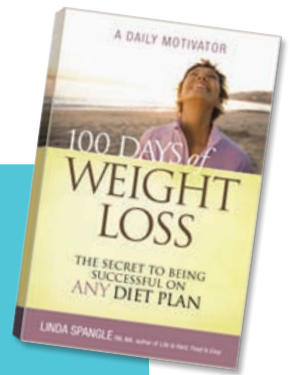




100 Days Challenge

for use with Linda Spangle's *100 Days of Weight Loss*

JOURNAL



for recording daily assignments and insights

brought to you by

Weight Loss Joy!

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Printing the journal

To make your journal easy to use, print the pages and put them into a 3-ring notebook or bind them in some other way. Here's a couple of ways to print the journal. See what fits best for you and your style of writing.

Option 1 Single-sided printing

If you print it single-sided, you can use the back of each page for your personal entries, ideas, challenges as well as your learning and insights.

Options 2 Double-sided printing

If you prefer to have only one page for each lesson, print the lessons back-to-back. To do this, follow the instructions for your specific computer and printer.

Ideas for making a notebook

Purchase a ream of paper that's already 3-hole punched. That way you can put the printed pages into a 3-ring binder right away.

Consider taking your printed journal to a copy center and have the pages bound using a plastic or wire binding.

100 Days of Weight Loss Journal

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Introduction to the

100 Days of Weight Loss Journal

This powerful insights and learning journal is designed as a companion to the book *100 Days of Weight Loss*. It includes a brief summary of each of the daily motivators as well as the written exercises and assignments contained in the book.

Keep this journal handy as you read through *100 Days of Weight Loss*. When you reach the “today” assignment at the end of each lesson, record your answers, outcomes and insights in this journal.

Because *100 Days of Weight Loss* is designed to work with any diet plan, you get to choose your own method for losing weight. So decide on the program you want to use, then simply follow these steps to a successful 100 days!

Step One - Choose your best diet plan

If you need help with choosing a diet plan, take the quiz at www.thedietquiz.com.

Step Two - Do your plan for 100 days

Complete one lesson from the book each day, setting a goal of staying on your weight-loss plan for *100 consecutive days*.

Step Three - Track your progress

In addition to using this journal to record your insights and ideas, come up with a *visual* way to track your 100 days. You might write each day’s number on a calendar or on a wall chart. Or maybe record them in your daily planner or on a graph you create on your computer. Then watch as the days accumulate, moving you closer toward your goal.

Create a vision for the future

Think for a minute about *why* you want to lose weight. On the next page, create a list of at least 10 reasons why you want to lose weight and maintain your success. Then keep these motivating reasons handy where you can refer to them often.

- Tape copies of this list to your mirror and your refrigerator.
- Write your list on a small card and carry it with you.
- Read your list daily for at least the first week or two of this program.

Any time you feel discouraged or tempted to give up, review the list and remind yourself:

“This is why I’m doing the 100 Days Program and I’m sticking with my plan!”

10 Reasons Why I Want to Reach and Maintain My Goal Weight

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

***This* is why I'm doing the 100 Days Program
and I'm sticking with my plan!**

How to keep yourself going

At the end of each set of ten lessons, you'll see the following message:

You've come this far in your 100 days... *Don't stop now*. If you're struggling to stick with it, push yourself to finish *one more day*. You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Each time that you complete another day on your 100 Days Program, you'll have moved further on the road toward your new life. Remind yourself you are a valuable and worthwhile person and that you deserve to be at a healthy weight.

Additional notes

On these divider pages, summarize the best learning ideas you've gotten from the past ten days of lessons. Add more thoughts and insights that will help you continue your personal growth and progress in your weight-loss journey.

Stay dedicated to your dream—and *make it a great 100 days!*

Day 1 I used to be that way...

Starting today, eliminate the belief that things *always* go a certain way or that you *never* stay with your goals. Whenever those doubts creep back in, immediately give yourself this new message: *I used to be that way, but now I'm different!*

Then come up with a new statement that describes what you can do to prevent this. If the doubts return, remind yourself that *now* you handle life differently.

Today

- Make a list of any fears or negative behaviors that have hurt your weight-loss success in the past. Read each one out loud, and then say, "*I used to be that way, but now I'm different.*"

- Then write new endings for them by completing this sentence:
I used to _____ (fill in your old behavior), but now I _____
(write in your new ending).

- Read these new outcomes often, and then live in a way that makes them true.

Day 2 Interested or committed?

If you tend to start and stop every time you diet, you may want to look at the difference between being *interested* and being *committed*. When you're truly *committed* to achieving your goals, you stick with it, *no matter what*.

Start adopting a “no matter what” attitude, then convince yourself you can stay with your goals regardless of your daily challenges.

Today

- Decide that you will always be *committed* to your weight-loss plan, not just interested. Write a declaration about your new level of commitment.

- Now describe how you will stick with your program, *no matter what*.

- Do at least one thing today that demonstrates you are truly committed. For example, take a walk or eat your vegetables—no matter what. Then write down your action so you can celebrate it.

Day 3 Do it anyway

To improve your commitment, learn to focus on your actions, not just your feelings. On days you're not in the mood for exercising or eating right, tell yourself to *do it anyway*.

Review the summary on page 7 of *100 Days of Weight Loss*. Use it to remind yourself of the differences between people who are *interested* in their goals compared to those who are *committed*.

Today

- In your diet or exercise plan, identify a task you don't feel like doing, and then *do it anyway!* Record it here.

