Phase 3

Behind The Binge WORKBOK

Makai

Phase 3: External Health Values



Phase 2

Cope With Emotions
Cope With Emotions
Managing Comments From Others

External Health Values

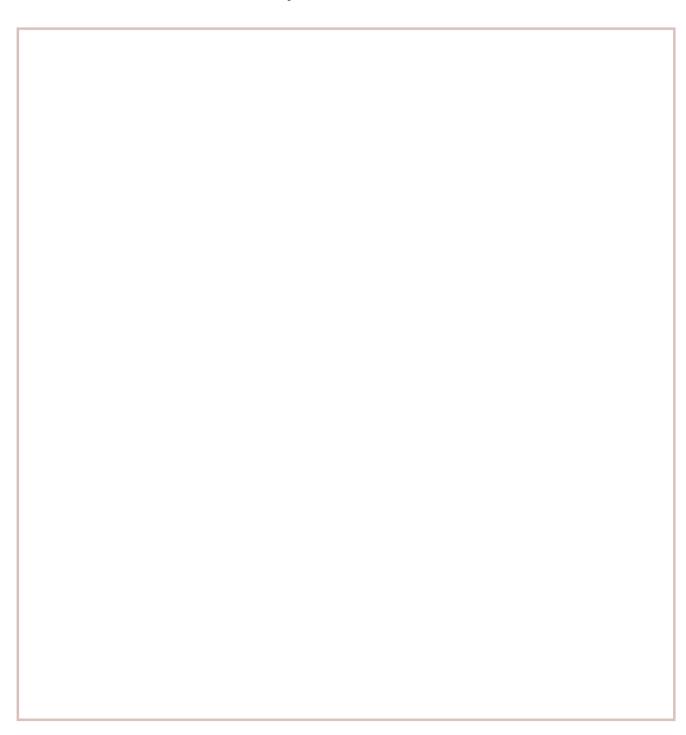
What Is Health?
Gentle Nutrition
Joyful Movement
Creating YOUR Healthful Life



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 thereis 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
, nyonou.
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 Toyful 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.

catorie-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:



Extra space	

Extra space	

Extra space	