



# WEBINAR WORKBOOK

**DITCH DIET RULES:  
ESCAPE THE TRAP &  
MOVE TOWARD YOUR BEST WEIGHT**

LEAF WEIGHT Management Clinic

[www.leafwmc.com](http://www.leafwmc.com)

# COMMITTED ACTIONS FOR YOUR BEST WEIGHT

Weight management is complex. Weight is influenced by many things - some we can control, and many we can't. Focus on what you do control, including how often you practice the following health habits:

Regularly practicing these actions contributes to health and your best weight

## 1 | PLAN YOUR MEALS & SNACKS

Make a plan to nourish your health. Make meals from home most often.

## 2 | EAT TO SATISFY

Eat 'just right' portions to satisfy your hunger. Plan to eat before you're over hungry.

## 3 | EAT MINDFULLY

Eat with intention & attention. Slow down; enjoy what you're eating.

## 4 | MOVE ABOUT

Be active in a way you enjoy for 30 minutes (or more) most days.

## 5 | RECORD & REFLECT

Record habits and reflect on progress. What works for you?

## 6 | REST & RESET

Get 7 or more hours of restful sleep. Manage your stress. On the journey, rest if you need a break, don't quit.

## 7 | CONNECT

Connect with your values - the qualities that matter to you; Connect with people who support your success.

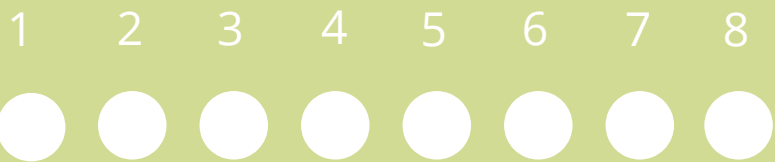
## 8 | 'DO-ABLE' GOALS

Set 'do-able' goals & develop skills to work around barriers - both external & internal.

### MY COMMITTED ACTIONS

✓ below the actions you do well.

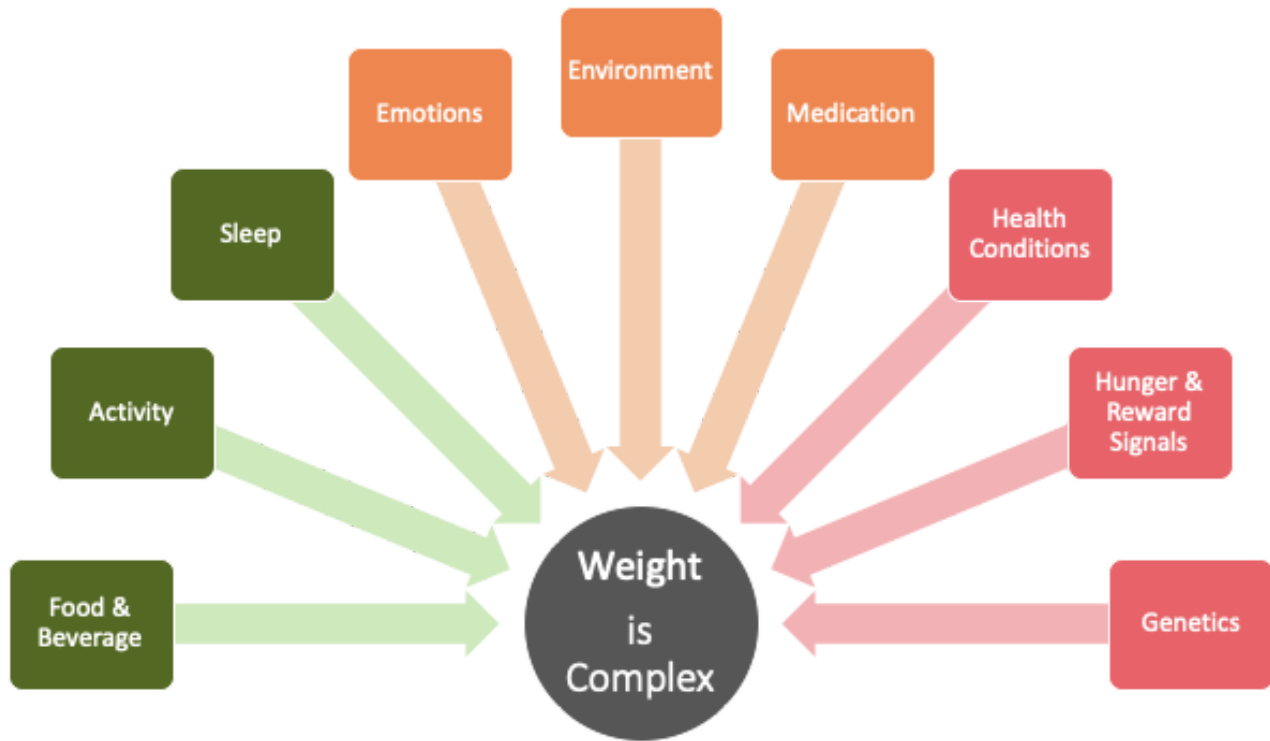
Celebrate your strengths.