- Notice how it feels to accomplish a goal by taking a "no matter what" approach to it. Describe your reaction.

- Make a list of several actions you plan to stick with today, regardless of how you *feel* at the moment.

Day 4 Boundaries, not diets

Picture your diet program as a road or a path. You can define the boundaries of your diet road based on the number of calories, points, or other factors you choose to follow. As you walk on the road each day, your goal is to stay between the sides of the road.

Today

- Think about how you could define your narrow diet road compared to your wider diet road. Be as specific as you can.
- Under each of the two columns below, make a list of your eating and exercise plans for that particular road. Include types of foods, amounts, and locations for eating them. Also, write down your exercise plans for both columns.

Narrow Road	Wider Road

- Decide on ways you can be flexible with each of these boundaries without losing sight of the healthy road you want to follow. Add a few notes below.

Day 5 **Magic notebook**

Create a special notebook or journal section for recording your favorite foods. When a food thought crosses your mind, remind yourself that you don't have to act on it. Instead, write down the name or even a description of the food, and then anticipate the pleasure of eating it sometime in the future.

Today

- Whenever you think about a particular food you want, write it down in your notebook. Practice this today by writing a couple of your favorite food in the space below.

- Plan that you'll eat the food at another time. With the foods you listed above, describe the amount you'll have and how often you'll fit it into your program.

- Stretch the times farther apart for eating this food. You may discover that after a while, certain foods don't seem as important to you as they once did. Add notes below on what you learn from using your magic notebook.

Day 6 **Protect your program**

Instead of depending on others to help you be successful with your diet, make a commitment that you will *protect your program at all costs!*

Anytime you feel pressured to eat something, sidestep the food pusher by saying, “*Not just yet; I’m going to wait a little while.*”

Today

- Watch for chances to respond to food invitations by using the line, “Not just yet; I’m going to wait a little while.” Describe these below.

- Identify at least three high-risk times or events such as family gatherings or quiet weekends. Describe how you’ll protect your diet program during each of these.

- Do at least one thing today that reinforces your determination to *protect your program at all costs*. Write down what you did.

Day 7 I can do it!

Practice saying the words “I can do it!” over and over. Write them on sticky notes, and then post them on your mirror, your computer screen, and your car dash.

Read them many times a day, maybe even 100 times. Push them deep into your mind and use them as a powerful affirmation that you *will* succeed with your plan.

Today

- Write the words “I can do it” below. Mentally remind yourself of this phrase at least 10 times today. Use this to cheerlead yourself through the entire day!

- In the space below, write “I can do it because…” then add a few supportive phrases such as “I’m capable of doing anything.”

- Read your phrases often, using them to reinforce your goals and build your enthusiasm. Write a few notes about how this helps you.

Day 8 Help me, please...

To get support instead of criticism from the people you love, you may have to *train* them. Set up agreements with your support people by saying, “It will help me if...” followed by what you want them to do. Be sure you also let people know the things you *don't want* them to do or say.

Today

- In the space below, write a list of things that people are *always* welcome to say or do in regard to your weight-loss efforts. Examples might include offer you compliments, protect you from dessert, or clear the table after meals.

- Create another list of things you *don't ever* want people to do such as snatch your plate away, give you lectures, or admonish, “You're not supposed to be eating that.”

- Read both lists to your support people including your spouse, your children, and your best friend.

Day 9 Here's what I want

In the quiz below, pick out the answers that fit best for you. If the answers don't exactly work for you, come up with some different ones that match your needs.

1. If you see me eating something that's not on my diet plan
 - Ask me, "Should you be eating that?"
 - Ignore it entirely
 - Ask me if I've had a bad day
 - Give me a hug

2. When I'm making progress, such as losing weight
 - Compliment me on how I look
 - Praise me in front of others
 - Never comment on my progress in front of others
 - Give me non-food gifts or rewards

3. When I'm struggling or gaining weight
 - Tell me you notice and really care about my struggle
 - Ignore it entirely
 - Hug me and show me extra affection
 - Ask me how you can help

4. When I'm making progress you can't see (such as improving my self-esteem)
 - Ask me how my efforts are going
 - Compliment me on how I look
 - Ignore my efforts and my changes
 - Give me non-food gifts or rewards

5. When I've maintained my weight (even though I may still want to lose more)
 - Tell me you are proud of my current efforts
 - Ignore the subject entirely
 - Ask me if I'm struggling or feeling discouraged
 - Compliment me on my looks and my efforts

Today

- Complete this quiz, and then **read your answers out loud** to one of your support people such as your spouse or a good friend.
- Post your answers on your refrigerator or in some other location where your support people can be reminded of what you want.
- Write the most important answers below. Add any other answers or requests that fit your needs. Be sure to read these to your support people as well.

Day 10 Appreciate good support

Whenever someone offers you a genuine comment about your progress, try to respond warmly to the person who pays you the compliment. Use your response to affirm and appreciate the other person by saying something such as, "You can't imagine how much it means to hear you say that. Thank you!"

Today

- Ask a friend or family member to compliment you on anything from your weight loss to your hair or your clothes. Describe what happened.

- Come up with a response that affirms the person who gave you the compliment. Write down what you said to them.

- Invent a few more responses to compliments. Record your favorite ones below.

Days 1-10 completed!

You've come this far in your 100 days... *Don't stop now*. If you're struggling to stick with it, push yourself to finish *one more day*. You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Additional Notes

Day 15 First two bites

With any food that you love, eat the first two bites very slowly, noticing details such as the cinnamon in the apple pie or the soft caramel swirl in the cheesecake. Allow yourself to completely absorb the texture and flavor of the food. After you finish those two bites, decide if you truly need more. In most cases, you don't.

