

Week 1

Diet Culture Detox

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Core Values Exercise

We receive messages everyday from media, culture, and even friends and family about what our goals and desires “should” be. But these opinions often differ from what is TRULY important to us.

Understanding your core values will help you choose a goal that will give you lasting satisfaction. This exercise is designed to help you identify what’s important and which habit(s) are most important to focus on in the next 4 weeks.

Let’s get started by answering a few questions:

What **personality trait** do people compliment you on most? Do you like or agree with this, or do you wish they noticed something else?

What are **3 most important values** you want to leave as your legacy?

What are the top qualities you look for in a **partner or friend**?

Take note of any patterns as you dive into the next Core Values Exercise.

Core Values Exercise

On the following two pages are lists of examples of core values. Over the next few days, go through this list multiple times and start to narrow down the values with which you most strongly agree.

Day 1 - First pass: Use a RED pen, pencil, or crayon to cross off words that are easy to let go of, which you don't identify with at all.

Day 2 - Second pass: Use an ORANGE pen, pencil, or crayon to cross off words you don't connect with easily.

Day 3 - Third pass: It's starting to get challenging now! Use a BLUE pen, pencil, or crayon to cross off words that aren't going to make it into the semi-finals.

Day 4 - Last pass: Now you're ready to identify your MOST IMPORTANT values. Use a GREEN pen, pencil, or crayon to cross off the final contenders to narrow down the list to only 10 words.

Write down the 10 values you identify with most:

Narrow this list down to 5 and write these in the boxes below. These are your core values to refer to when choosing your goal to remain in alignment:

Values List

Abundance	Connection	Equality	Honesty	Obedience	Satisfaction
Acceptance	Consistency	Evolution	Honor	Openness	Security
Accuracy	Contentment	Excellence	Hopefulness	Opportunity	Self-Control
Achievement	Contribution	Excitement	Hospitality	Optimism	Selflessness
Adaptability	Control	Expediency	Humility	Order	Self-Realization
Adventure	Conviction	Expertise	Humor	Organization	Self-Reliance
Affection	Courage	Expression	Imagination	Originality	Sensitivity
Affluence	Courtesy	Extravagance	Impact	Outlandish	Sensuality
Alignment	Creativity	Fairness	Impartiality	Outstanding	Service
Ambition	Credibility	Faith	Independence	Passion	Significance
Anticipation	Curiosity	Fame	Individuality	Peacefulness	Simplicity
Appreciation	Decisiveness	Family	Ingenuity	Perfection	Sincerity
Approachability	Deepness	Fashion	Insightfulness	Perseverance	Skillfulness
Assertiveness	Delight	Fearlessness	Inspiration	Persuasiveness	Solitude
Attentiveness	Dependability	Fidelity	Instinctiveness	Pleasure	Sophistication
Awareness	Depth	Finesse	Integrity	Poise	Soundness
Awe	Determination	Firmness	Intelligence	Popularity	Spirituality
Balance	Devotion	Fitness	Intimacy	Power	Spontaneity
Beauty	Difference	Flexibility	Intuition	Practicality	Stability
Belonging	Dignity	Fluidity	Intuitiveness	Precision	Strength
Boldness	Diligence	Focus	Inventiveness	Preparedness	Success
Bravery	Diplomacy	Forgiveness	Investing	Privacy	Sympathy
Brilliance	Directness	Fortitude	Joy	Proactivity	Synergy
Calm	Discernment	Freedom	Justice	Professionalism	Teamwork
Candor	Discipline	Frugality	Kindness	Proficiency	Thoroughness
Carefulness	Discovery	Fun	Lavishness	Progress	Thoughtfulness
Caring	Discretion	Generosity	Leadership	Punctuality	Traditionalism
Certainty	Diversity	Gentility	Learning	Purpose	Tranquility
Challenge	Dreaming	Genuineness	Logic	Quality	Truth
Change	Drive	Giving	Longevity	Quiet	Understanding
Charity	Duty	Goodness	Love	Recognition	Uniqueness
Chastity	Eagerness	Grace	Loyalty	Relationships	Usefulness
Cheerfulness	Effectiveness	Gratefulness	Mastery	Relaxation	Virtue
Clarity	Efficiency	Gratitude	Maturity	Reliability	Vision
Cleanliness	Elegance	Growth	Meaning	Resilience	Vivacity
Collaboration	Empathy	Happiness	Meekness	Resolve	Warmth
Comfort	Encouragement	Hard Work	Merit	Resourcefulness	Wealth
Commitment	Endurance	Harmony	Meticulous	Respect	Winning
Communication	Energy	Health	Mindfulness	Responsibility	Wisdom
Community	Enjoyment	Helpfulness	Modesty	Righteousness	Worthiness
Compassion	Entertainment	Heroism	Neatness	Romance	Zeal
Confidence	Enthusiasm	Holiness	Nonviolence	Sacrifice	

Your Health & Wellness Vision

The more clearly you can envision your ultimate goal, the more likely you are to get there! Now that you have a solid understanding of your core values, we'll next identify your unique vision for your body and wellness.