Which action are you willing to improve? Focus on one not checked that feels 'do-able'

What's one small step you can take to improve this area?

# WEIGHT: IT'S NOT YOUR FAULT



## FOCUS ON WHAT YOU CAN CONTROL

### MOST

- plan food choices
- eat less processed foods
- cook at home
- drink sugar-free beverages
- practice portion control
- slow down, be mindful
- move daily; every step counts
- prioritize sleep

### MODERATE

- we don't control how we feel; we control how we respond to our feelings
- our external environment can influence eating habits; set your environment up for success
- connect with people who support you
- review medications with your health care provider\*

### LEAST

- existing health conditions may impact weight
- powerful body & brain chemicals work to defend our weight
- 70% of our body shape and size is predicted by our genes

# STOP & CONNECT

Slow down - pause to be present

Take note - notice, name, neutralize

Open up - make room for  
thoughts, urges, feelings,

Pursue values - how do you want to  
behave right here and now?





# WHAT MATTERS: VALUES

Values describe how you want to behave now and on an ongoing basis, how you want to treat yourself, others and the world around you. They are *qualities* you want to embody in your own actions.

We can use values for inspiration, motivation and guidance, to do the challenging things that make life better in the long run.

We become more willing to do challenging things when we connect with what truly matters to us.

**List up to three qualities or strengths you wish to act on, live by or model in your health behaviours:**

Try completing this sentence:

When it comes to my health, it is important for me to behave in ways that are....

VALUE:

.....

VALUE:

.....

VALUE:

.....

If you are struggling to clarify your values, reference the list of common values on the following pages to help select qualities you may want to 'try on' and see if they motivate you.

# CLARIFYING YOUR VALUES

## LIST OF COMMON VALUES

1. Acceptance/self-acceptance: to be accepting of myself, others, life, etc.
2. Adventure: to be adventurous; to actively explore novel or stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, and real; to be true to myself
5. Caring/self-care: to be caring toward myself, others, the environment, etc.
6. Compassion/self-compassion: to act kindly toward myself and others in pain
7. Connection: to engage fully in whatever I'm doing and be fully present with others
8. Contribution and generosity: to contribute, give, help, assist, or share
9. Cooperation: to be cooperative and collaborative with others
10. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
11. Creativity: to be creative or innovative
12. Curiosity: to be curious, open-minded, and interested; to explore and discover
13. Encouragement: to encourage and reward behaviour that I value in myself or others
14. Engagement: to engage fully in what I am doing
15. Fairness and justice: to be fair and just to myself or others
16. Fitness: to maintain or improve or look after my physical and mental health
17. Flexibility: to adjust and adapt readily to changing circumstances
18. Freedom and independence: to choose how I live and help others do likewise
19. Friendliness: to be friendly, companionable, or agreeable toward others
20. Forgiveness/self-forgiveness: to be forgiving toward myself or others
21. Fun and humour: to be fun loving; to seek, create, and engage in fun-filled activities
22. Gratitude: to be grateful for and appreciative of myself, others, and life
23. Honesty: to be honest, truthful, and sincere with myself and others