Today

- Choose one of your favorite foods such as carrot cake, and then focus on all the details and tastes of the first two bites. Let yourself appreciate the flavors. Write down the food you choose for this exercise.

- After the first two bites, stop eating and get rid of the rest of the food. In the space below, describe your response to this experience.

- With each food you eat today, pay close attention to the first two bites. Notice how they taste in comparison to the rest of the food. Write a few notes below.

Day 16 Nurturing power of food

As you know, the first two bites of any food have the most impact on your taste buds. But they're also the only ones that have any *emotional power!* Once you finish those first bites, you'll have received whatever benefits the food can do for you. Eating more of it simply won't bring you additional satisfaction or make you feel any better.

Today

- Intentionally eat something that will help you feel better. Eliminate any thoughts of guilt or remorse as you eat this food. Write down what you ate and why you chose it.

- *After two bites, stop!* Remind yourself that your needs have been met and eating more of the food won't increase your healing level. Then give away or toss whatever food is left. Describe what you did with this part of the food.

- Write about how you felt doing this exercise. Also, notice what level of satisfaction you experienced as you ate the first two bites of the food.

Day 17 Stop wasting food

The clean-your-plate rule is one of the hardest ones for most people to break. Here's a new way to look at those old rules around cleaning your plate: *Every time you eat food your body doesn't need, you are wasting it!*

Today

- Throw some food away. It can be a tiny amount or a large amount. Remember, by wasting it into the garbage, you're not wasting it into yourself. Write down what you threw away.

- In the space below, list all of the foods you let go of today. Make a note about how it felt to throw food away, then add a few thoughts on how you'll manage leftover food in the future.

- Think about ways you can prevent having excess food around in the first place. Write your notes below.

Day 18 Retrain eating habits

If you just can't bring yourself to throw away what's left on your plate, retrain yourself gradually by leaving one small piece of food at a time. Starting at home, intentionally leave some food behind at every meal. Once you're comfortable doing this, apply the same concept to restaurants meals.

Today

- Think about all the places you've heard messages related to cleaning your plate. Record all the phrases you remember and where you heard them. Then tell yourself these old clean-your-plate messages no longer apply to your life.

- Write down some "*Never* clean your plate" rules that show your new attitude. (See the example below.)

- For example, one new message might be, "Never clean your plate. Instead, take care of your body and your health, and then figure out other ways to help those around you."

Day 19 Eat reasonable amounts

Make sure that you know how to measure foods accurately. Serving sizes have a way of growing over time. Every once in a while, pull out your scale and your measuring cups again. Check your estimates to make sure an ounce of cheese hasn't doubled or that a cup of ice cream hasn't become a pint.

Today

- With each of the foods you eat today, take the amount you think is your designated serving size. Then weigh or measure the food and see how close you came to being correct. Record the foods as well as how accurate you were.

- Repeat this exercise until you are confident about your estimating skills. Write down any foods that you might need to monitor for correct serving sizes.

- In the space below, write down your ideal serving size for the food items you eat most often.

Day 20 Half-off special

For an easy way to manage your serving sizes on an ongoing basis, use a concept called the *half-off special*. That simply means eat half as much as you normally would, or take half of the amount you actually want. If you try eating half of your food but you can't stop yourself from finishing it off, take a close look at your emotional needs. Maybe something else in your life requires attention or needs to be *filled*.

Today

- Divide several of your food items in half, then eat only that much. Write down the foods you do this with.

- Do this half-off special with at least five foods. List them below.

- Over the next few days, record any foods that you eat half of as well as with how it felt to leave half of the food behind.

Days 11-20 completed!

You've come this far in your 100 days... *Don't stop now.* If you're struggling to stick with it, push yourself to finish *one more day.* You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Additional Notes

Day 21 Eat with awareness

When you eat with no awareness, you simply miss out on the flavor, texture, and sensation of your food. Because you didn't "get" the taste you wanted, you may still yearn for it, so you eat more. Train yourself to slow down and spend more time with your food rather than wolfing it down on the run.

Today

- Prepare yourself for having a "mindful-eating" meal by setting a table with your good china and silverware, lighting a candle, and playing quiet music in the background. Describe your setting here.

- Sit down for your meal. While you're eating, don't do any other activities—just focus entirely on the food. Notice details such as the food appearance, flavors and textures, and even the temperature. Record your observations.

- Add a few notes about how it feels to eat a meal using that much focus and total awareness.

Day 22 Multitask with food

You don't have to completely avoid doing anything else in order to stay conscious around food. But you do have to pay attention to your actions. If you're doing other activities at the same time, remind yourself that *you are eating* and stay aware of what you put in your mouth.

Today

- Do a conscious eating exercise with someone such as your spouse, a friend, or one of your children. Write down a few notes about your plan.

- Intentionally create several distractions such as watching TV or having a conversation, but stay totally aware of your food intake. Record what you did.

- Describe what you learned from this experience.

Day 23 Savoring

With this technique, you eat a very small amount at a time. Next time you eat one of your favorite foods such as a piece of cheesecake or something chocolate, savor it and notice every detail. Take tiny bites, about the size of a fourth of a teaspoon, and then pay total attention as you eat the food. With each bite, allow yourself to feel contented and satisfied.

Today

- Choose something to savor, ideally an Andes mint or a small square chocolate candy. As you eat, pay attention to the smell, the taste, and the texture as well as the sensation of swallowing it. Write down what you chose for this exercise.

