

**The 8 Gifts  
of  
Weight Wellness**

**Workbook  
by  
Kim Trotto**

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# Gift 1 of Weight Wellness

## Set Yourself Up for Weight Wellness- Promise Plan

This is the template for a a specific event.

When we have events like parties, traveling, or dining out for special occasions, it can be tricky to stay on track for what is worthy of what we truly want for ourselves.

Writing a plan where you promise yourself to above all honor and love yourself first and then follow a well thought out plan that is designed for your happiness with contingencies built in, is the best way I have found for weight wellness, worthiness and my happily ever after.

1. Fill in this template.

I promise myself at \_\_\_\_\_ (Event i.e. party, dining out, etc)

I will \_\_\_\_\_ (Eating Plan)

During the rest of the day, I will \_\_\_\_\_ (Other Weight Wellness Practices like Healthy Eating and Moving)

Overall, I promise myself, I will love and honor myself first and unconditionally.

If I break my promise plan, then I will still love myself and I will process the energy by \_\_\_\_\_. (Meditation, Visualization, Using a Tool like Brain Trash)

If I get out of alignment (with myself or the plan during the event) then I will \_\_\_\_\_. (Something to Re-Set Yourself, i.e. go to restroom and breathe deeply, say a prayer, move to a new place, call in loving energy to inspire and guide you)

2. Read your promise plan out loud. If you feel eager and happy with your plan then you are aligned with it and are finished writing it.

If you aren't eager and happy with it or if you feel too restricted and like you are denying yourself too much then go back and lean towards planning things that are real choices that will bring you happiness during and after the event.

3. Using the template to copy, write your promise plan in full form.

4. Sign it. This shows our faith and commitment in ourselves and there is power in our faith.

5. To center and ground yourself with what you truly want, read it each day. Read it while you brush your teeth. You could put it on index cards and underline the most important parts, or put into your phone with a reminder to read it each day.

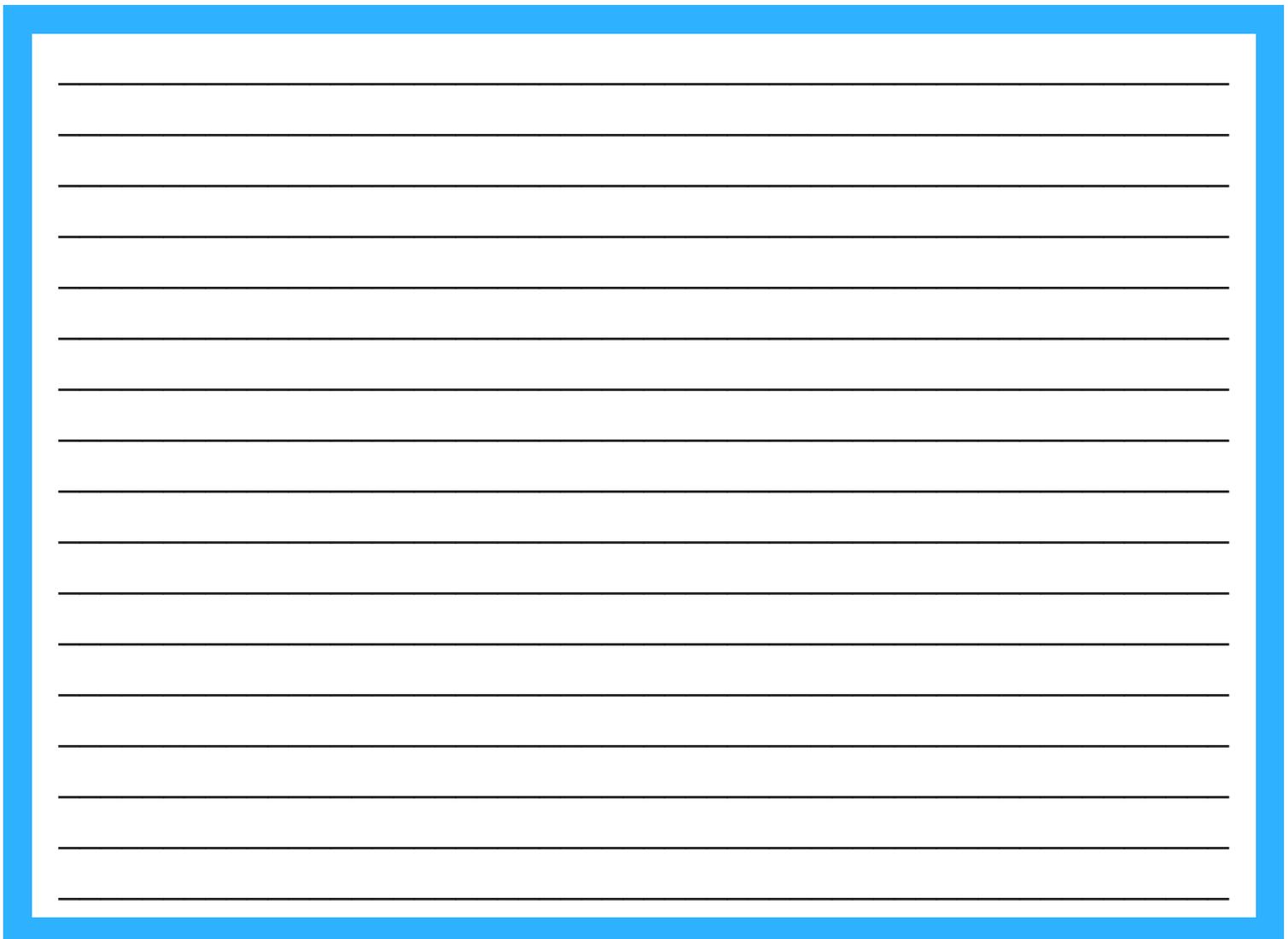
6. Trust It.