For the next few questions, be as specific as you can. Imagine yourself living in a body you love, feeling supported and cared for, living in alignment with your values.

STRENGTH and STAMINA: How do you want to *feel* every day in your physical body? What things do you want to do now or in the future?

ENERGY and VITALITY: What would you do if you had all the energy and vitality you wished? How would this change your life?

CONFIDENCE: In what areas of your life do you seek more confidence? How would this change your interactions with people and your choices?

Looking back through your responses, if you could choose **only one** of these areas to improve, what would it be? Or is there something else you would like to see change? Write down as specifically as possible what you would like to experience differently.

Great job! This is your answer to the first question on the next page: "What I want." We'll focus on creating actionable habits around this desire.

Your Big, Audacious Goal

Sometimes what we first *think* we want isn't what we *actually* want. Asking "why" can help you better understand your true desires so that you can choose the right action plan. Let's dig a little deeper to figure out what it is you really, really want.

WHAT I WANT:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



THIS IS YOUR BIG, AUDACIOUS GOAL:

Gut Check: Am I in Alignment?

Now that you've identified your **big, audacious goal** it's time to make sure it's in alignment with your core values and create an actionable plan.

First, go back to the top 5 core values you identified. **Is your big, audacious goal in alignment with these 5 core values?**

If not, here are some questions to ask:

Where did this goal come from? Is there someone else who has told me I need to have this goal?

If this goal originated elsewhere, is it truly in my best interest? Why or why not?

Is this a goal created by a previous version of myself - and is it still relevant?

If you're struggling to create a goal that's in alignment with your values, you are not alone! You may benefit from working with therapist or coach to dig deeper.

You may notice that your big, audacious goal may seem much different than your original desire. For now, let's set aside your original desire and ask more questions about what you need to get to your big, audacious goal.

Let's Get Your Goal!

We're so proud of you for identifying a goal that aligns with your values! The next step is to create an **actionable plan** to help you get there.

There are MANY different ways to get to your goal. We'll first identify all the different options, then help you choose what to focus on in the next 4 weeks.

These three categories list examples of actions you can take to move towards your goal.

Nutrition	Movement	Lifestyle
Nutrient Intake	Cardio Exercise	Stress
Meal Planning	Strength Training	Sleep
Cooking	Sitting Less	Community
Eating Environment	Steps Per Day	Boundaries
Meal Timing	Active Play	Medication
Supplements	Stretching	Therapy

Often, you'll find that your Big, Audacious Goal might be a little abstract. For example, perhaps your ultimate goal is to feel accepted for you who you are - but how do you get there??

The exercise on the follow page reverses the process you used to get to your big, audacious goal in order to help you figure out all the things you might need to get there.

Use the lists of ideas above from the categories of nutrition, movement, and lifestyle - as well as any other ideas you have - to answer each question and determine your action items.

How to Get Your Big, Audacious Goal

MY BIG AUDACIOUS GOAL

WHAT DO I NEED TO GET THIS?



WHAT DO I NEED TO GET THIS?



WHAT DO I NEED TO GET THIS?



ACTION ITEMS (AS MANY AS YOU CAN THINK OF)

