

BY YOUR NAME HERE

# WORKBOOK

YOUR PERSONAL ROADMAP TO A HEALTHY LIFESTYLE



## MAINTAINING YOUR NEW HEALTHY HABITS

Creating new habits takes time and patience. During this programme you have made many changes, learned new ways of thinking and no doubt have discovered a lot about yourself.

All your hard work and effort you put into this programme will stay with you forever, but your journey is not over. The next step is to maintain all the new habits and insights you have achieved.

To keep all the new pathways in your brain alive you have to keep using them. It's like when you learn an instrument, if you don't play it for a while, you may forget some of the scales and songs and theories

Now is not the time to put away your worksheets and forget all about what you have done over the course of the programme, because then old habits will slowly creep back in. Your old pathways in your brain will be reactivated.

This workbook will help you to keep your new habits in place and reinforce them. Once you have completed the workbook, keep it close to you, and read it on a regular basis. It is your personal roadmap to a healthy lifestyle. Use the following pages to reflect and consolidate what you have learned over the past 8 weeks about yourself and how you relate to food.



# WORKSHEET 1

## WHAT ARE MY GOALS?

**QUESTION #1:** What are your goals and vision for the future?

**QUESTION #2:** What do you need to put in place for yourself to help you achieve your goals?

**QUESTION #3:** What obstacles are in the way of your goals and vision?

# WORKSHEET 2

## HOW CAN YOU PREPARE YOUR ENVIRONEMENT TO SUPPORT YOUR NEW HABITS?





mindful

## WHAT CAN YOU DO TO EAT MINDFULLY?

# WORKSHEET 4

WHAT POSITIVE CHANGES HAVE YOU MADE THROUGHOUT THE PROGRAMME?

## HOW WILL YOUR NEW HABITS IMPORVE YOUR LIFE?



# WORKSHEET 6

## SABOTAGING THOUGHTS

**INSTRUCTIONS:** WHAT THOUGHTS KEEP DERAILING YOU? REMEMBER THAT YOUR THOUGHTS LEAD TO ACTIONS/BEHAVIOURS. USE THE POWER OF YOUR THOUGHTS TO BRING ABOUT HEALTHY BEHAVIOURS.

SABOTAGING THOUGHT



ALTERNATIVE THOUGHT

SABOTAGING THOUGHT



ALTERNATIVE THOUGHT

SABOTAGING THOUGHT



ALTERNATIVE THOUGHT

SABOTAGING THOUGHT



ALTERNATIVE THOUGHT





# WORKSHEET 7

## TRIGGERS

## INSTRUCTIONS: WHAT ARE YOUR TRIGGER SITUATIONS?



## TIPS ON HOW TO CONTINUE WITH YOUR NEW HEALTHY LIFESTYLE

Learn to listen to your body. Are you really hungry, or are you desiring or craving food? Often, we eat when we feel emotional and not physical hunger. Tune in to your body and explore if it is physical hunger and need to eat, or is there something else you need? It may be a rest if you are tired or stressed, or it may be just a moment to explore how you really feel.

Keep a food diary. Write down what you eat, when you eat and what are you thinking and feeling when you eat? This will help you to stay on track and to spot possible pitfalls.

Learn how to respond to sabotaging thinking. Answer back to your sabotaging thoughts. Create and read your response cards regularly.

Make a plan for your trigger situations. For example, coming home late from work might be a trigger or busy afternoons when children are home from school and life gets really busy. Or it could be sitting in front of the TV in the evening.

Keep practicing to eat slowly and mindfully.

Be kind to yourself and give yourself credit every day for the positive changes that you made, rather than be disappointed in what you didn't do

Read your worksheets and Index cards regularly.



# WORKSHEET 8

## TRIGGERS

**INSTRUCTIONS:** WHAT ARE THE SIGNS THAT OLD HABITS ARE COMING BACK? WHAT STEPS CAN YOU TAKE WHEN YOU NOTICE THEM?



# WORKSHEET 9

**QUESTION #1:** What challenges are you struggling with at the moment?

**QUESTION #2:** What do you need to put in place to help you overcome those challenges?



# WORKSHEET 11

IDENTIFY GOALS

**INSTRUCTIONS:** Write into each shape a goal you have that is not a number on the scale.





## WORKSHEET 10

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**QUESTION #1:** HOW WILL YOU KNOW THAT YOU HAVE REACHED YOUR GOAL?

**QUESTION #2:** HOW WILL IT FEEL WHEN YOU HAVE REACHED YOUR GOAL?

**QUESTION #3:** WHAT STEPS CAN YOU TAKE TO MAINTAIN YOUR GOAL?

**QUESTION #4:** WHAT WILL YOU PUT IN PLACE TO HELP YOU WITH ABOVE STEPS?

**QUESTION #5:** WHAT CAN YOU GIVE YOURSELF CREDIT FOR?





## THE 5 MINUTE RULE

The 5-minute rule is a tool for your toolbox that will help you apply activities that you have identified as coping strategies when you are faced with triggers and cravings.

This is how it works:

When you catch yourself having a sabotaging thought or you are experiencing a craving:

- 1) Think “STOP” – visualize a red stop sign
- 2) Recognise the thought – i.e.  
“I deserve.....”, “I am stressed,.....I need.....”
- 3) Ask yourself “what is my coping strategy?”
- 4) At this stage, you may have another sabotaging thought – for example: “I don’t want to call a friend or do a crossword, etc.”
- 5) Now the 5 MINUTE RULE comes into action!!
- 6) You say to yourself:  
“Ok, I don’t feel like doing a crossword, call a friend, etc. but I will do it for 5 minutes and then stop if I don’t like it”.

You may find that you carry on with the activity for longer anyway. Applying the 5 minute rule is a skill and the more you practice it. It is a skill that gives you a moment to pause and check in with yourself and figure out what you really need.



## W O R K S H E E T 13

Stress often leads to overeating and makes it difficult to stick with a healthy eating plan. Stress can lead to overeating on high sugar/high fat foods or reach for the take away menu.

Take a moment to reflect on what you do when you are stressed..

A large, empty rectangular box with a light gray background, intended for a person to write or draw their reflections on stress.

What can you do to reduce stress in your daily life?

A large, empty rectangular box with a light gray background, intended for a person to list or write down strategies to reduce stress in their daily life.

Suggestions to help you reduce stress in your life:

- \*MINDFULNESS EXERCISES
- \*MAKE TIME FOR HOBBIES
- \*PLAN YOUR WEEK AHEAD
- \*PUT TIME FOR YOURSELF INTO YOUR DIARY
- \*ASK FOR HELP IN DAILY CHORES



## SETBACKS

It is completely normal that from time to time you will experience occasional setbacks.

However, a setback does not mean you have to give up. A few unplanned unhealthy meal choices are just that, they don't mean you have gone back to old habits. Don't beat yourself up and instead look at the situation and figure out what led you to making those choices. View the situation as an opportunity to learn from it and plan how you can deal with it better in the future.

If you have gone off track, consider what steps do you need to take to get back on track? In this way, you are using a lapse as an opportunity to learn from your mistakes. Just remember you can

**Make your next meal a healthy one!**

CONGRATULATIONS!

WELL DONE ON COMPLETING THE  
COURSE ON OVERCOMING EMOTIONAL EATING.

REMEMBER YOU HAVE LEARNT NEW SKILLS  
WHICH NEED TO BE PRACTICED, JUST LIKE  
LEARNING A NEW INSTRUMENT.

THE MORE YOU PRACTICE,  
THE BETTER YOU WILL BE AT IT!

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