Example:

I promise myself at the restaurant for dinner, I will choose one of my go to options and may eat a small amount of appetizers. I will eat a healthy lunch and have my usual weekend cheese and crackers (6 crackers and 1 oz cheese) and maybe have at most one glass of wine before we go to the restaurant. On wine, I'll have 1 or 2 glasses at dinner, a total of no more than 3 over a long night. Overall, I promise myself I will love and honor myself first. I will love myself unconditionally, no matter what.

If I break my promise plan then I will still love myself and I will process the energy by refueling my inner guide through meditation, visualization or something similar. I will let the energy go. I love and honor me. If I get out of alignment, then I will breathe deeply and tell myself "I love myself, get up and move, go to the restroom, call in loving energy to inspire me to my true desires and feel it pouring into me. Or something similar to re-set myself. Maybe walk around the restaurant or say a prayer.

Write your promise plan in full form here.

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# Gift 2 of Weight Wellness

## Soul Soothers

Soul Soothers are things that make you really happy. They make your heart sing. They are individual of course, everybody has a different list. They fuel us from the inside out. We can set ourselves up for success by soothing ourselves this way instead of eating or drinking.

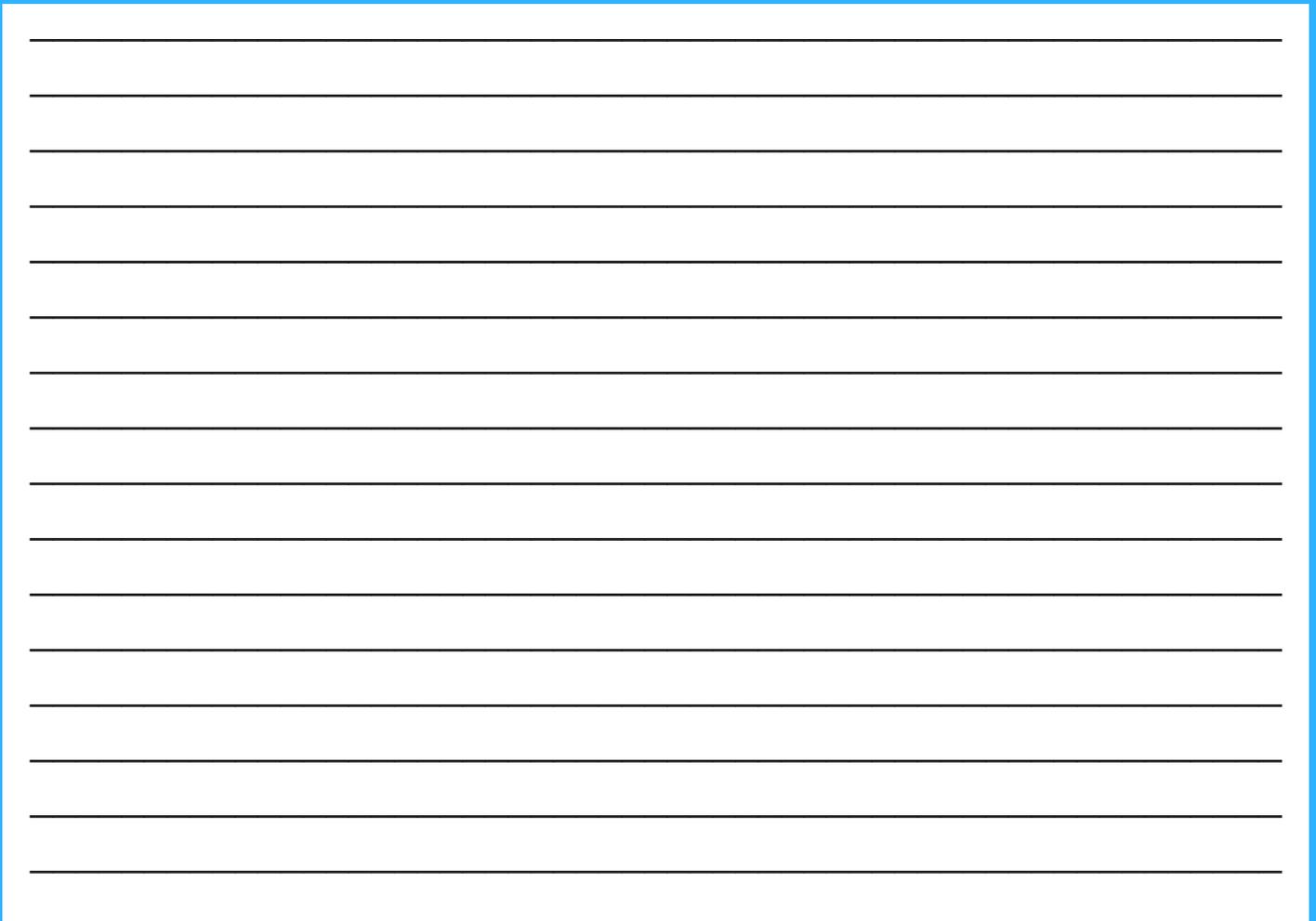
Here are the steps:

1. Figure out your Soul Soothers.
2. Keep a list somewhere convenient.
  - a. Phone, wallpaper, notes, voice notes
  - b. Pinterest, make a page?
3. Schedule them into your daily life, try for 2-3 each day.
4. Use them when you notice the pit of cravings.
5. Fuel up before an event.

Check out my blog on soul soothers.

<https://www.kimtrotto.com/me-happily-ever-after-blog/soul-soothing-holiday-gifts>

Make your list of Soul Soothers here.



A large blue-bordered box containing 20 horizontal lines for writing a list of Soul Soothers.