- Describe what the candy tasted like as well as how it felt in your mouth.

- When you've finished, decide if you need more food or if you're content with what you ate. Write down your answer.

Day 24 Eat for satisfaction

For your brain to achieve satisfaction, you have to eat slowly, pay attention to the bites and appreciate your food. When you give yourself permission to enjoy food instead of feeling guilty about eating it, you'll get the satisfaction you crave and you won't have to hunt for something more to eat.

Today

- Recall a food or type of meal that's usually highly satisfying for you.
- Write a few words or sentences that describe how it feels to be satisfied by food.
- Eat at least one thing today with the intention of feeling satisfied. Appreciate the food and allow yourself to feel totally fulfilled by eating it. Describe this below.

Day 26 When food disappoints you

When you eat something in order to appreciate a flavor, make sure the food matches what you want. If you're eating to appreciate flavors, and a food doesn't taste as good as you'd hoped, stop eating it! Then get rid of the rest so you don't reach for it again to see if it got any better!

Today

- Choose a favorite treat for this exercise. Take a small bite of food, then think about how it tastes. Is it good? Wonderful? Just fair? Is it the correct temperature or is it a little too warm or too cold? Describe this in great detail below.

- Take another bite, and then decide whether or not this food meets your expectations. Is it truly awesome, or do you feel disappointed with it?

- Now write down your response to the food you're eating. If you decide it's absolutely perfect, feel free to enjoy some more. But if you realize it's not tasting very good, stop! Don't keep hoping it'll get better—because it won't.

Day 28 Eating because it's there

When you grab food because it's in front of you, you're not trying to appreciate flavors. To stop this autopilot eating, tell yourself this magic line: *I don't eat food just because it's there*. Then catch yourself during those times when you reach for food simply because it came into your line of vision.

Today

- In the space below, write the phrase, *I don't eat food just because it's there*. Then write the same words on sticky notes and post them wherever you need reminders.

- Memorize this phrase, focus on it, and integrate it into your day. Record any times when you used this phrase today.

- When tempting snacks show up unexpectedly, quickly remind yourself of your policy, then walk away from the food. Record these experiences below.

Day 29 Hand-held foods

Think about all the foods that come in bite-sized servings or ones that you eat from your hand. Any time you eat one of these small-size foods, consider using a utensil. For example, try eating M&M's with a fork. You'll probably eat less because the reward doesn't seem worth the effort it takes to put the food into a spoon.

Today

- Select a hand-held food item such as nuts, chips, or candy pieces. Measure out a precise serving such as one-fourth cup or two tablespoons, and then put this amount on a plate. Write down the food you are using for this exercise.

- Sit down at a table with the food in front of you. Using a fork or a spoon, eat one piece at a time. Notice how it feels to eat your snack this way. Describe it.

- In the space below, write a few notes about how you will manage hand-held foods in the future.

Days 21-30 completed!

You've come this far in your 100 days... *Don't stop now*. If you're struggling to stick with it, push yourself to finish *one more day*. You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Additional Notes

Day 32 The five-hour rule

When you feel really famished, you're a lot more likely to eat too much. You're also far less particular about your food choices. To prevent this, use a *five-hour rule* to manage your hunger. Anytime you go longer than five hours between eating, you greatly increase the risk of overeating.

Today

- Plan your mealtimes carefully, aiming for no more than three to five hours between meals or snacks. Write your plan for today here.

- Record the times you actually eat today. Add any notes about how your hunger level was each time you ate.

- Notice any patterns such as whether you tend to overeat when you go too long between meals. Write a few notes about this.

Day 33 Fullness scale

As you are eating, your stomach muscles begin to expand in order to accommodate the food. To recognize fullness, you can use a three-point scale similar to the one for levels of hunger. Notice when you reach a *plus one* or the exact spot where you feel totally *satisfied* or *just right*. Regardless of what's left on your plate, stop eating at that point.

Fullness levels

- 0 Neutral, not hungry, not full
- +1 *Satisfied*, comfortable, just right
- +2 *Too full*, a little uncomfortable
- +3 *Stuffed*, miserable

Today

- Next time you eat a meal or snack, place your hand on your abdomen and monitor how your stomach feels. Before you start eating, write a note about how it feels right then.

- Notice when you feel comfortable or satisfied, the exact level of *plus one*. When you reach that point, stop and look at the amount you've eaten. Write down how much food you ate.

- Add a few notes on how it feels to be satisfied, not full. Practice this skill until you can recognize the *plus one* level at nearly every meal.

Day 34 Listen accurately

If you realize that you *like* feeling stuffed, you may need to work on changing your belief that full is a good sensation. Instead of enjoying the sensation of being overly full, begin labeling it as *uncomfortable*. Make a clear decision that you no longer want to feel that way, and instead, you want to feel *comfortable* or *satisfied*.

Today

- Eat a meal or snack but stop right at the point of feeling comfortable or a *plus one* on the scale. Describe how this level feels to you.

- Recall times in the past when you've eaten until you felt stuffed. Write a note that describes that, and then compare the two feelings.

- Think about what it means to feel full or stuffed. Is it comforting or nurturing? Does having a full belly make you feel stronger or more confident? Are you getting away with something you couldn't do as a child? Record your insights.

Day 35 The eating pause

When you naturally pause in your eating, you're usually at the exact point where you feel *satisfied* or *comfortable*. In fact, this pause seems to correlate exactly with the moment your stomach indicates it's taken in enough food. If you continue to eat, you quickly move to the level of being *too full*.

