

INTUITION DIET WORKBOOK

Welcome to the Intuition Diet. A radical new approach to help you lose weight, get healthy and live your best life!

This is the companion Workbook that will serve as your guide as you move through the six-week program.

This Workbook is an essential tool to make this program work successfully for you. Think of it as a “Booster Shot” to help you get the most out of your investment. By taking the time now to dig deep and really explore your thoughts, feelings and reactions to the material, the program will have a much more profound and lasting impact.

Studies show that when participants engage in multiple methods of learning new material (eg. listening, writing, seeing), it will be more readily learned, understood and remembered. Your time and energy is precious and that’s why it is so important that we maximize the chances that this will be your last weight loss and health program ever!

I strongly encourage you to complete the work book exercises each week, one section at a time. It will not take up too much of your time, expect to spend anywhere from 10-30 minutes each week completing these exercises.

The workbook is broken down into three sections: Exploration, Planning and Homework.

The Exploration section is designed to give you the opportunity to pause, reflect and think more about the content. It will allow you to fully experience all the program has to offer for both your health and your life.

The Planning section is designed to help you get prepared and think ahead. To make significant and lasting changes in your health, we need to make sure you have all the resources available to you in advance.

Lastly, the Homework section is designed to solidify all you have learned. I can teach you the material, but until you practice it for yourself, it will have little impact on your life. Homework is a crucial component to making this program work for you.

Of course, if you encounter any challenges or questions while completing the workbook, you always have the Private Facebook Group to jump into for advice, support or accountability.

Let’s get started on this incredible journey and discover now how your intuition is your very best guide to lose weight and live the happy, healthy, vibrant life you deserve.

Laurie Little, Psy.D.

Class One: Introduction to Wise Mind

EXPLORATION:

Name all of the weight loss programs you have tried in the past and roughly how old you were when you tried them:

What worked for you about those programs? Be as specific as possible.

What did not work for you? Be as specific as possible.

Have you ever tried to just focus on improving your health instead of focusing on losing weight? If so, how did that go?

What did you like about just focusing on your health?

What has been challenging about just focusing on your health?

Emotion Mind is the state of mind that suggests “How I feel is what is real.” Can you identify with this state of mind?

When you are in Emotion Mind, how does it impact your eating behaviors? Be as specific as possible.

Reasonable Mind suggests “What is logical is what is best for me, regardless of how I feel about it.” Can you identify with being in this state of mind?

If and when you are in Reasonable Mind, how are your eating behaviors different?

Wise Mind is a higher state of mind that uses both our emotions and our intellect to find the healthiest, wisest choice at every moment, also referred to as intuition. Can you identify with being in your Wise Mind?

Can you think of a time when you knew the right thing to do but could not explain very well how you knew it? Try to think of as many examples as possible and describe them or just list the situations.

Where did you feel this “knowing” in your body?

How often do you feel in your Wise Mind about your food choices?

Right now, regarding your goals and motivations, where do you fall on the continuum of weight loss vs health? Place a Mark where you believe you fall right now.



Why do you think you are falling at this place on the continuum right now? Be as specific as possible—this is very important!

TIME TO PLAN

Mindfulness, Journaling and Dream Work are three ways to help you access your Wise Mind or Intuition. This week we will practice one or a combination of any of these strategies.

What challenges might you face in completing your homework? (Think ahead: will people in your life be supportive? Can you ask others for help? Do you need to adjust your schedule?)

HOMEWORK

Week 1 Homework: Complete one of the following each day.

1. Practice Mindful Awareness for 5-10 minutes daily
Hints and Suggestions:

Remember to start with observing things that are concrete at first if you are new to mindfulness.

If you feel ready to move to more abstract things like thoughts and feelings or you are familiar with mindfulness go ahead

Remember to be kind and gentle and patient especially if this is new to you

2. Journaling your thoughts and feelings for 5-10 minutes daily.

Hints and Suggestions:

Use the Journaling Worksheet as guide

Write down all thoughts and feelings about any topic. If you don't know what to write about that's ok, just start with, "I don't know what to write about..."

Make sure you know that your writing is private and safe or else it might inhibit you

3. Write down your dreams immediately upon awakening each morning

Hints and Suggestions:

Use the Dreams Worksheet as a guide

If you don't remember your dreams, write down any thoughts, images, feelings or pictures that come to you when you first awaken

Remember to be patient and kind and try not to judge if you can't remember, it takes time

4. Any combination of the above

Hints and Suggestions

You can practice mindfulness on the nights you have more me-time but on a night when it is crazy with the kids or errands, consider journaling your dreams in the morning.

