



Lose Weight By Listening to Your Body

January Jumpstart 2023
4 Day Event Workbook

Thank you

Thank you for taking the time to participate in the January Jumpstart 4 Day Event! I created this program to help you heal the root your weight issues so you can free yourself from feeling unhappy with your weight and live your happiest and most confident life.

Congratulations are also in order!! Because you said YES to participating in this event, you are much more likely to hit your weight goals in 2023! By participating in this program, you are committing to "learning better so you can do better." This mindset is going to create lots of positive momentum for you!

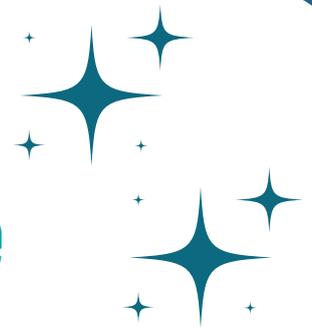
Doing better every day and making small positive steps in the direction of our weight goals are the route to having the body and life you love. I hope this program provides you with an excellent jumpstart on your 2023 weight loss goals, and I look forward to watching you succeed this year!!

With Love

Natalie



Meet Your Coach: Natalie



**Founder and Acupuncturist of
Family Care Acupuncture**

Intuitive Weight Loss Coach

Wellness and Health Expert

I created this 4 day event to help the participants understand why they struggle with their weight so that they can finally overcome their obstacles and reach a sustainable, healthy weight. This program concludes with an Intuitive Eating Masterclass to help participants learn how to check in with their bodies and make food choices based on Intuition over guesswork. I am so glad you're here, and I can't wait to help you!!

Let's get started!



Class Schedule

Jan 6: 8pm PT - Day 0: Introductions

Jan 7: 8 pm PT - Day 1: Closure and Healing

Jan 8: 12 pm PT Day 2: The Ripple Effect

Jan 9: 12 pm PT Day 3: The GAP

Jan 10: 12 pm PT Day 4: Intuitive Eating Masterclass

All classes will be LIVE in our Facebook group:

www.AskCoachNat.com



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Intuitive Weight Loss School Contract

I, _____ (name), commit to participating in the Intuitive Weight Loss School's 4 Day January Jumpstart Program with an open heart and mind.

I understand that in order to grow, I will have to try new things outside my comfort zone. I also understand that when I do things outside of my comfort zone, I may feel internal resistance.

Internal resistance comes in the form of feelings: frustration, being easily distracted, feeling disappointed, feeling stupid, feeling sad, wanting to quit, desire to do check out activities (shopping, smoking, drinking, social media, etc.) or having a negative attitude.

I understand that the feelings of internal resistance are part of what has held me back from losing weight in the past, and that I will probably experience these feelings again during this healing process.

I understand that these feelings are NOT a sign to quit or give up. These resistance type feelings are just a clue that I have something to heal in this area and I should dig a little deeper.

I am committed and willing to do my best and try my best even when I feel internal resistance because I am ready to lose weight and get healthy in 2023!!

Signature

Date





Lose Weight By Listening to Your Body

DAY 1: Closure and Healing

WELCOME TO CLASS!

Your Intuitive Weight Loss School journey begins with letting go of the past to clear space for a new future.

For our purposes here, we need to gain a better understanding of ourselves through the process of reflection. Reflection simply means thinking about what happened in the past.

We have “closure” when thinking about the past no longer causes us to feel angry, frustrated, sad, anxious, or other negative emotions. When we have closure, we feel at peace with the situation and accept the outcome.

We strive to feel closure because it means that we have healed from the event and can move forward with positive momentum.

The first step of your weight loss journey is to reflect on your life experiences to this point and figure out where things got off track with your weight.

The purpose of this exercise is NOT to cause you to feel bad - it's just to help you see yourself from a broader perspective and to help you discover what areas need closure. Your physical weight today has nothing to do with your overall value as a person. The exceptional value of a multidimensional human cannot be measured with a scale that only calculates the force of gravity on your body.



Closure = Healing

Closure = Forgiving yourself (for not being perfect)

Forgiving yourself means that you accept that you did not achieve the desired result of your efforts, and you are now choosing to allow yourself to grow and learn more skills and tools to improve yourself and reach your goal weight. Lack of success losing weight is caused by a lack of tools – not because of incompetence.