# Gift 3 of Weight Wellness

## Quick Calm

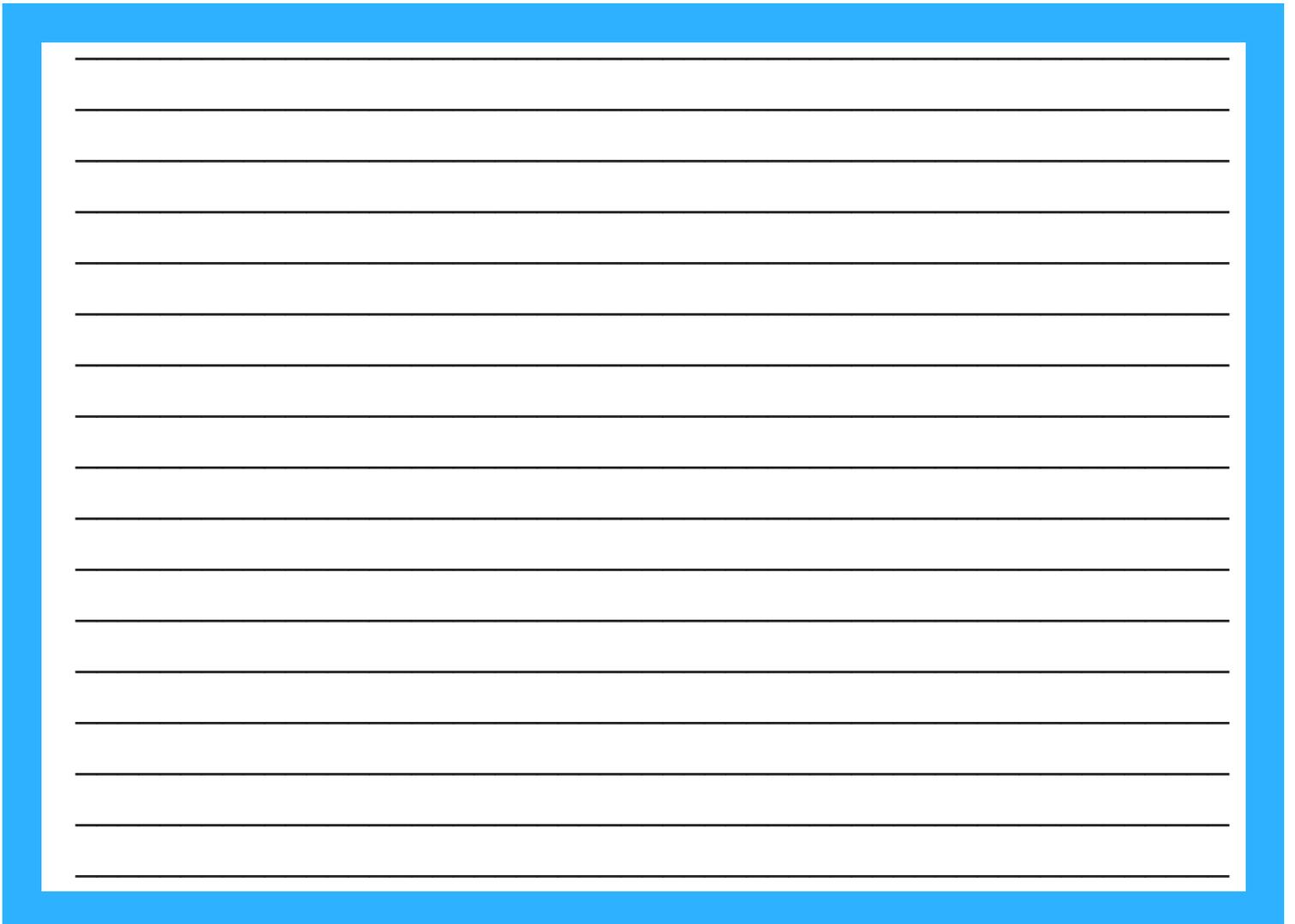
### Quick Calm Breathing

1. Inhale for a count of 4
2. Hold for 4
3. Exhale for 5 with the Haaaa sound

The key is exhaling for longer than inhaling and holding.

This concept is from A Course in Miracles. All actions and thoughts are either a call for love, meaning they are coming from fear or an extension of love.

Practice the breathing and do a free write on all actions and thoughts being a call for love or an extension of love.



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# Gift 4 of Weight Wellness

## Quick & Big Impact Meditations

Mini- Meditations, mini in time, but mega in power!

