

# IT'S NOT ABOUT THE FOOD

A Worksheet to Inspire, Support, and Transform Your Weight Loss Mindset from the Health Coaches and Wellness Experts Featured in the Book

## De'Anna Nunez

### *Mindset and Weight Loss*

To end emotional eating and overeating, you need to find your unconscious formula, which usually looks like this:

When I feel \_\_\_\_\_, I eat \_\_\_\_\_, and I feel better.

## Cheryll Putt

### *You Are Worthy*

You need to put yourself on your own priority list. If you want to get your needs met, you need to ask for them to be met.

Write down some ideas where you can ask for help, and who you can ask for it.

---

---

---

---

---

---

## Miue Phan

### *Difficulty Brings Inspiration*

To recognize where you have an opportunity to lean into dark places, you must look for triggers.

What are things that happen in your life that make you want to disappear, run away, shut someone out, scream, punch, or pick a fight?

---

---

---

---

---

---

## Trish Youse Marmo

### *Self Care as an Act of Survival*

Find a feeling or emotion which you have not been fully showing the world. Give yourself permission to acknowledge this feeling, even if just alone in your bathroom with the door locked, or in the private pages of a diary.

joy, silliness, anger, disappointment, relief, concern, fear, boredom

Add your own:

---

---

---

## Byron Harlan

### *Investing for Your Health*

What is your vision for the future?

---

---

---

---

And what is one important goal that will help you reach that vision?

---

---

---

---

## Mel Rosenstock

### *Emotional Wellbeing and Boundaries*

Set an intention in writing.

---

---

---

---

When you honor this intention, how will it feel?

---

---

---

---

Double check that the language is kind and supportive.

# Alegra Loewenstein

## *Weight Loss Basics*

Which will you focus on first: Getting ample sleep or ample water?

Write down the obstacles that you expect to challenge to this.

---

---

---

Now write down a few ideas on how you can overcome these or shift your mindset in order to get ample sleep or water for at least one week.

---

---

---

---

# David Sonsara

## *Yoga for Balance*

Next take another few minutes, while continuing to observe deeper, softer belly breathing, to reflect upon your concerns. Begin to notice what you feel and where you feel it in your body, consciously revealing the body's physical response when your mind's eye focuses on your concerns.

Write down anything you observed.

---

---

---

---

---

# Maggie Paola

## *Movement as Play*

Circle three activities you'd like to try, and commit to checking one off the list within a month!

- |                          |                 |                               |
|--------------------------|-----------------|-------------------------------|
| Tennis                   | Swim in a lake  | Modern dance                  |
| Ping pong / table tennis | Surfing         | Dance in your living room     |
| Volleyball               | Rollerskating   | Make your own obstacle course |
| Gymnastics               | Climb a tree    | Rock climbing (outdoors)      |
| Basketball               | Hula hoop       | Rock climbing wall (indoors)  |
| Soccer                   | Line dancing    | Trampoline                    |
| Ballet                   | Hip hop dancing | Yoga                          |
| Hiking                   | Latin dancing   | Pilates                       |
| Swim in a pool           |                 |                               |

# Alex Brzozowski

## *Organizing for Health*

Make a healthy to do list! Make them small tasks, ideally that can be done in 15 minutes or less. Commit to checking off at least one item per week.

---

---

---

---

---

---

---

---

---

---

# Alegra Loewenstein

## *Food Mindset*

Write down at least three fruits and vegetables that you truly enjoy eating:

---

---

---

---

---

---

---

---

Then, of course, make sure you keep them stocked!

# IT'S NOT ABOUT THE FOOD

Personal Stories and Inspiration from Health Coaches and Wellness Experts  
to Transform Your Weight Loss Mindset and Lose Weight Without a Diet

Of course you want to be your best, healthiest, happiest, self! We all do. So why is it so hard to achieve your seemingly modest goals of dropping that extra ten pounds, finding time to exercise, sleeping longer and better, or even getting those nagging chores out of the way?

Welcome to, "It's Not About the Food," a gathering of successful professionals who share their personal stories on finding their way to successful weight loss and greater wellbeing. Consider it the conference on the best weight loss diet... just without the diet! And without the pills, programs, supplements, protein shakes, calorie counting, deprivation, or suffering!

Overeating is a familiar way to deal with stress and emotions, and it's a habit long in the making. It's actually not a bad thing! Overeating was a tool that helped you cope with all you have to juggle in your life. It's just that it's time to let it go now. It's time to find other ways to nourish, decompress, relax, sustain, and care for yourself.

It's Not About the Food. It's not even about running, weight lifting, or fasting, because it's about so much more! It's about looking at your holistic health, meaning everything from stress, emotions, sleep, food, alcohol, even finances and organization just as much as food or fitness. It's about looking for balance with simple techniques that you can apply in your everyday. Instead of just a bunch of weight loss information, you are going to get weight loss inspiration!! Nine experts cover health, wellness, and more to make sure you learn how to really stack on track, and it's simpler than you might think!

Find out more and get your copy of the book at  
[www.AlegraLoewenstein.com/its-not-about-the-food](http://www.AlegraLoewenstein.com/its-not-about-the-food)