Today

- At each meal and snack, notice when you pause in your eating. Record how you recognized the pause as well as how much you had eaten at that point.

- Once you've paused, stop eating, regardless of the amount you have left. Wait for at least two hours before eating again. Describe your experience with recognizing the *eating pause*.

- If you realize you were actually hungry, work at fine-tuning your listening skills and improving your ability to use the eating pause as a tool. Write a few notes about how you can improve this in the future.

Day 36 Slow down your eating

Here's an easy way to train yourself to eat more slowly. At the start of your meal, set a timer or the alarm on your watch for *20 minutes*. Then, pace yourself (even if you're just eating a sandwich) so you'll be finishing the last bite of your food when the time is up.

Today

- With at least one of your meals today, set a timer and pace your eating to make the meal last for at least 20 minutes. Describe how this worked for you.

- Make a game out of catching other people doing the eating pause with their food, then ask them, "Are you feeling satisfied and comfortable right now? Do you feel like you've had enough food?" Write their answers here.

- Teach the eating pause concept to several people. Record their responses to using this technique.

Day 38 Food as power

Look carefully at what food and eating does for you. Maybe at times, you don't even notice the taste of food at all. Instead, "loving to eat" simply gives you a sense of power in your life. Instead of justifying overeating by saying "I love to eat," tackle the real issue and try to figure out how to become stronger emotionally—without reaching for food.

Today

- Think about situations or places in life where you feel like you do have power as well as ones where you don't. Make a list of each of these.

- Write down several ideas for how you can actually feel powerful without using food to meet this need.

- Do something today that makes you feel strong and powerful as a person. Describe it below.

Day 39 Flavor or texture?

As you pay attention to the foods you love, you may discover a lot of them appeal to you only because of their texture. In fact, some foods don't have very much flavor at all, but their texture keeps you coming back for more. If you recognize you're eating for texture, try to identify what you might be needing emotionally.

Today

- Pay special attention to the flavor *and* texture of each of the foods you eat today. Write down what you learn about your food preferences.

- Select one of your favorite foods. Describe its texture in great detail. Use creative words as if you were writing a gourmet review for a magazine.

- See if you can correlate your favorite textures with specific events, people or emotional needs. Plan how you can handle these in other ways. Describe your ideas for this.

Days 31-40 completed!

You've come this far in your 100 days... *Don't stop now.* If you're struggling to stick with it, push yourself to finish *one more day.* You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Additional Notes

Day 42 Make it matter

If you aren't sure if you really want to take action on something such as your weight, ambivalence will usually win. To get past this roadblock, you have to raise the importance of your goal and *make it matter*. Think about all the things that bother you about being overweight, then just convince yourself that it's crucial you make changes in this area.

Today

- Make a list of ways that being overweight bothers you. Using the scale of 1 to 10, rate each of these issues based on how much they affect you.

- Now raise the importance of each of them and mentally push the level even higher. Write the new numbers here.

- Remind yourself that your weight bothers you *a lot* and you can't wait to see improvement. Write a few notes about this.

Day 43 Choose to, not have to

Instead of saying, “I have to,” when discussing your actions or goals, substitute the words “*I choose to.*” Any time you feel like you *have to* do something, say “*I choose to.*” Then take steps that move you toward the outcomes you want.

Today

- Start catching times when you say, “I have to...” Regardless of the issue you’re facing, switch your words and say, “I choose to.” Write down each time you do this as well as what you said.

- Train yourself to use this phrase more regularly by saying things such as, “I choose to get up early for my meeting” or “I choose to sit here at my desk and type this report.”

- Using the words ‘I choose to...,’ write a “to do” list of things you want to accomplish during the next week.

Day 44 It's not the right time

If you're debating whether or not it's the right time to be on a weight-loss program, let these questions help you decide:

1. Are you currently facing a *major life issue*?
2. Is something demanding a huge amount of your *time and energy* right now?
3. Are you simply dealing with your *ordinary life*?

Today

- Evaluate how your program is going so far. Is this a right time for you to work on losing weight?

- If not, make a list of reasons why it doesn't seem to be the right time. Measure your list against the criteria of major life events or any big issues that demand your time and energy.

- If losing weight is truly important to you, *make it the right time*. In the space below, write a few ideas on how to get around the roadblocks in your daily life and make your diet work in spite of those obstacles.

Day 45 Food—important or not?

Designate specific times to let food be *important*, then other times, treat it as being *unimportant*. Since you can't make food special all the time, be selective with when you call it important. When you spend time with others, you can still choose to let food be unimportant, and instead, focus on giving love and attention to the people around you.

Today

- Think carefully about specific times you want to label food as important.

- Make a list of times, places, or even specific foods that you would usually give the designation of *important*.

- With times or situations that aren't on your list, plan to view food as *unimportant*. Write a few of these down as well, then notice how this feels to you.

Day 46 If not food, then what?

When you lower the priority of food, you force yourself to put something else in its place as the dominant interest in your day. As you focus on the non-food items on your list, look for ways you can give them more emphasis or attention.

Today

- From the list you made earlier, write your new number one item below as well as on a piece of paper or sticky note.

- *Deepen your commitment* to this item. Spend time thinking, doing, or in some other way, focusing on that item, person, or activity. Assign it a very high priority, making it far more important than food. Write down your plans for this.

- At the end of the day, write a few notes about how you now feel about that item or person. Over time, do this with the rest of your list.