# CLARIFYING YOUR VALUES

## LIST OF COMMON VALUES - CONT.

24. Industry: to be industrious, hardworking, and dedicated
25. Intimacy: to open up, reveal, and share myself, emotionally or physically
26. Kindness: to be kind, considerate, nurturing, or caring toward myself or others
27. Love: to act lovingly or affectionately toward myself or others
28. Mindfulness: to be open to, engaged in and curious about the present moment
29. Order: to be orderly and organized
30. Persistence and commitment: to continue resolutely, despite problems or difficulties.
31. Respect/self-respect: to treat myself and others with care and consideration
32. Responsibility: to be responsible and accountable for my actions
34. Self-awareness: Being aware of my own thoughts, feelings and actions
35. Self-care: Looking after my health and well-being and getting my needs met
36. Self-control: Acting in accordance with my own ideals
37. Self-development: Continuing to grow, advance, and improve knowledge, skills, character and life experience
40. Skillfulness: to continually practice and improve my skills and apply myself fully
41. Supportiveness: to be supportive, helpful and available to myself or others
42. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable

### VALUES

- Values are here and now
- Values are freely chosen
- Values give us direction
- Values often need to be prioritized
- Values may evolve over time

VS

### GOALS

- Goals are set for the future
- Goals give a sense of purpose, until they are achieved
- Goals focus on the destination, not the journey



# SMART GOALS

## SMART GOALS ARE:

- S** Specific: specify what action you will take .....
- M** Motivated by your values. Ask: is this goal aligned with at least one health value? .....
- A** Adaptive; is doing this likely to improve your life in some way? .....
- R** Realistic; If 10 is 'very confident', how confident are you that you can achieve this goal? .....
- T** Time-framed; specify the day, date, duration or time, as accurately as possible .....

**MY SMART GOAL:**

**THIS ALIGNS WITH  
ME BEHAVING IN  
WAYS THAT ARE:**

**THE LIKELYHOOD OF  
ME DOING THIS IS:  
/ 10**

**REFLECT: DOES MY GOAL FIT THE SMART ELEMENTS?**

Adjust & rewrite your goal if needed. Think small & doable: small actions ripple into big changes.