Be flexible.

Remember, Direction not perfection!

Remember, all of these strategies are in the service of getting in touch with your intuition and asking the bigger question, "Where do I fall right now on the continuum of losing weight vs focusing on health?" Getting very clear on this question is essential to moving forward.

Class Two: Eating on A Schedule and Listening To Your Body

EXPLORATION

What makes it challenging for you to stick to a regular eating schedule:

Job issues:

Family issues:

Sleep/Wake issues

Medical Issues:

Other issues particular to you:

List some things you can do to start adding more structure to your day? (eg. Start waking up at same time every day, ask boss for regular lunch break, join a carpool team to have more consistent pick up times for kids)

What does hunger feel like to you? Describe all the signs you feel when you are hungry:

How do you feel about getting hungry? Does it make you feel scared or panicky?

Have you ever used a tracking tool to monitor your food intake? If so, what did you use?

How does tracking your food intake lead you to feel?

For your ideal long term plan, what kind of tracking would work best with your lifestyle?

HOMEWORK

Create your own daily eating schedule and stick to it for one week. Make the same food choices that you normally would. Right now we are not focusing on food choices, we are just practicing the skills of using the clock and your body to guide when to start eating.

Use the Clock and Body (CAB) Eating Schedule Worksheet as a guide

Daily Schedule Sample:

Wake:	7:00 am
Check clock AND body	7:30 am
Breakfast:	7:30-8:30 am
Check clock AND body	12:00 pm
Lunch	12-1pm
Check clock AND body	4:00
Snack	4:00-5:00
Check clock AND body	6:30
Dinner	6:30-7:00

Your Daily Schedule:

Wake:	_____
Check clock/body	_____
Breakfast:	_____
Check clock/body:	_____
Lunch:	_____
Check clock/body:	_____
Snack:	_____
Check clock/body:	_____
Dinner:	_____

Class 3: EATING FOR PLEASURE AND EATING FOR NUTRITION

How much have you focused on What to eat in your diets in the past?

Do you feel like you already know what to eat or do you still struggle with not knowing what are good food choices?

What foods tend to make your body feel full and satisfied?

What foods tend to make your body feel tired, unsatisfied, wanting more?

How do you feel when you eat sugar?

Have you ever felt like you were addicted to sugar?

Have you ever tried to completely quit all sugars from your diet? If so, how did it go?

What is your intuition telling you right now about how best to proceed with your consumption of sugar? Would you do better (right now) with an abstinence approach or one of moderation?

PLANNING:

Print out the Build Your Plan Worksheet

Print out or view the Sample Meal Plans to use as a guide

Hints and Suggestions

Here are some *high protein foods* that you can include in your plan:

Hamburger	Steak	Chicken	Turkey	Pork	Ham	Tofu
Beans	Peas		Fish	Eggs	Milk	Cottage cheese
Yogurt	Cheese		Almonds		Peanuts	Cashews
Pecans	Sunflower seeds		Flax seeds		Pumpkin seeds	Edamame

Other:

Here are some *high fiber foods* you can include in your plan:

Bananas	Oranges	Apples	Mangoes	Strawberries
Raspberries	White beans	Garbanzo beans	Kidney beans	Lentils
Whole grain breads	Dark rye bread		Cracked wheat	Pumpernickel bread
Bulgur wheat	Brown rice	Wild rice	Barley	

Other:

Here are some *liquids you can sometimes replace with solids*

Orange Juice	Apple Juice	Cranberry Juice	Protein shake	Milk
Vegetable Juice	Tomato Juice	Fruit Punch	Soda	
Alcohol	Beer	Wine		
Other:				

Choose what tool will you use to track your intake (if any)?

Choose how you plan to track Consider following options:

- Plan out your day ahead of time and track all you consume regardless of outcome
- Plan out your day ahead of time so you have a general sense of the amounts/calories you plan on consuming and only track overages
- Plan out your day ahead of time, don't externally track but make mental notes of overages to make readjustments in plan for future

Choose your daily calorie goal to begin with?

Hints and Suggestions:

If you lean more towards focusing on health, keep your calories flexible between 1200-1500 per day and don't track but make mental notes. If you lean more towards weight loss, consider keeping calorie goal to around 1200 per day and use tracking tool)

What does your intuition tell you about when to weigh yourself?

Hints and Suggestions:

If you are leaning more towards weight loss, please do not weight more than once per week. If you are focused just on health, throw that scale away!

HOMEWORK:

Create your own meal plan for one week and see how it feels to you. Then answer the questions at the end of the week.

