

Phase 3

Behind The Binge
WORKBOOK

MaKai 
nutrition

Phase 3:

External Health Values

Phase 2

Cope With Emotions

Cope With Emotions

Managing Comments From Others

External Health Values

What Is Health?

Gentle Nutrition

Joyful Movement

Creating YOUR Healthful Life

COPE WITH EMOTIONS

Emotional Toolbox

Think of things you like to do that leave you feeling uplifted. Think of this as a reset button. This is a list of things that will act as your "reset button" when you need one.

MANAGING COMMENTS FROM OTHERS

What's in our control

Explore the comments you have received from others

Comment:

How did you feel:

What action did you take (what did you say/do):

Was there any action you wish you had taken:

REFRAMING THOUGHTS

Become your own ally

What is the narrative behind an activating event/comment?

Identify the first time you were ever told this narrative and who it came from.

Would you repeat this narrative to someone close to you around that same age
or your younger self?

What would you ACTUALLY say? This is your real voice.

START WITH WHY

External Health Values

Have you made peace with the idea that honoring your health does not necessarily mean weight change?

Have you made peace with the idea that there is not one perfect picture of health and it does not mean all or nothing?

Why are you choosing to honor your health?

How will honoring your health make you FEEL?

EXTERNAL HEALTH VALUES

What Is Health?

Besides your beliefs around weight, what is health to you?

Physical

Mental

Spiritual

Social

EXTERNAL HEALTH VALUES

What are health-promoting behaviors?

What behaviors do you identify are healthy that you enjoy in life?

Physical

Mental

Spiritual

Social

GENTLE NUTRITION

Hierarchy of Needs

Explore what each pillar means to you to strengthen your ability to ditch the black-and-white/all-or-nothing mentality around "health" foods.

Adequacy

Balance

Variety

Individual Foods

MOVEMENT

Pursuit of Joyful Activity

Forget militant exercise. Just get moving and feel the difference.
Shift your focus to how it feels to move your body, rather than the
calorie-burning effect of exercise.

What types of movement do I enjoy?

What type of movement do I want to try?

EXTERNAL HEALTH VALUES

What 1-2 behaviors do you want to commit to this week?

Behavior(s)

Why do you want to do this? What will it give you?

And why do you want this? What will that give you?

And why do you want this? What will that give you?

WHY FUNNEL

what are your goals and why are they important?

We are more motivated when we know WHY we are pursuing something that aligns with our values. When moving into adopting more health-promoting behaviors, start with why. Get more specific on your why by creating a why funnel.

Goal (be specific):

Why do I want this?

And why do I want that? What does it provide me?

And why do I want that? What does it provide me?

When I get to my goal, I will feel:



Adapted from Coaching With Brooke, LLC

