

SECRET HOLIDAY WORKBOOK

how to lose weight

through the holidays

WHILE STILL HONORING TRADITIONS

SECRET HOLIDAY WORKSHOP

WITH

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PHASE ONE

taking inventory

Why did you choose to come to this Secret Holiday Workshop?

What have you experienced as it pertains to food/weight during the holidays?

What would you LOVE to be able to experience as it pertains to food/weight during the holidays?

MAKE A LIST...

List out ALLLL the traditions/Holidays/Foods that have felt challenging for you. In particular, the ones that feel impossible NOT to overeat.



→ Once you've written it ALL out, **circle the TOP THREE** that you struggle with the most.

For the TOP 3 TRADITIONS that you identified in the previous page, now take a few minutes to write a bit about WHY each is important or meaningful for you.

TRADITION/FOOD/CELEBRATION #1: _____

(write your thoughts...)

TRADITION/FOOD/CELEBRATION #2: _____

(write your thoughts...)

TRADITION/FOOD/CELEBRATION #3: _____

(write your thoughts...)

FIVE POINT INSPECTION

TRADITION #1: _____

[1] Do I overeat? YES or NO

Observations...

[2] Do I emotionally eat? YES or NO

Observations...

[3] Do I eat due to feelings of obligation/people pleasing? YES or NO

Observations...

[4] Do I have ALL OR NOTHING thinking and then go into 'F-it' eating? YES or NO

Observations...

[5] Do I feel like there's any Spiral Eating going on here? YES or NO

Observations...

FIVE POINT INSPECTION

TRADITION #2: _____

[1] Do I overeat? YES or NO

Observations...

[2] Do I emotionally eat? YES or NO

Observations...

[3] Do I eat due to feelings of obligation/people pleasing? YES or NO

Observations...

[4] Do I have ALL OR NOTHING thinking and then go into 'F-it' eating? YES or NO

Observations...

[5] Do I feel like there's any Spiral Eating going on here? YES or NO

Observations...

FIVE POINT INSPECTION

TRADITION #3: _____

[1] Do I overeat? YES or NO

Observations...

[2] Do I emotionally eat? YES or NO

Observations...

[3] Do I eat due to feelings of obligation/people pleasing? YES or NO

Observations...

[4] Do I have ALL OR NOTHING thinking and then go into 'F-it' eating? YES or NO

Observations...

[5] Do I feel like there's any Spiral Eating going on here? YES or NO

Observations...

PHASE THREE

redefinition | version 2.0

For each of the traditions, now you get to take everything that you know- and you have the opportunity to reimagine it, to REDEFINE IT. We're talking: Version 2.0.

TRADITION #1 - VERSION 2.0

Dream it up in detail...

What do you need to believe about yourself to make this happen?

TRADITION #2 - VERSION 2.0

Dream it up in detail...

What do you need to believe about yourself to make this happen?

TRADITION #3 - VERSION 2.0

Dream it up in detail...

What do you need to believe about yourself to make this happen?

PHASE FOUR

love agreements

What is the most important thing you learned today that you will apply right away?

Even if you don't master the 5 Key Strategies overnight, why is it worth it to be patient with yourself as you do?

What will you practice BELIEVING ABOUT YOURSELF as you revolutionize the way you 'do' The Holidays?

What are your 3 biggest takeaways from this workshop?

How will you take this experience into your daily life?

NOTES

additional thoughts