Meal Plan Sample #1

Event	Time	Food choice	Calories
Wake:	7:00 am		
Check clock/body	7:30 am		
Breakfast:	7:30-8:30 am	2 eggs, wheat toast, 1 orange, hot tea	300
Check clock/body	12:00 pm		
Lunch	12-1pm	salad, light dressing, 3.5 oz chicken, apple, string cheese	400
Check clock/body	4:00		
Snack	4:00-5:00	Greek yogurt	100
Check clock/body	6:30		
Dinner	6:30-7:00	4 oz pork loin, small sweet potato, salad with light dressing, wheat dinner roll with butter	410
			Total: 1210

Meal Plan Sample #2

Event	Time	Food choice	Calories
Wake:	7:00 am		
Check clock/body	7:30 am		
Breakfast:	7:30-8:30 am	½ cup Granola, ¾ cup plain non-fat Greek yogurt, ½ cup blueberries	325
Check clock/body	12:00 pm		
Lunch	12-1pm	1 cup turkey chili, 2 oz cheddar cheese, 1 small Pear	377
Check clock/body	4:00		
Snack	4:00-5:00	Hummus and cucumber	100
Check clock/body	6:30		
Dinner	6:30-7:00	4 oz salmon, 1 cup Brussel sprouts, ½ cup brown rice, salad light dressing	400

Total: 1202

Your Meal Plan

Event	Time	Food choice	Calories
Wake:	_____		
Check clock/body	_____		
Breakfast:	_____	_____	_____

Check clock/body	_____		
Lunch	_____	_____	
		_____	_____
Check clock/body	_____		
Snack	_____	_____	_____
Check clock/body	_____		
Dinner	_____	_____	
		_____	_____

Total: _____

Questions at end of week:

After 1 week of practicing this plan, on a scale of 0-100% how consistent would you rate yourself in keeping to this plan?

If you have had difficulty being consistent, what has gotten in the way? Ask your Wise Mind for clarity.

How do you feel physically after one week?

What changes in your mood have you noticed?

Have you been hungry?

- If you have been hungry, do you need to modify when you are eating?
- Are you eating enough? Is your calorie count too low?

- Are you choosing high protein, high fiber, solid foods?

To what extent have you been eating when you are not hungry? (see next class for help!)

Revise your meal plan for Week 2 to address any issues that are interfering with

- adherence
- hunger
- how you feel physically
- how you feel emotionally

Ask yourself the same questions at the end of each week and revise as needed

Class 4: Coping With Different Types of Hunger

EXPLORE:

What does physical hunger feel like to you?

What emotions are likely to trigger you to want to eat? Be as specific as possible

What situations, people or events are likely to trigger you to feel emotionally hungry?

What foods are likely to trigger mouth hunger for you?

What situations are likely to trigger mouth hunger?

To what extent do you feel that emotional and mouth hunger have sabotaged your weight loss and health efforts?

PLAN

Print out Emotional Hunger Worksheets

Print out Mouth Hunger Worksheets

HOMEWORK

Continue to follow your meal plan for week 3. In addition, when you notice the urge to eat but you are not physically hungry, complete either the Emotional Hunger Worksheet or Mouth Hunger Worksheet to help you identify the trigger and guide you how to cope.

Class 5: EXERCISE ON A SCHEDULE AND INCREASING DAILY MOVEMENT

Think of the activities and play you used to enjoy as a child:

How do you feel about exercise and movement now?

What exercise programs have you tried so far and what did you like about them?

What did you not like about them?

If you have not been consistent with exercising, what barriers have you encountered?

Physical barriers:

Negative Thoughts:

Emotional barriers:

Social/environmental barriers:

Financial barriers:

Finding your Fitness Personality

Do you love indoors or outdoors?

With people or alone?

Team sports or playful activities?

Do you like to compete with others or yourself?

Do you like thrill seeking or do you like to play it safe?

Do you get motivated by trackers and gadgets or does that put pressure on you?

Planful exercise or increase daily movement?

What does your Intuition tell you about how to incorporate more exercise and movement into your life right now?