Always remember, you did the best you could in the moment – and all anyone can expect from you is.. your best. <3



Why is Closure so Crucial for Success?

It's important to feel strong and empowered when starting a weight loss routine, and if you're feeling broken in some physical, emotional, or spiritual capacity, this broken aspect is likely to slow or stop your weight loss progress at some point in your journey.

Closure means we're ready to start fresh, with an open mind and heart, and make the changes and adjustments needed to reach your goals. People who begin "The 5 Elements of Weight Loss" program from a place of optimism and positivity have the greatest success. Forgiving yourself for past mistakes is important for feeling optimistic about success in the future.

If we are not yet ready to let go of the past or if we're feeling too stuck in that experience to even process it – we can't move forward or start a new program. If you feel stuck, this is a great time to reach out for professional support. Working with a mental health specialist like a therapist, counselor, or psychologist can rapidly speed up healing. It's 100% worth the investment to get your life back!



JANUARY JUMPSTART

REFLECTIONS

1. Did you experience a trauma or a mental/physical event that led you to gain weight afterward? Explain what happened.

Light blue rectangular box for reflection 1.

2. Did "medical conditions" or "medications" cause you to gain weight? Explain.

Light blue rectangular box for reflection 2.

3. Did you experience "work changes" that led you to gain weight? Explain.

Light blue rectangular box for reflection 3.



JANUARY JUMPSTART REFLECTIONS

4. Did you gain weight during or after a stressful event or life change? What happened?

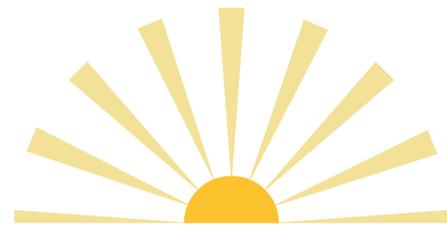
Light blue rectangular response area for question 4.

5. Did you have a (break up/divorce/upsetting social event) that hurt your self esteem and led to gaining weight?

Light blue rectangular response area for question 5.

6. Were you unable to take care of your (physical/emotional/mental/spiritual) needs and it led you to gain weight? What happened?

Light blue rectangular response area for question 6.



JANUARY JUMPSTART REFLECTIONS

7. Does the whole process of gaining weight and losing weight confuse you?
What areas are your biggest question marks?

Light blue rectangular response area for question 7.

8. Do you feel unsure about where to start or how to start losing weight now?

Light blue rectangular response area for question 8.

9. What is your first memory of being embarrassed of your weight?
• Clothes didn't fit, someone made fun of you, no one asked you to the dance, etc.

Light blue rectangular response area for question 9.



JANUARY JUMPSTART REFLECTIONS

10. What is your first memory around weight loss? How old were you? Is this memory positive or negative?

11. How long have you been feeling bad about your weight this time?

12. How much time do you spend thinking about food during the day? Explain.



JANUARY JUMPSTART REFLECTIONS

13. How often do you think negative thoughts about your body?
How many minutes or hours per day?

Light blue rectangular area for reflection.

14. How often do you think about being fat? How many minutes or hours per day?

Light blue rectangular area for reflection.

15. How often do you say mean things to yourself, like calling yourself fat or stupid or disgusting? Are there any triggers that cause you to be mean to yourself?