Day 47 Kick the can't

Starting today, banish the words "I can't" from your vocabulary! Instead, think about what's possible, then substitute the phrase, "*I'll find a way.*" Then add the phrase, "*maybe I could...*," then come up with a new action plan for each of these areas.

Today

- Write a list of things that you believe you *can't* do.

- Several times today, read through the list. With each item, say, "It's hard to _____ (fill in your I can't), but I'll find a way." Record your favorites.

- For each item on the list, add the phrase, "Maybe I could..." and plan at least one action that will help you make progress. Write these ideas below.

Day 48 You gotta want to...

Look back at the list of “I can’t” items you wrote yesterday. Read them again, but instead of saying “I can’t,” change them to read “I don’t want to...” Now, go through each of those “I can’t” statements again, but this time, start with the words, “*Wait a minute. Of course I want to!*”

Today

- Go back to yesterday’s list or even write a new list of goals or situations where you’re inclined to say “*I can’t.*”

- Write the new list again, but in front of each item, write the words, “Of course I want to...,” reinforcing your plan to actually make it happen.

- Pick one of these goals and write it on a separate piece of paper along with the words, “Of course, I want to.” Carry this with you and read it often. Describe how this worked for you.

Day 50 Ten-minute solution

When exercising seems too hard, make a deal with yourself that says you only have to exercise for *ten minutes*, and after that, you can quit. Sometimes, at the end of ten minutes, you'll feel relieved it's over and you'll stop. But other times, you'll realize that you feel better and you might decide to keep going longer. Either way, you're a success!

Today

- Make a sign that says "*Ten-Minute Solution.*"
- Post it where you'll see it right before you start to exercise (or decide not to exercise). Then choose an activity for today. Write it down here so you'll have it recorded.

- Whether it's walking, riding a bike, swimming, or even playing croquet, do your chosen activity for ten minutes, then decide whether to stop or to continue. Either way, you're a success! Describe this below, including how it felt to do this.

Days 41-50 completed!

You've come this far in your 100 days... *Don't stop now*. If you're struggling to stick with it, push yourself to finish *one more day*. You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Additional Notes

Day 51 What is emotional eating?

Before you put anything in your mouth, ask yourself, “*Is this hunger or a desire to eat?*” If you’re having a *desire to eat*, catch yourself on the spot and ask, “What’s going on here? What’s making me want to eat right now?”

Today

- Make a sign that says, “*Is this hunger or a desire to eat?*” List a few places where you could post it as a reminder.

- Whenever you want to eat something, pull out the sign. Then decide if you need fuel or if your food desire is related to your emotions. Record some of your experiences with this.

- Make a list of situations or places where you are most likely to do emotional eating. Note any patterns or specific times when you struggle with this.

Day 55 Food is the consolation prize

Although eating may temporarily soothe an emotional need, unfortunately, the end result never matches your dream. Food becomes the *consolation prize*. It's better than nothing, but not even close to what you really wanted—to be loved, appreciated, or comforted.

Today

- Recall any recent times when you ate in order to feel better. Perhaps at a family gathering, you used food to fill your need for love and acceptance. Or maybe you reached for a snack to calm your anger or frustration at work

- Describe other personal experiences with emotional eating.

- Even if you initially felt better, consider whether the food really met your needs or if it was just the *consolation prize*. Then identify what you really wanted instead. Write a few notes about this.

Day 56 Head hunger

Head hunger usually tends to be connected to pressure-type emotions such as anger, frustration, or resentment. Whenever you crave a chewy or crunchy food, take a quick inventory of what might be affecting you. Try to identify anything that's irritating you, bothering you, or stressing you out right at that moment.

Today

- Make a list of your favorite *chewy* or *crunchy* foods, especially ones that you might reach for when you aren't physically hungry.

- Think of at least three places or situations where you're tempted to reach for head-hunger foods.

- Ask yourself what you really want to "chew on" in those situations. Record your insights.

Day 57 Head hunger “insteads”

Start creating a resource list of things and ideas you can draw on *instead* of eating. Whenever you realize you're facing a head hunger craving, stop to think about the real cause of your hunger and how you might address your emotional needs. Then, do one of the items from your list *before* you eat anything.

Today

- In the space below, create an “instead” list for head hunger. Include any activities or diversions that would help you postpone eating for a while.

- Post copies of your list in places where you can draw on it quickly, such as in your daily calendar or on your bathroom mirror.
- Use at least two of your “insteads” today. Describe these actions.

Days 51-60 completed!

You've come this far in your 100 days... *Don't stop now.* If you're struggling to stick with it, push yourself to finish *one more day.* You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Additional Notes

Day 62 Non-food triggers

Because these aren't always very obvious, watch carefully for the non-food signals that cause you to want to eat. As you go through your day, pay attention to the subtle cues that prompt your food thoughts or send you hunting for a snack.

Today

- Notice all of the non-food cues that tempt you to eat. In particular, watch for how you respond to stress, anger, and other intense emotions. Record the ones that you need to work on the most.

- Make a list of any food thoughts today that were prompted by emotions or other non-food triggers.

- Notice whether you typically give in to emotional triggers or whether you're able to ignore them. Write some notes about how you responded to the triggers.

Day 63 Buffers

Whenever possible, put some distance or “buffers” between you and your high-risk, problem foods. Instead of trying so hard to improve your willpower, simply don’t allow yourself to be tempted in the first place.

Today

- Eliminate one trigger from your life. Choose one food or category of food, and make the decision to protect yourself from it. Record it here.