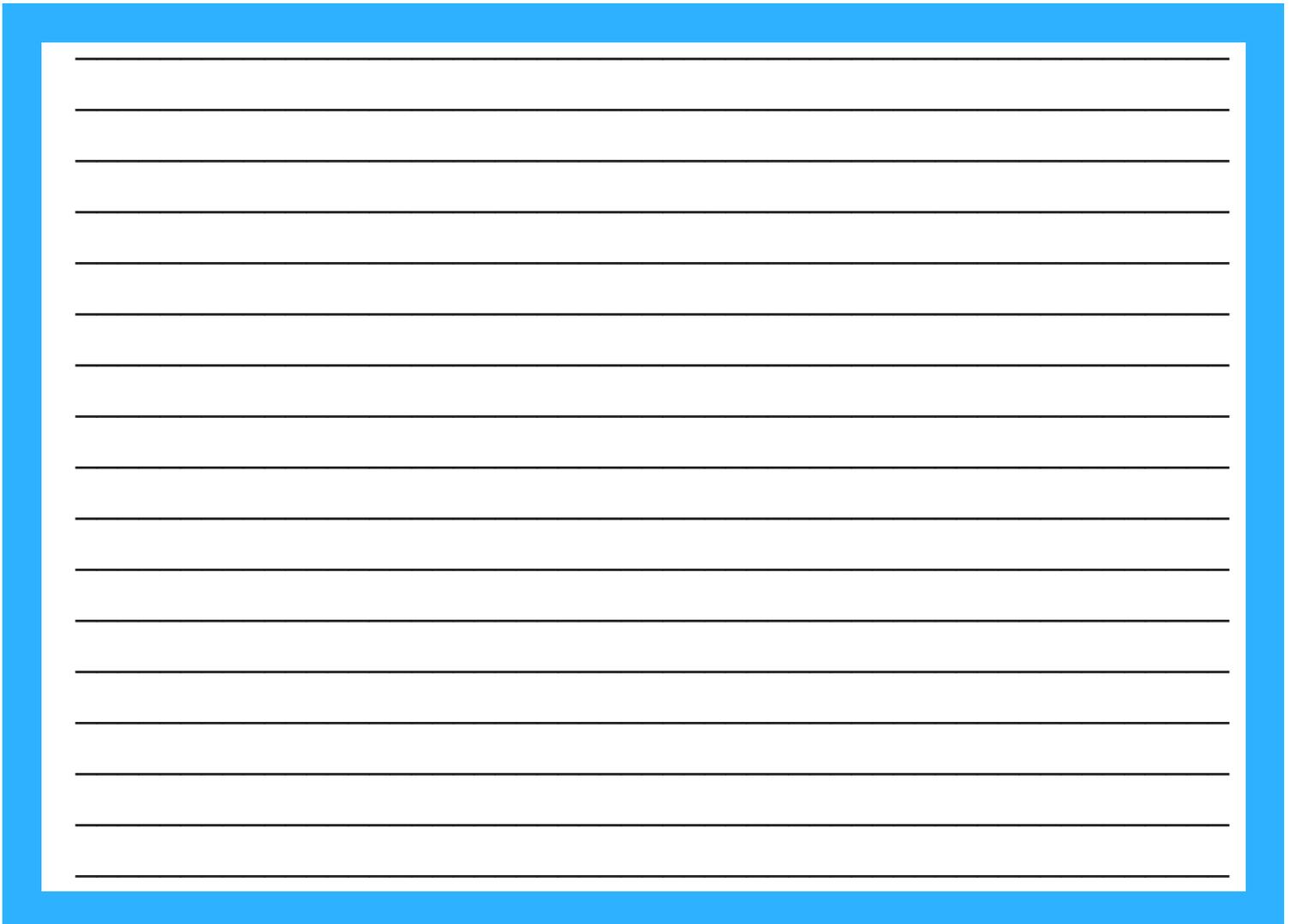
You can get a big impact in 30 seconds.

Do them anywhere, while you are doing mindless things like brushing your teeth, sitting at a stop light or exercising.

