



# **I Love My Body JOURNAL**

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Hello & Welcome!

I'm Susan, a holistic wellness coach who is committed to helping overwhelmed and busy professional women STOP battling the scale while balancing healthyish eating, caring for their family, and working a demanding career.

I am passionate about helping women just like you learn the tools and techniques to be successful on their journey to health and wellness.

I was a serial yo-yo dieter for over 20 years! I've struggled with gaining weight, losing weight, and gaining weight over and over again. I know what it's like to find it hard to breathe while kicking around a soccer ball with your kids or running up the stairs to make it on time for a Zoom call with your boss.

While no two people are alike, I know that once the foundational pieces of holistic health and wellness are taught, results are sure to follow.

After working as an attorney for the United Nations and helping to resettle hundreds of refugees, I learned the importance of getting to the root of the issue. Which is why I incorporate that same practice – of uncovering the root cause – into my coaching programs.

When clients work with me, I not only help them lead a life of health and wellness, but I help them uncover those core factors that have caused them to lose their weight loss battle time and time again.

Together, we finally stop the scale reading dread and say bye-bye to those tight fitting jeans for good!



# 10 Principles of Intuitive Eating

## Ditch the diet

Forget about diets that offer false hope of losing weight quickly.

## Embrace your hunger

Be mindful of your hunger and satiety cues.

## Give yourself permission

Give yourself unconditional permission to eat. "I can't or I shouldn't eat this or that" leads to bingeing.

## Make peace

Limit your negative self-talk and the rules you have about food. Your food choices don't determine your worthiness.

## Respect your fullness

Learn to identify when you are satisfied, listen to your body signals. Avoid doing other activities while eating and pay attention to your body.

## Eat for pleasure

Enjoy your food, find pleasure in the experience of eating what you like. You will find that it takes much less food to decide you've had enough.

## Soothe without food

Be aware of how you feel, develop emotional intelligence and find ways to comfort, nurture and resolve your issues without using food. Explore self-care and alternative ways to comfort yourself.

## Love and respect your body

Accept and love your body just as it is now.


## Embrace motion and enjoy exercise

Move your body in ways that bring you the most joy. Exercise because you love your body, not because you want to change it.


## Honor your hunger

Make food choices that honor your health and that make you feel well. You don't have to eat perfect, you just have to create a new healthy and positive lifestyle. Choose foods that give you energy & make you feel great.





**I accept, love,  
and appreciate  
my body  
always, no  
matter what  
my size is.**



# Awareness Checklist

This series of questions will help you develop awareness in the way you eat and how you feel while eating.

- Why am I eating?
- Am I really physically hungry? How do I feel?
- Am I eating because I am bored, stressed, or sad?
- Am I sitting while I eat?
- Am I eating fast or slow?
- Am I eating without paying attention or am I savouring each bite?
- Do I feel satisfied?
- What is my satiety level?
- Do I like what I'm eating?
- How do I feel when I'm eating?
- Am I doing another activity when I eat?
- How do I feel when I finished eating?
- Am I sleepy when I finish eating or do I feel energized?
- Did my mood change before, during or after eating? Did I feel better or worse? After eating did I feel happy, angry, depressed, anxious or bad?



# Hunger and Fullness Discovery Scale

Use this scale to help you be more aware of your internal cues when you are eating.

Before eating, check in with yourself to see where you are on the hunger scale. Ideally, it should be 3 or 4. After eating, check in again with yourself, work toward ending your meal at 6 or 7.

When you are very hungry it is difficult to regulate what you eat and it is easier to overeat.

1 Starving, dizzy, irritable

At this point, you are too hungry to care what you eat.

2 Ravenous, unable to concentrate

It's time to eat.

3 Solid Hunger, Ready to eat

You have more self-control at this point. You can enjoy your food and listen to your body cues.

4 Beginning signs of hunger

Eating would be pleasurable at this moment.

5 Comfortable, neither hungry nor full

You feel content, comfortable, neither hungry nor full.

6 Slightly satisfied

This is the place where you need to acknowledge you are feeling satisfied.

7 Satisfied


Respect your body and listen to it. Stop eating when is no longer enjoyable and you are already satisfied.

8 Full


9 Very uncomfortably full

You feel uncomfortable, clothes feel very tight, and you wish you hadn't eaten so much.

10 Stuffed to the point of feeling sick



**Eat Well, Move  
Daily, Hydrate  
Often, Sleep  
Lots,  
Love Your  
Body  
Repeat**





# 90-Days Planning



What is my goal?  
What do I want?

Why do I want  
to achieve this?  
How do I want  
to feel? How will  
my life change?

What do I need  
to change to  
accomplish it?  
What kind of  
mindset do I  
have to develop?

What tasks or  
activities do  
I need to do?  
What habits do I  
need to adopt?

Health and physical self-care				
Emotional & spiritual self-care				
Intimate relationship				
Family & Friends				
Work & Career				
Finances & Economy				
Hobbies & Social Life				



# Monthly Planning

## Month

From your 90-days goals choose 4 of them you are willing to achieve during this month.

### Goal #1

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Why am I committed to achieve it? What would I miss out on if I didn't achieve it?

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What actions do I have to do to achieve it? What habits do I have to build to make it happen?

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### Goal #3

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Why am I committed to achieve it? What would I miss out on if I didn't achieve it?