PLANNING:

Print out the Fitness Plan Worksheet

Circle the SPORTS options you would enjoy or consider starting:

Aerobics Ballet Baseball Basketball
Biking Bowling Boxing Cycling
Field Hockey Football Frisbee Golf
Gymnastics Hockey Ice Skating Jogging Lacrosse
Racquetball Roller derby Running Skiing Snowboarding Soccer
Softball Swimming Tennis Volleyball Walking Weightlifting
Other:

Circle the CHORES options you would enjoy or consider:

Wash your car Mow the lawn Wash the windows Vacuum
Rake leaves Laundry Grocery Shop Paint a room Walk the dog
Garden Yard Work Clean out the attic, shed, or basement
Build a fence Power-wash your deck or the exterior of your home
Rearrange the furniture
Other:

Circle the PLAY options you would enjoy or consider:

Belly Dancing Boating Canoeing Dancing Hiking
Hopscotch Horseback Riding Hula hooping Jumping rope

Laser tag Paintball Pilates Ping-Pong Playing catch Rock Climbing
Roller Blading Roller Skating Skateboarding Tae Kwon Do Trampoline
Treadmill Wii sports games Yoga

Other:

Circle the MOVEMENT options you would enjoy or consider:

Take the stairs instead of the elevator Walk or bike to work
Park farther away from your office or shopping Get off the bus or subway a
few stops early Replace your desk chair for a fitness ball Walk to lunch
Walk down the hall to talk with a co-worker instead of email Walk or ride a bike to
run errands

Other:

What does your Wise Mind tell you about tracking your fitness/movement?

Understand your WHY. What is your personal goal for fitness/movement:

HOMEWORK:

Create your own Fitness plan by completing the Fitness Plan Worksheet

Follow the plan for one week and answer the following questions:

On a scale of 1-100% how consistent was I with my fitness plan?

How did I feel physically about my plan?

How did I feel emotionally about my plan?

If I was not consistent, what barriers did I encounter during the week?

Hints and suggestions:

Look at any

Negative thoughts

Issues in the environment

Social pressures from others

Did I forget my why?

If I tracked, did I find it helpful and motivating, or pressured and guilt-inducing?

What do I need to do to revise my plan for next week so that it meets my needs better? Ask your Wise Mind for help.

My Fitness Plan:

Scheduled Activity: I commit to doing _____ and _____ for _____ time(s) per week for 4 weeks.

Increasing Movement: I commit to increasing my movement by: (add as little or as much as you wish)

After 4 weeks, complete the following:

On a scale of 0%-100%, how consistent was I with my goal?

If I was less consistent than I had hoped, do I think my goals were too high?

Did any thoughts interfere?

Did any environmental or social situation interfere?

Did I forget my WHY?

How can I revise my plan to make it more realistic?

Scheduled Activity: I commit to doing _____ and _____ for _____ time(s) per week for 4 weeks.

Increasing Movement: I commit to increasing my movement by: (add as little or as much as you wish)

Every month, ask yourself the above questions and re-evaluate as needed until you find a level of movement that is working for you *consistently*.

Class 6: ACCEPTING YOURSELF AND WORKING TOWARDS CHANGE

How much judging do you think you do of others vs. yourself?

Get to know yourself:

What do you enjoy doing:

What hobbies did you used to love but may have stopped?

What topics in movies, music, art and books interest you?

Do you have interests that others judge or criticize you for?

If so, can you still enjoy them?

Do you enjoy spending time alone?

What kinds of activities can you do by yourself?

Try something new every day:

What did you used to love to do but gave up?

What have you always wanted to try but never had the courage?

What would you love to learn more about even if it has no use or purpose?

Can you think of people in your life who bring negative energy to you, or who you feel bad about yourself after having spent time with them?

What are some ways you can limit your contact with these people?

Developing a MANTRA:

Circle below any mantra that might be a good fit for you:

I love myself	I allow love	I allow peace	
I accept myself	I am healthy	I am fit	
I am worthy	I can	I will	
I deserve	I am power	I am strength I am wise	
I am strong	I know I am truth	I am courage	
I am love	I am authentic	I believe	I forgive myself

I am loving

I am at peace I trust myself

I deserve love

I am ok

I am perfectly imperfect

Choose a Mantra that you will say to yourself and surround yourself with for at least one week:

After practicing the Loving Kindness Meditation/Visualization **to others**, how did you feel?

Was it challenging?

Did you start small, short increments?

After practicing the Loving Kindness Meditation/Visualization **to Yourself**, how did you feel?

Was it challenging?

Which was more challenging, to others or towards yourself?

What are some ways in each of the main domains that you could benefit from some positive change:

Physical

Cognitive

Emotional

Social

Spiritual

Which domain is most important to you right now?

PLANNING

Print out the Mantra Worksheet

Print out the Working Towards Change Worksheet

HOMEWORK

Create a Mantra that works for you right now and make it visible and accessible to you daily

Complete the Working Towards Change Worksheet and consider the goals you would like to address over the course of the next year in each of the major domains

Pick one small action step you can complete in the next week. Just one.

Continue to share in the Facebook Group as you solidify all you have learned from this program.