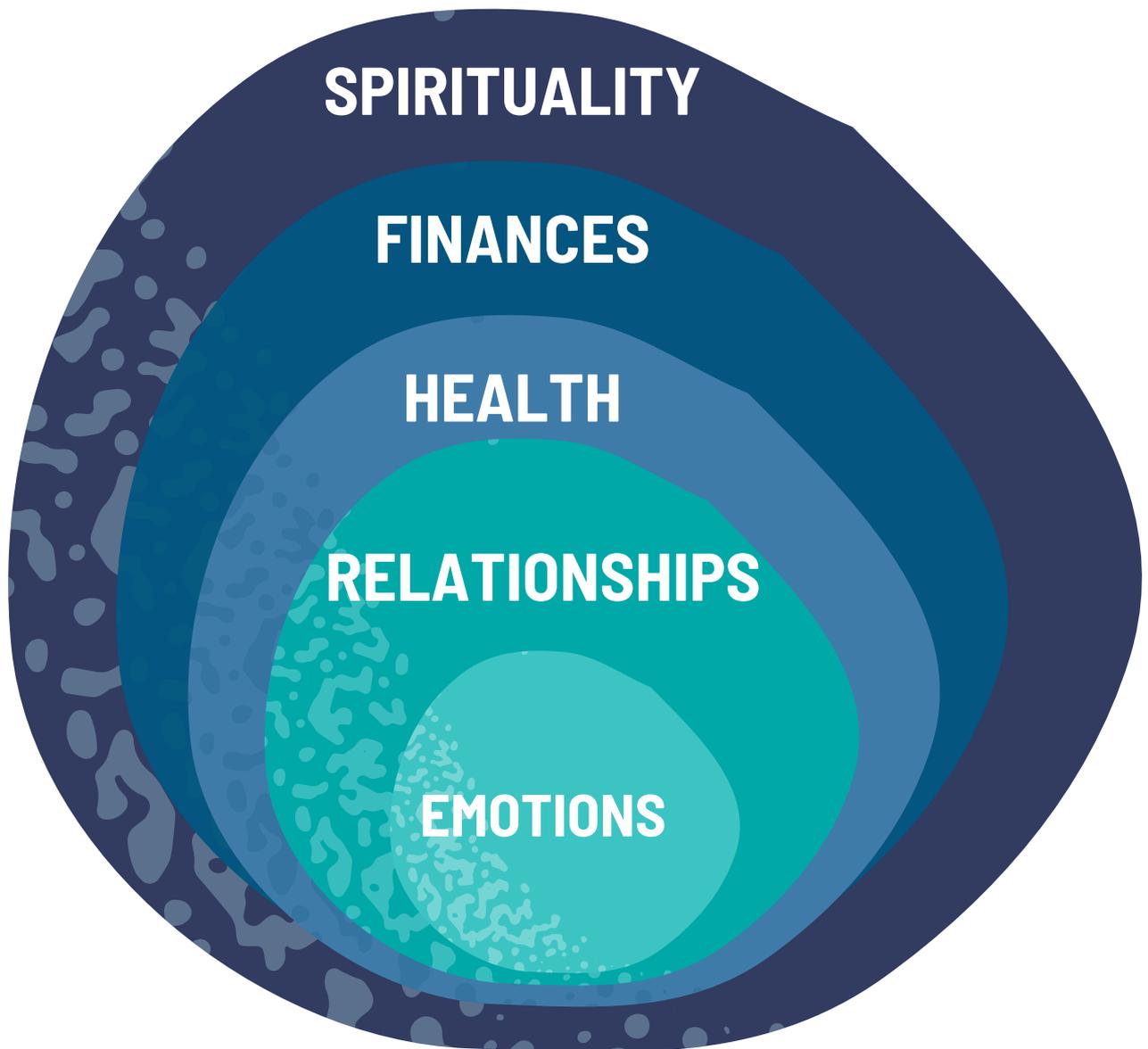
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Lose Weight By Listening to Your Body

DAY 2: The Ripple Effect

The Ripple Effect of Being Fat





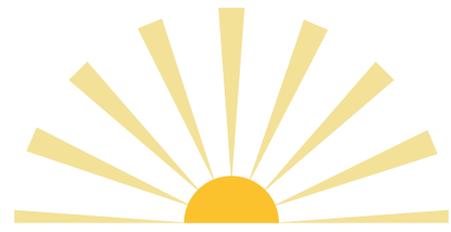
RIPPLE EFFECT

REFLECTIONS

1. How does your weight effect you emotionally?

2. How does your weight affect your relationships?

3. How does your weight impact your health?



RIPPLE EFFECT

REFLECTIONS

4. How does your weight impact your finances?

5. How does your weight impact you spiritually? Do you feel you are living your life purpose?

6. Of all these questions, did any of the impacts surprise you?



Lose Weight By Listening to Your Body

DAY 3: The GAP



THE GAP

REFLECTIONS

1. What does health look like for you: Emotionally and Physically?

Light blue rectangular box for reflection.

2. What does health look like for you: Relationships, Financially?

Light blue rectangular box for reflection.

3. What does health look like for you spiritually? What do you think about you life purpose?

Light blue rectangular box for reflection.