- Clear that item from all of your regular storage places, including your home, car, office, and even your shopping list. Write down what you did.

- List any other food triggers that you plan to eliminate as well as ones you need to protect yourself from in the future.

Day 64 Instant tools for triggers

When a taste trigger hooks you into continuous eating, you can usually stop it instantly by the simple act of brushing your teeth. Also learn to recognize times when you feel weak and you're about to lose the battle against a food trigger.

Today

- Write down a list of the most common situations, foods, or emotions that often trigger you to eat. Create an instant tool for managing each of them.

- Identify triggers that are hardest for you to resist. Perhaps you get hooked by movie popcorn or TV ads. Maybe it's your mother's baking or goodies in the break room at work. Describe these here.

- Make a "fire escape plan" for each of your most common triggers. Write this in the space below.

Day 65 Stimulus narrowing

Each time you encounter a food cue or temptation, you eventually decide whether to *eat* or *not eat*. When you're tempted by a certain food, tell yourself, "*No, I won't eat it!*" Then immediately get away from the situation and don't allow your thoughts to go back to it.

Today

- Watch for food cues that have the potential to hook you into overeating. Like a parent speaking to their child, firmly tell yourself "no" on the spot. Write down any food triggers you encounter today.

- Immediately walk away, get busy with something else, and affirm that you won't go back to the food. In the space below, record how this experience felt.

- Stay strong in your resolve. Don't keep whining until you wear down your resistance and give in. Write down any thoughts on how you'll stay strong.

Day 66 Don't even start!

Whenever you're about to reach for one of these foods, immediately stop yourself with a firm, stimulus-narrowing message that says, "*Don't even start!*" Repeat this phrase again and again until you feel totally in control around the food.

Today

- Look for a situation in which you might be tempted to eat a snack or dessert, then intentionally *don't eat any*. Describe the situation and your actions.

- Repeat a strong phrase such as "*don't even start!*" several times inside your head. Keep using this message to protect yourself from the first bite. Write your phrase in the space below.

- Walk away from the food and then congratulate yourself on a new level of success with managing temptation. Make some notes on how this went.

Day 67 Never say “I blew it”

Starting now, resolve that you’ll never say “*I blew it*” again in regard to your eating or your weight-loss efforts. Instead of treating a slip-up as a crisis, learn to view it as a minor event. Also, see if you can figure out what contributed to it.

Today

- Resolve that you will never again describe your eating by saying the words “I blew it.” Write a declaration about this.

- Invent some new phrases that acknowledge your eating struggle but at the same time encourage you to move forward. Write down a few ideas, and see how they feel as you say them.

- Record your favorite phrases below and memorize them so you can use them immediately whenever you have a slip-up.

Day 68 I had a “pause”

Anytime you slip up and eat something that’s not on your diet plan, skip beating yourself up with harsh, punishing words. Instead, label the incident as a *pause* in your diet plan. This allows you to take a break in your efforts, then rest and regroup.

Today

- Next time you’re tempted to say “I blew it,” stop yourself immediately. Instead, label your slip-up as a *pause*.

- Decide how you will bounce back from an eating pause. Write a short plan that includes what you’ll say to yourself as well as what you’ll do next.

- Whenever you slip up, instead of dwelling on it, practice the skill of “erasing the board.” Write a few notes about this.

Day 69 No cheating allowed

Stop using the word *cheat* when you refer to your eating plan. Instead, use the words *choose* or *choice* to describe your behavior. Over time, all of your choices affect your outcomes such as whether or not you lose weight.

Today

- Talk to someone about your diet plan, using the word *choice* several times to describe your actions. Notice how that feels. Write a few notes about this.

- In the space below, record at least three *choices* you made around food today.

- If you make a weak or poor choice, figure out how to describe it without using negative words such as *cheat*. Write your new wording below.

Day 70 No good or bad

With eating, it's impossible to be *good* or *bad*. So from now on, stop using those words to describe yourself based on your food intake. By talking about each of your actions as a *choice*, you can eliminate the punishing self-messages that say you were bad.

Today

- Write a sentence or two about the choices you made today.

- Whenever you hear people use words such as cheating, good, and bad when discussing diet efforts, mentally rewrite their comments in a way that refers to choices in life. Record their words along with your new version.

- Teach this concept to a friend or diet buddy. Have a contest and designate the person who says *cheat, good, or bad* the fewest times as the winner. Describe how this went.

Days 61-70 completed!

You've come this far in your 100 days... *Don't stop now*. If you're struggling to stick with it, push yourself to finish *one more day*. You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Additional Notes

Day 71 It's too hard!

Instead of caving in on your diet because it feels too hard, buck up and tell yourself, "Of course it's hard. But I've done a lot of difficult things in my life, and this isn't any different. I know that *I can do hard things!*"

Today

- In the space below, write "*I can do hard things.*" Think about the places or times when you need to remind yourself of this. Record them as well.

- Make a list of hard things you've done in the past. Remind yourself that you are a strong person.

- Tell yourself you can do hard things, including staying on your diet and your exercise plan. Then do it. Write some notes about how this works for you.

Day 72 Sneak eating

To overcome patterns of sneak eating, consider making a policy that you'll always eat sweets or favorite foods in the presence of at least *one other person*. Let others know you plan to never eat certain foods in private, then ask for their support

Today

- Make a list of foods as well as the situations that might prompt you to sneak eat.

- What are you actually saying to others when you sneak food? Write down some of the emotional needs you might be solving by sneak eating.

- Add a few notes about people react when you don't follow your diet perfectly. Notice whether you react with fear, anger, resentment, or some other emotions.