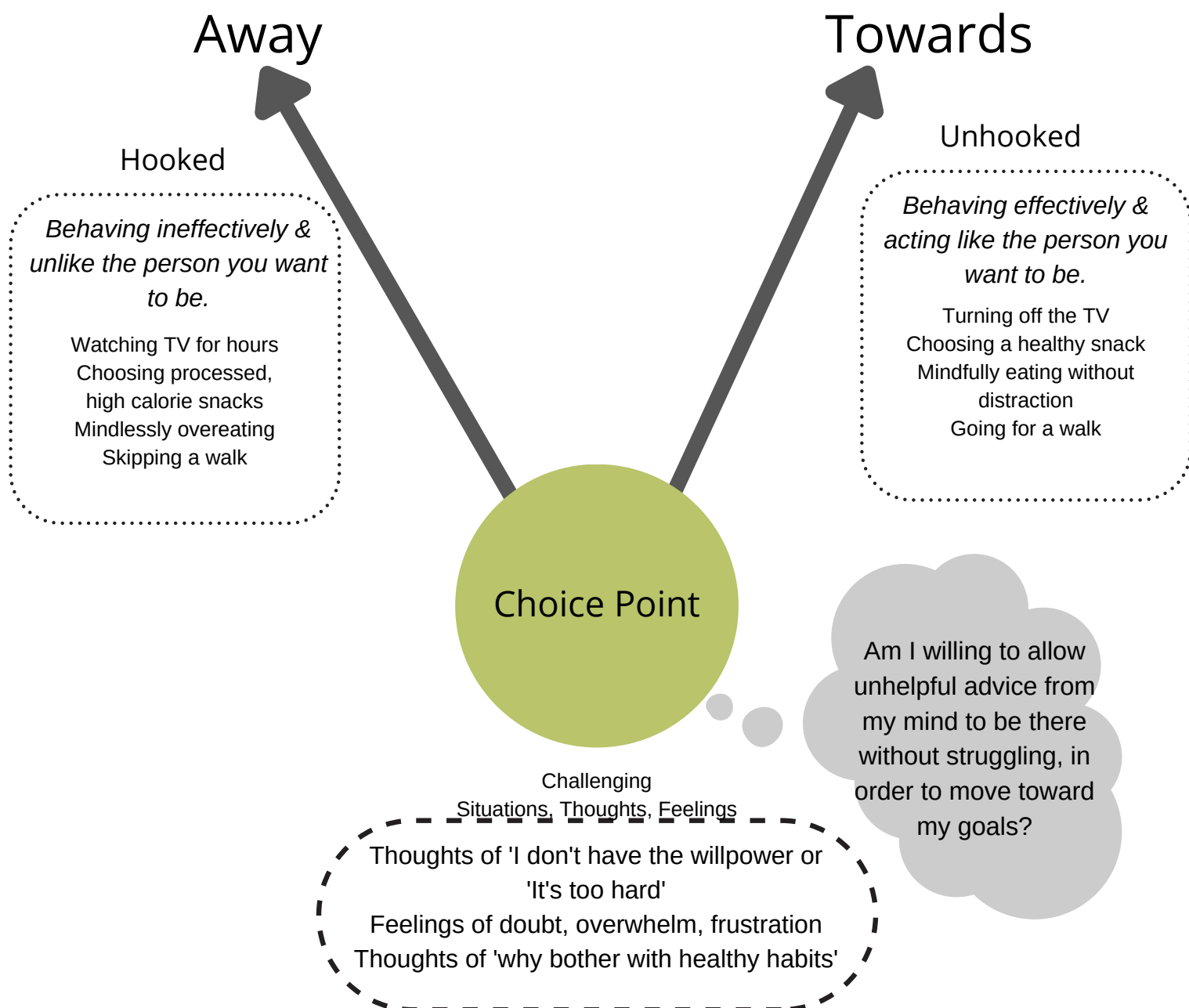


# CHOICE POINT

## TOWARDS OR AWAY?

Notice a difficult situation, thought(s) or feeling(s) that challenges you. Write this below the choice point. What behaviours do you engage in when you are 'hooked' by these situations, thoughts or feelings that move you away from your path? It might help to think of what someone would see you doing (or not doing) that would indicate you are hooked? Write this to the left of the 'Away' arrow.

What would you do more of if you were 'unhooked' from these situations, thoughts or feelings? Write this to the right of the 'Towards' arrow.

