating our successes. Most of us would just finish LMWL and move right on to the next thing without a well deserved pat on the back.

But I want you to finish up this program differently. I want you to reward yourself, even if you haven't been perfect. **ESPECIALLY** if you haven't been perfect. I want you to do something nice for yourself just for being you and just for showing up.

Retreat is during the 8th week in our program so just 2 weeks away and I want you to take some time right now to craft a juicy, relaxing week for yourself. Maybe that's booking a spa day, taking a bath everyday, going on a vacation or a weekend getaway. Whatever it is I want you to start making plans and book it now.

You deserve it.

WEEK 6 / CHECK-IN

The 5 daily habits that will guarantee you success in this program

YES NO

☐☐

Daily Habit #1: Moving in the direction of my painted picture.

☐☐

Daily Habit #2: Having fun everyday.

☐☐

Daily Habit #3: Eating without distractions.

☐☐

Daily Habit #4: Moving my body.

☐☐

Daily Habit #5: Eating what my body wants when she wants it

What did you improve on this week?

What do you want to focus on for next week?

MODULE 5: CAREER

Find a job you love or love the job you have

**WRITE DOWN ANY THOUGHTS, A-HA MOMENTS OR QUESTIONS
YOU HAVE WHILE LISTENING TO THIS WEEK'S MODULE**

CAREER PART 1

Love the job you have.

What are the things that currently piss you off about your job?

How is your eating currently affected by your job?

What are the benefits of your job?

Do you want to CHOOSE to stay there? Why?

How can you make your space more beautiful?

What do you need to change about your schedule?

How can you make those changes? Who do you need to talk to? What do you need to be more efficient at?

What would you like to change about your responsibilities?

What do you need to do to make that shift?

What else would make your current job so much better? A raise? More vacation? Better benefits?

How can you negotiate those things in a way that will benefit your boss or the company? Or how can you prove that you deserve them? How will getting those things allow you to be a better worker?

In what ways are you multi-tasking?

In what areas do you want to start uni-tasking?

PLAN YOUR WEEK!

What are you going to do each day to make this week amazing?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CAREER PART 2

Find a job you love.

What has been the biggest challenge in your life?

What are you meant to learn in this lifetime? I call this 'purpose'.

Do you want to help others overcome the same challenge that you had? I call this 'your mission'.

How can you use your career to further help you live in your purpose?

What are your unique talents? What comes easily to you?

What changes would you like to see happen in the world?

What are some critical elements for your ideal career?

What population of people do you want to work with?

Do you find yourself being jealous of anyone else's job? Who?

Where is the intersection between your purpose and your unique talents?

How can you make money doing this?

WEEK 7 / CHECK-IN

The 5 daily habits that will guarantee you success in this program

YES NO

☐☐

Daily Habit #1: Moving in the direction of my painted picture.

☐☐

Daily Habit #2: Having fun everyday.

☐☐

Daily Habit #3: Eating without distractions.

☐☐

Daily Habit #4: Moving my body.

☐☐

Daily Habit #5: Eating what my body wants when she wants it

What did you improve on this week?

What do you want to focus on for next week?

MODULE 6: SPIRIT

*How to meditate, manifest and intuit
without feeling like a woo-woo weirdo*

**WRITE DOWN ANY THOUGHTS, A-HA MOMENTS OR QUESTIONS
YOU HAVE WHILE LISTENING TO THIS WEEK'S MODULE**

SPIRIT PART 1

Spirituality 101.

What is your current relationship with spirituality?

What was your experience with spirituality growing up?

How do you feel about this idea of a higher power or an inner guidance system?

What times in your life have you felt the presence of 'magic'?

In what ways do you want to cultivate a relationship with spirit today?

SPIRIT PART 2

Femininity.

On a scale on 1-10 how much are you in touch with your femininity?

What actions are you going to take to get in touch with your femininity?

When have you felt the most feminine in your life?

When you are 'in your feminine' do you feel more connected to spirit? How so?

SPIRIT PART 3

Lack of faith.

What are you limiting beliefs and fears? List them all!

Where did you learn these?

Are these beliefs true?

What evidence do you have on the contrary?

What are you ashamed of? In other words, what are you hiding from people?

What are you worried would happen if someone found out?

Is this really true?

What do you feel like you don't have enough of?

What actions are you going to do so you know you always have enough?

What are all the problems you think you have?

What do you need to stop worrying about?

What are you going to bring into your life so you can feel safe, happy and whole?

SPIRIT PART 4

Fun and sexy practices to play with for abundance, weight loss or even falling in love.

What do you want to manifest in your life?

What are the steps you're going to take to do so?

Do you think you could benefit from meditating? Why?

What is going to be the most enjoyable and approachable form of meditation for you?

Have you ever felt intuitive? When?

Have you ever gotten a feeling that something's wrong, or a thought about someone or just a gut feeling? What did it feel like in your body?

What steps do want to take to become more intuitive?

WEEK 8 / CHECK-IN

The 5 daily habits that will guarantee you success in this program

YES NO

☐☐

Daily Habit #1: Moving in the direction of my painted picture.

☐☐

Daily Habit #2: Having fun everyday.

☐☐

Daily Habit #3: Eating without distractions.

☐☐

Daily Habit #4: Moving my body.

☐☐

Daily Habit #5: Eating what my body wants when she wants it

What did you improve on this week?

What do you want to focus on for next week?

WEEK 8 / CHECK-IN

The 5 daily habits that will guarantee you success in this program

**BEFORE YOU RECORD WHERE YOU'RE AT WITH YOUR DAILY HABITS
I WANT YOU TO TAKE A MOMENT TO COPY WHERE YOU WERE WHEN
YOU STARTED THE PROGRAM**

Week 1 Daily Habits:

Week 8 Daily Habits:

What has been the biggest improvement?

What are you most proud of yourself for?

What are you most surprised by?

RETREAT WEEK!

WOOO WOOO!! Congratulations on completing Live More Weigh Less. I couldn't be more proud of your dedication and friendship to myself and the other women in this program. Please know that you will feel the affects of LMWL long after the program is through and will continue to see incredible changes that you didn't even think were possible.

I want to invite you this week to let it all sink in. To take incredible care of yourself, love your body, nurture your soul and just be.

The best way to integrate these practices is to be still for awhile. Clear your calendar, say no, be selfish, create space - it's where the magic happens.

Know that I am always here, thinking of you and cheering you on. Reach out anytime at support@sarahjenks.com. We always love hearing from you.

To your incredible life and beautiful self,
SARAH