Here are the steps:

1. Decide what you need like peace, wisdom, grace, humor, or fun.
2. Say out loud or in your mind, "Thank you for filling me with your peace." Or love, wisdom, humor etc.
3. Repeat it for about 30 seconds.
4. Choose another need if you want.

Make a list here of needs you would like to serve. Take a few moments to practice them.



A large blue-bordered box containing 20 horizontal lines for writing a list of needs.

# Gift 5 of Weight Wellness

## Focus on Your Shine

Your shine is feeling really good about yourself and focusing on all of the things that you have done well. We can practice shining! Yay!

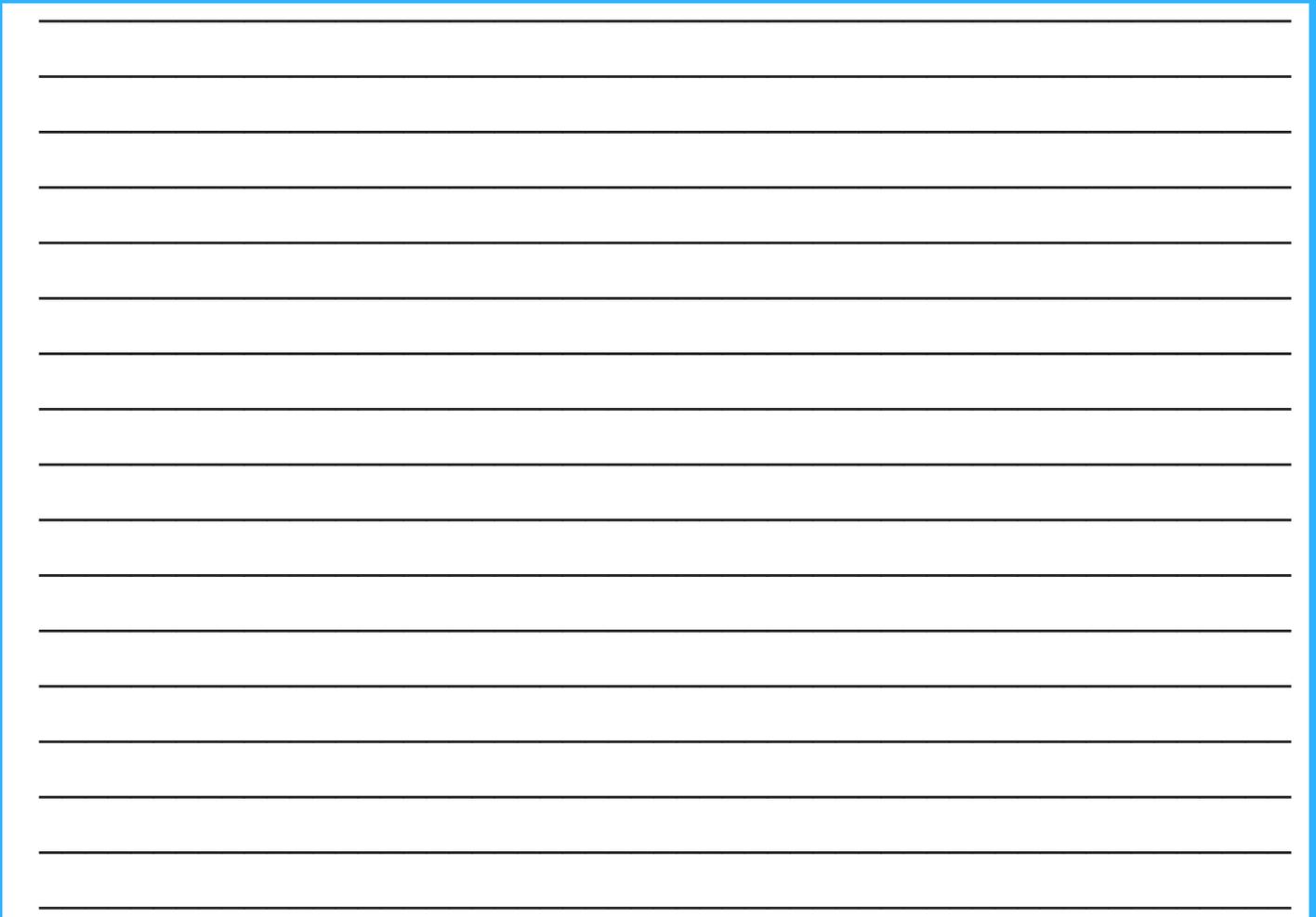
Step 1: Practice things that make you feel really good about yourself. Things like using Focus Mantras, affirmations, visualizing how I want to feel at the end of the day and meditating.