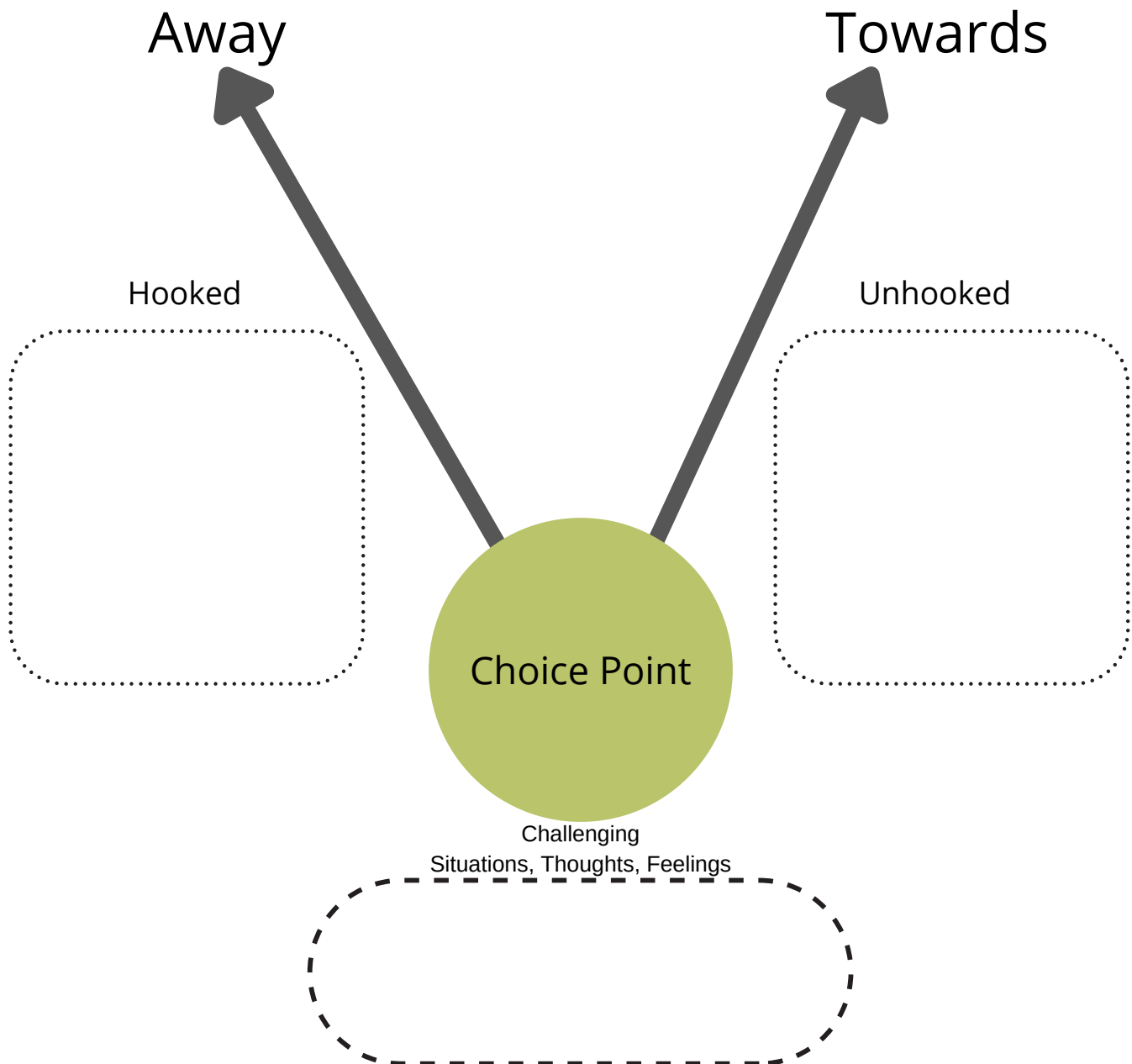


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CONTINUE THE JOURNEY

## LEAF ACTIONS

ACT INSPIRED WORKABLE  
NUTRITION & SELF CARE

[ENROLL NOW](#)

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# LINKS



## LEAF ACTIONS

Our signature, direct to dietitian online group program.

Weekly support for 24 weeks

On demand, self paced learning modules

Flexible Meal planning app

[LEARN MORE](#)



## BUDS BUNDLE

Our BUDS BUNDLE offers 4 weeks of 1:1 coaching with a registered dietitian.

Flexible Meal planning app included.

1 Consult

1 Follow up

2 Check in Calls

[LEARN MORE](#)



## REFERRAL PROGRAMS

We offer co-ordinated care with physician and dietitian.

ROOT or STREAM

Referral required.

[LEARN MORE](#)