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What actions do I have to do to achieve it? What habits do I have to build to make it happen?

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### Goal #2

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Why am I committed to achieve it? What would I miss out on if I didn't achieve it?

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Why am I committed to achieve it? What would I miss out on if I didn't achieve it?

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### Goal #4

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Why am I committed to achieve it? What would I miss out on if I didn't achieve it?

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Why am I committed to achieve it? What would I miss out on if I didn't achieve it?

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# Weekly Planning



What is my intention for this week?

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What can I do to take care of myself?

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Workout							

Shopping list

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# Monday

## Date

Positive Affirmations

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What is my intention for today?

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Hours of sleep: \_\_\_\_\_

How did I sleep?: \_\_\_\_\_

What did I eat /  
drink?

How did I feel before,  
during and after  
eating?

Breakfast

Hunger

Fullness

Lunch

Hunger

Fullness

Dinner

Hunger

Fullness

Snacks

Hunger

Fullness

Workout

Did I eat anything out of habit? Or did I eat something because I was feeling happy, stressed, bored or any other emotion?

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Were there any events or situations that provoked food cravings? What cravings?

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Did I try new foods today? Were there any foods I enjoyed eating?

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What made me feel good today?

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Positive habits

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Things I am grateful for

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What do I love about my body?

Today is my opportunity to:

Hours of sleep:

How did I sleep?:

What did I eat /  
drink?

How did I feel before,  
during and after  
eating?

Breakfast

Hunger

Fullness

Lunch

Hunger

Fullness

Dinner

Hunger

Fullness

Snacks

Hunger

Fullness

Workout

Notice how many times throughout the day I talk negatively about myself. What are these thoughts?

What were some foods that caused me stress or anxiety? These foods may be the ones I most often avoid or feel guilt over after eating.

Did I try new foods today? Were there any foods I enjoyed eating?

In what ways did I practice mindful eating today?

What made me feel good today?

Positive habits

Things I am grateful for

Motivational Quote

What does my ideal day look like?

Hours of sleep:

How did I sleep?:

What did I eat /  
drink?

How did I feel before,  
during and after  
eating?

Breakfast

Hunger

Fullness

Lunch

Hunger

Fullness

Dinner

Hunger

Fullness

Snacks

Hunger

Fullness

Workout

What food-rules I tended to repeat in my mind/  
Where did these rules come from? Do they  
make me feel good or restricted?

What life would be like without these food  
rules? What would be different?

What did I notice about my mindset today?

What was the best thing that happened to me  
today?

Positive habits

Things I am grateful for

Positive Affirmations

What are my unique gifts and talents?

Hours of sleep:

How did I sleep?:

What did I eat /  
drink?

How did I feel before,  
during and after  
eating?

Breakfast

Hunger

Fullness

Lunch

Hunger

Fullness

Dinner

Hunger

Fullness

Snacks

Hunger

Fullness

Workout

What do I feel stressed, guilty or angry about?  
What do I do with these feelings?

What do I feel joyous, happy and abundant  
about? What do I do with these feelings?

What are 5 things that made me happy?

When do I feel the most in tune with myself?

Positive habits

Things I am grateful for

# Friday

# Date

Positive Affirmations

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What is one positive thing I look forward today?

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Hours of sleep: \_\_\_\_\_

How did I sleep?: \_\_\_\_\_

What did I eat /  
drink?

How did I feel before,  
during and after  
eating?

Breakfast

Hunger

Fullness

Lunch

Hunger

Fullness

Dinner

Hunger

Fullness

Snacks

Hunger

Fullness

Workout

What was my biggest challenge with food and body?

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If I didn't have these problems, how would my life be different?

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How was my stress level lately? What can I do to support my body's stress response on a daily basis?

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Dear body, I love you because ...

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Positive habits

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Things I am grateful for

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Positive Affirmations

When I look in the mirror, I feel...

Hours of sleep:

How did I sleep?:

What did I eat /  
drink?

How did I feel before,  
during and after  
eating?

Breakfast

Hunger

Fullness

Lunch

Hunger

Fullness

Dinner

Hunger

Fullness

Snacks

Hunger

Fullness

Workout

What would life be like if I loved myself  
unconditionally? What would change?

What is one behaviour that is no longer serving  
me?

What are my strengths?

What are my weaknesses?

Positive habits

Things I am grateful for

# Friday

# Date

Positive Affirmations

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How could I relax today?

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Hours of sleep: \_\_\_\_\_

How did I sleep?: \_\_\_\_\_

What did I eat /  
drink?

How did I feel before,  
during and after  
eating?

Breakfast

Hunger

Fullness

Lunch

Hunger

Fullness

Dinner

Hunger

Fullness

Snacks

Hunger

Fullness

Workout

How do I feel when I eat mindfully, eating what I want, tasting & enjoying each bite until I'm satisfied?

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Imagine what life would be like if you could love yourself unconditionally. What would that look like?

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How could you create more space for self-love?

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What gave a sense of satisfaction today?

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Positive habits

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Things I am grateful for

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**Be Happy**  
**Think positively.**  
**Eat healthy.**  
**Exercise daily.**  
**Stay strong. Have**  
**Faith. Worry less.**  
**Laugh more.**  
**Relax.**  
**Enjoy life.**



## Notes

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