When you practice shining, making worthy choices is so much easier.

Step 2: Focus on what you did well, on how you shined, instead of beating yourself up in the shadows.

Write a list of things you will use to practice shining, for step 1.

Write a list of all of the things that you shined at, all of the things you did well today and yesterday.



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# Gift 6 of Weight Wellness

## Worthy Imbibing

Step 1 in Worthy Imbibing is to Plan Ahead of Time. I like a 2 part plan.

Part 1: Create your own rules that feel good to you and are worthy of what you truly want for yourself. Here is my personal set of rules.

1-2 Drinks (Beer or Wine)

Don't drink alone, but not in the way that you think, this means I drink water at the same time as I am drinking the alcohol. This slows me down.

Be aware (Beware) of eating decisions that I make while drinking.

Practice the Pause. Take a break between drinks. I usually try for 10-20 minutes.

Sometimes, I even decide I don't want another one.

Part 2 Use If-Then Statements, so you'll have a plan, in case drinking gets away from you.

Here is my personal example: If I notice I have drunk more than I planned, I will have a glass of water, practice the pause and do something to re-set myself.

Re-setting myself might be something like:

Saying a focus mantra- I totally and completely love myself.

Looking at my Pinterest page, puppies make me happy and I love inspirational quotes

Talk to someone I've been meaning to, someone at the party or send a text to someone I'm missing.

Ask for help in prayer, invite guidance

Deep breathing

After you have your plan ready, make sure it feels good to you. If not, start again and design it so you can feel good about it before, during and after the event.

Then you can get ready to go to your event which brings us to Step 2, before your event, fill yourself up from the inside out with Soul Soothers, do somethings that make your heart sing and feel really good. Listen to a fun playlist, meditate, snuggle with your pets or someone, maybe light some candles. Whatever makes you feel really good.

Step 3 is for after the event. If you stuck to your plan, awesome, pat yourself on the back. If you didn't and you ended up overdoing it, remember we all fall sometimes. Forgive yourself and move on. Keep getting up, keep showing up, just don't give up.

Of course, never drink and drive.

# Gift 6 of Weight Wellness

## Worthy Imbibing Continued

Write your Worthy Imbibing Plan Here:

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# Gift 7 of Weight Wellness

## Your Super Power

At every moment, we all have the beautiful opportunity to stop and start again.