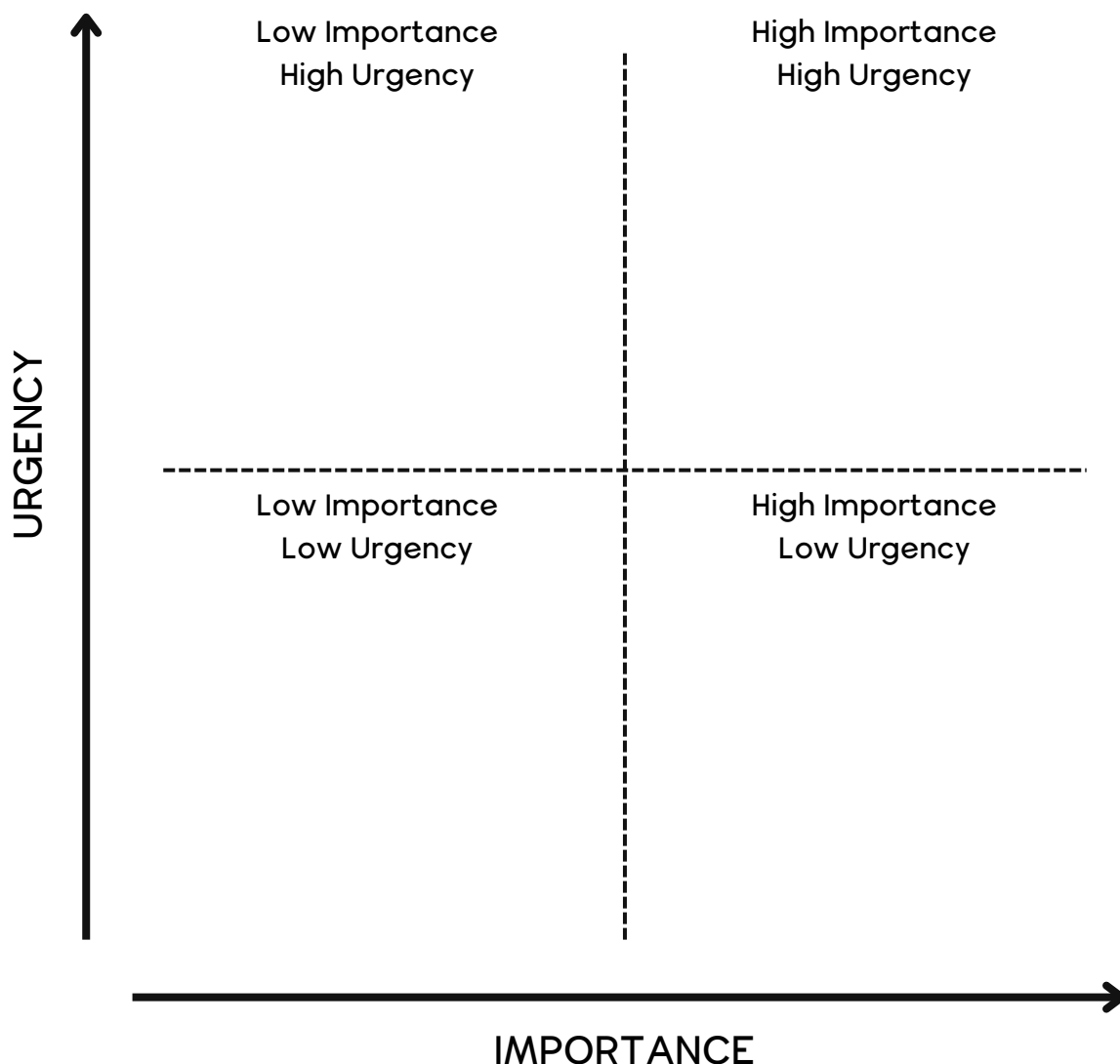
Urgent Vs. Important

You're busy. You're pulled in a million different directions every day. To prioritize your health, you must differentiate the IMPORTANT things versus the URGENT things so you can remove some things from your list.

In order to do great things you have to not do some good things.

Urgent tasks have an immediate time consequence; if you don't do them NOW, you won't have the opportunity to do them or they won't be as effective. Important tasks are those necessary to get to your goals.

Using the list of action items you identified on the previous page, categorize your action items based on their urgency and importance:



Simplify Your Reset

The most effective way to make long-term change is to focus intently on one goal at a time. Doing this allows it to become a habit, which then won't take up as much mental energy as when you're starting something new.

From the list of things you brainstormed on the previous page, choose ONE action item from one of the “High Importance” squares:

If any of these is a NEGATIVE action, re-write it to be a POSTIVE action:

Answer these questions with as much detail as possible:

What exactly will you do in the next 4 weeks?

Where will you do this? What tools will you use?

How much, how often, or for how long will you do this?

When will you start? Which day(s) will you do this each week?

Wellness Influencers We Love!

Changing your environment can change your life! One of the most impactful transformations you can make is to your online world. We encourage you to **unfollow**, **mute**, or **block** social media accounts that pull you back into toxic diet culture. Replace these with accounts that encourage you, build you up, and provide accurate health information. Here are a few recommendations to get started:

Nutrition & Intuitive Eating

@ditchingdietstogether	@soheefit	@dr.emilyciep
@peasandhoppiness	@thenutritiontea	@chr1styharrison
@foodsciencebabe	@foodbody.peace	@drjoshuawolrich
@plant.forward.nutritionist	@binge.nutritionist	@meanttoeat
@the_plant_slant	@autonomytherapyatx	@streetsmart.rd
@ellentuzihealth	@jennthedietitian	@menopause.nutritionist
@unbiasedscipod	@dietculturecyclebreaker	@nondietinghealth
@perimenopause_nutritionist	@dr.cindydallow.rd	@diet.culture.rebel

Body Image

@ilonamaher	@thebirdspapaya
@danaamercer	@ellentuzihealth
@meganjaynecrabbe	@findingbalanceofficial
@theunplugcollective	@yourgoodbodypodcast
@bodyimagewithbri	@over40andmidlife
@sportybethcf	
@nude_nutritionist	

Exercise

@jasonandlaurenpak
@strongcoremama
@khill_fit
@heathernagel.fit
@nondiet_trainer
@livlivinlife_
@mindful.marathon

Intuitive Eating for Families with Children

@kids.eat.in.color	@realfoodlittles	@growing.intuitive.eaters
@feedinglittles	@yummytoddlerfood	@toryhalpin*
@plantbasedjuniors	@jennthedietitian	@mrchazz*
@realfoodlittles	@babyledweanteam	@destini.ann*
@babyledweanteam		@biglittlefeelings*

*General parenting accounts which help put into place boundaries to support intuitive eating in children.

Week 1 check-in

DATE _____

I'M GRATEFUL FOR

○

○

○

STRUGGLES THIS WEEK

HARD THINGS I DID THIS WEEK

SUCCESSES THIS WEEK

○

○

○

○

HELPFUL TOOLS I USED

ACTION ITEMS FOR NEXT WEEK

NEXT WEEK'S AFFIRMATION

MY RANKING OF THE WEEK