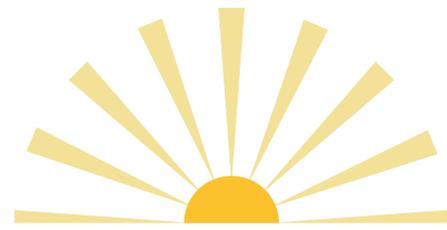
THE GAP

REFLECTIONS

4. How much does it cost to be sick Emotionally and Physically?

5. How much does it cost to be sick in your Relationships and Financially?

6. How much does it cost you to be sick spiritually? How does this affect your life purpose?



THE GAP

REFLECTIONS

7. What triggers might come up that will make losing weight harder? How can you avoid them or manage them? Do you need help with this?

Light blue rectangular box for reflection.

8. What feelings might come up that will making losing weight harder? How can you manage them without food? Do you need help with this?

Light blue rectangular box for reflection.

9. What excuses might come up that will make losing weight harder? How can you avoid them?

Light blue rectangular box for reflection.



THE GAP

REFLECTIONS

10. Where can you make time for healthy activities every day?

11. What healthy activities can you do every day?

12. What healthy activities can you do a few times a week?



THE GAP

REFLECTIONS

13. What healthy activities can you do periodically or a few times a month?

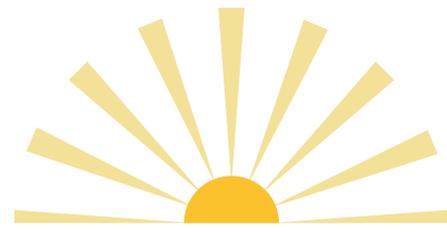
14. How would you rate your self esteem 0-10? How long have you felt that way?

15. How are you doing with Self Care right now?
Doing it regularly? What's your routine? What habits are you using lately?



Lose Weight By Listening to Your Body

**DAY 4: Intuitive Eating
MASTERCLASS**



MASTERCLASS

REFLECTIONS

1. What is the difference between HUNGER and APPETITE?

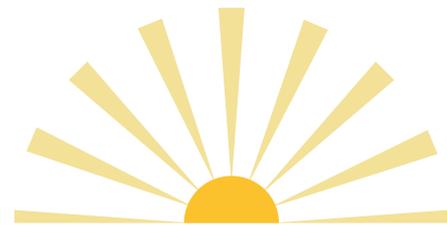
Light blue rectangular box for reflection.

2. Do you typically check in to see if you are **physically hungry** before you eat?
What does physical hunger feel like in your body?

Light blue rectangular box for reflection.

3. What feelings spark your **appetite**?
What foods do you typically eat when those feelings hit?

Light blue rectangular box for reflection.



MASTERCLASS

REFLECTIONS

4. What is one method you can use to see if you are physically hungry or emotionally eating?

5. What can you do to redirect yourself away from eating if the food craving is just your appetite and you are not physically hungry?

6. Name something else can you do to redirect yourself away from eating if your food craving is not from physical hunger.