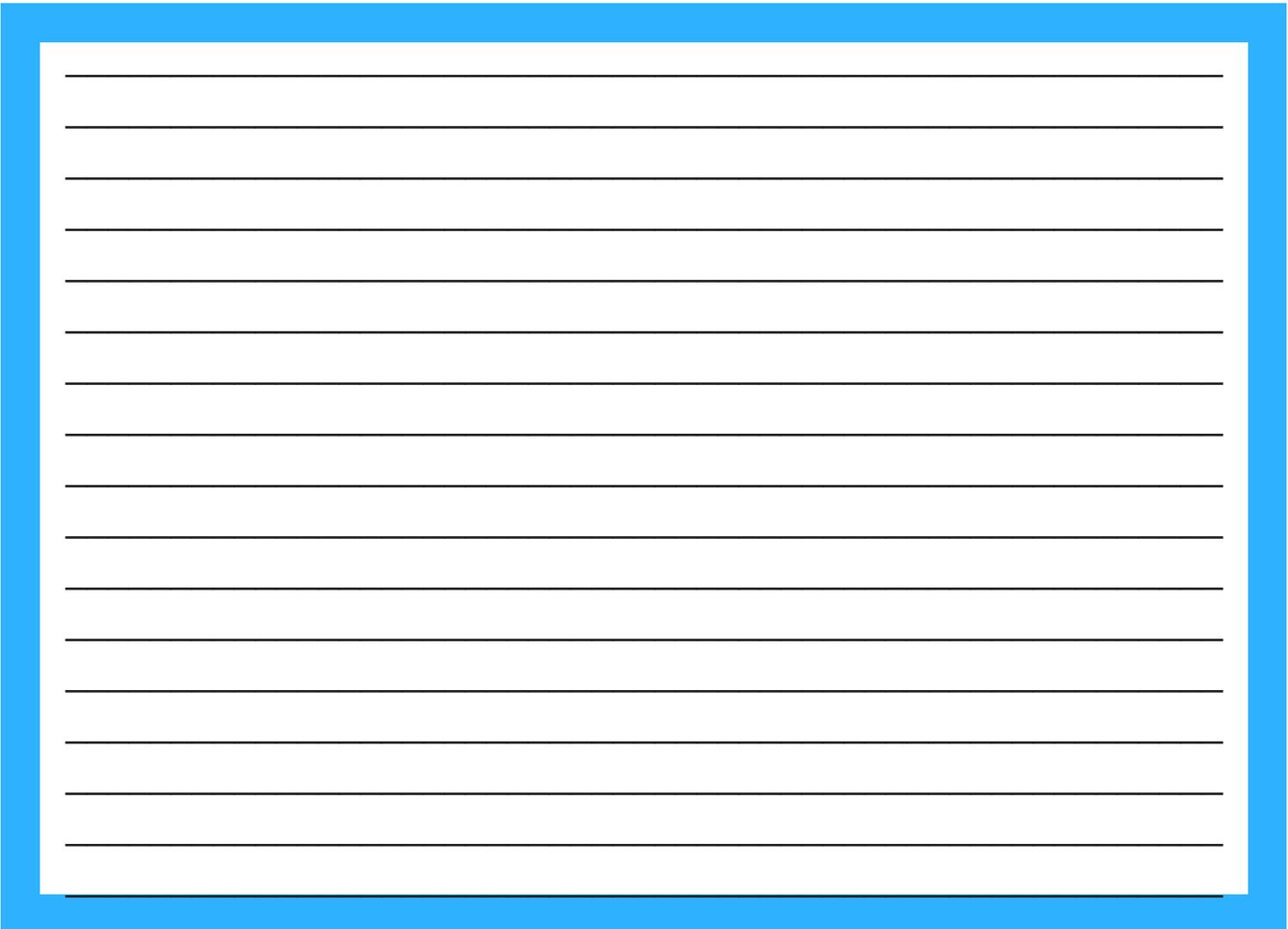
Your power is in Now, not in what happened in the past.

You can forgive yourself and let it go.

Here are the steps for changing the behavior that isn't worthy of what you truly want for yourself.

1. Realize you want to choose what is worthy of you.
2. Stop choosing what isn't. Stop beating yourself up.
3. Forgive yourself and let it go. Maybe, Blow it away or watch it wash away.
4. Start Being gentle with yourself and loving yourself unconditionally. Affirmation-repeat, I am willing to totally and completely love and accept myself.
5. Make your next choice according to what you truly want for yourself.
6. Keep showing up for yourself.

Below, go through the steps for something that you'd like to change.



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# Gift 8 of Weight Wellness

## Freedom from Comparison

It is human to compare ourselves to others, but it can rob us of joy. We are actually judging ourselves because we are afraid that we aren't good enough.

Instead, we can choose love.

We can use these simple steps:

1. Notice that we are comparing or judging
2. Use WAIT, What Am I Thinking
3. Realize that it is Fear
4. Put it in the Brain Trash Bin
5. Choose a love thought instead. I am choose love for myself now. I am different, I choose love.

Reflect on comparing yourself to others and the effect that it has. Then practice going through the steps, so you'll be ready the next time it sneaks in.



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