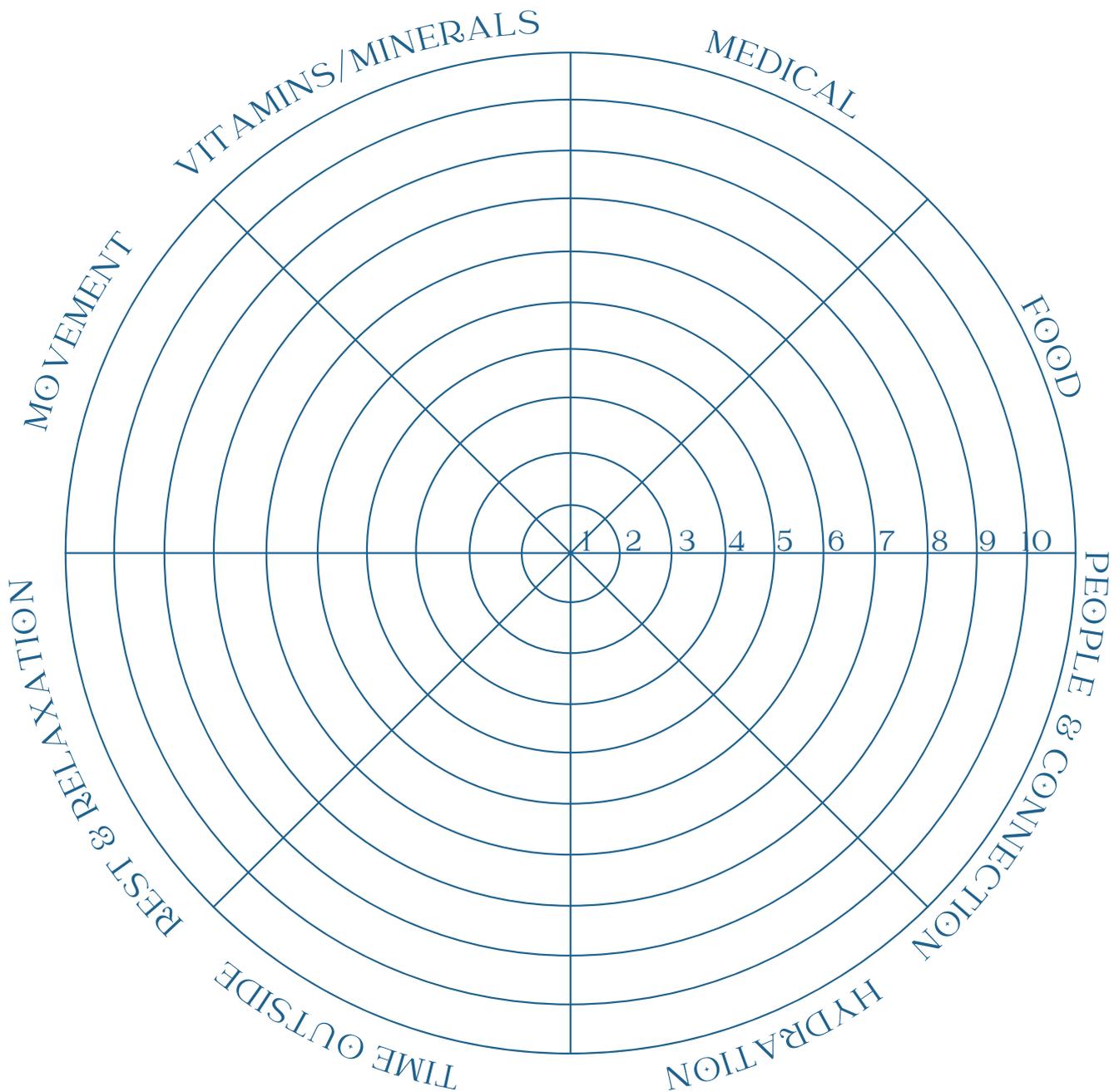
WHEEL OF

8 BODY NEEDS

THE WHEEL OF NEEDS IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR BODY MORE BALANCED.

THINK ABOUT THE GRADE YOU WOULD GIVE YOURSELF IN THE 8 BODY CATEGORIES BELOW, AND RATE THEM FROM 1 (LOW) - 10 (HIGH) ON THE GRAPH BELOW.

(SEE THE NEXT PAGE FOR PROMPTS THAT CORRESPOND TO EACH CATEGORY.)



Prompts for the 8 Categories

1. Medical: How well do you take care of your medical conditions? Do you get regular check ups?
2. Food: How well do you eat? Homemade? Organic vs Fast Food?
3. Relationships: How well are you getting along with the people in your life? Think about all the people you see on a regular basis.
4. Hydration: Are you getting enough water in every day? 80-100oz.
5. Time Outside: getting fresh air, being in the sunshine, time in nature
6. Rest & Relaxation: Plenty of sleep at night, balanced schedule, relaxation time, vacation time, quality time
7. Movement: Moving the body - any form of exercise or activity
8. Vitamins/Minerals: Are you getting enough nutrients? Do you take vitamins or supplements? Do you eat a balanced diet?





MASTERCLASS

REFLECTIONS

7. Did you know you had 8 needs of the body?
What needs were new to you?

8. Which of the 8 body needs are you doing a good job with currently?

9. What areas of the 8 needs chart do you need to work on?

In Closing...

I deeply hope that this 4 day event to helped you understand why you have struggled with your weight so that you can finally overcome those obstacles and reach a sustainable, healthy weight in 2023!

I also hope you walk away from this event with the tools to heal emotional eating and that you feel inspired to listen you your body and let you body guide you to a healthy weight naturally.

If you would like more support, talk to me about my 6 month weight loss program. I would LOVE to help you heal and reach your goal weight in 2023!! <3

*XO,
Natalie*



www.NatalieMich.com