Day 73 All-or-nothing

People who are perfectionists tend to be all-or-nothing thinkers who follow the theme, *do it right or don't do it at all*. To decrease your struggles with perfectionism, be willing to put one foot into the gray and set a goal of striving for *excellence* instead of perfection.

Today

- Do something less than perfectly. Don't make your bed. Leave a few crumbs on the kitchen counters. Hang a picture at a crooked angle and leave it that way all day. Describe what you did, and whether it was difficult for you.

- Eat one food that's not on your current diet plan. Even one chocolate chip can help you realize you don't lose ground just because you took one step off the side of the road. Write down what you ate as well as what you did next.

- Record today's imperfections in the space below. Add a few lines about how it felt to do this exercise.

Day 74 Watch for rainbows

Instead of letting your struggles pull you down, start training yourself to notice all the good things around you. Label these tiny bright spots as *rainbows*—gifts that slip in quietly, giving you an emotional boost right in the middle of an otherwise difficult day.

Today

- Notice the positive things that happen around you today. Record these “rainbows” as you go through the day.

- At the end of your day, tell yourself, “This was a really good day because...,” then read your list. As you recall each rainbow, remind yourself of the pleasure and comfort it brought you.

- Over the weeks ahead, continue to watch for more tiny rainbows to smile about, then celebrate and appreciate every one of them. Record them here.

Day 75 Small wins

Today, look at your *own actions* and identify all the ones that help move you closer to your goals. Label these as *small wins*. Stack these wins on top of each other, and then look for ways to create more of them.

Today

- Write down at least five things you did today that were small wins.

- Before you go to bed, read your list out loud and tell yourself you are a great success! Describe how this felt.

- Record your small wins for at least a week. Read your list each night and add a few notes about how it affects your attitude.

Day 76 Emotional safety

Think about how you can create an emotionally safe place in your life. Anytime life wears you down and leaves you feeling uneasy or discouraged, go to this *“ahh” place* and rebuild a sense of safety and calm.

Today

- Decide where you can create an “ahh” place for yourself. Describe your plan.

- Personalize this area with a variety of nurturing items such as plants, photos, or stuffed animals. Draw a picture of your setting or write about what you added.

- Sit in the safe place you’ve created, then describe the setting, including how you feel in it.

Day 78 Ditch the critic

During times when you struggle with life issues, pull out the phrase “No matter what you say or do to me, *I am still a worthwhile person*” and repeat it to yourself as many times as necessary. Then live as if it were true—because it is!

Today

- In the space below or on a separate piece of paper, write down, “*No matter what you say or do to me, I am still a worthwhile person.*”

- Then underline or highlight the words so they really hit home. Write a few notes about how you plan to use this in your life.

- Say this to yourself at least a dozen or more times today. Anytime you hear negative things from other people as well as from yourself, repeat this phrase again. Describe how you used this concept.

Day 80 Get a new title

Come up with a positive, happy *name tag* that moves you toward your goals. In addition to your new title, pick out a word or phrase that describes yourself without referring to your weight or your size.

Today

- Choose several words or a phrases for describing yourself. Examples include *balanced, fit, healthy, strong and solid*. Write your favorite ones below.

- Pick one of the above words and write the phrase “I am a _____ (healthy, fit, etc.) person” then fill in your new word. Write several if you like.

- Describe your daily life by saying, “This is what a _____ (healthy, fit, etc.) person does.” Write a list of places or situations where you’ll apply this.

Days 71-80 completed!

You've come this far in your 100 days... *Don't stop now.* If you're struggling to stick with it, push yourself to finish *one more day.* You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Additional Notes

Day 81 Unhook the chains

To identify the links in a behavior chain, consider all of the situations or people that may have prompted your stressful feelings or other emotions. Keep asking "*and what else?*" to jog your memory about other issues that affected you.

Today

- Recall a behavior chain of events you experienced today or in a recent week. Write down the item, person or situation that you think started the chain.
- Now draw or describe the behavior chain. Keep asking "*and what else?*" Add more items to the list until you've exhausted all the possible links in the chain.
- With each link, write a note about any actions you could have taken to handle the problem instead of letting it build.

Day 82 Last-straw eating

Although it may seem like it was the *last straw* that prompted you to give in and eat, you probably started to weaken a lot earlier. The real source of your emotional eating usually happened a lot earlier in the list.

Today

- Watch for events that hook together, putting you at risk for “last-straw eating.” Write a list here.

- Think of ways you can prevent last-straw eating. Describe at least one thing that will protect you from eating once you reach that frustration point.

- In the space below, write down one action you can always reach for on days when a series of events wears you down.

Day 83 No more deprivation

When you feel deprived in regard to food, look at the benefits you're getting as a result of your actions. If you can't get past your struggle with feeling deprived, try switching it around by asking yourself, "*What does my weight deprive me of?*"

Today

- In the space below, write about "poor me." Talk about any situations in which you feel deprived, abused or singled out because of your dieting efforts.

- Now reverse the question and ask yourself, "What does my weight deprive me of?" Make a list of all the things you miss out on because of your weight.

- Measure this list against the times you might feel deprived around food. Write some notes about how changing your life could help you get some of the things you're currently missing.

Day 84 The expectation square

If real life never seems to match your picture, you may need to *widen your square*. Start by creating a different version of your expectation. Fill in the square with your new picture and then ask yourself, “*Could it be like this and still be okay?*”

Today

- In the space below, draw a small square to show an area of your life, and then describe where you have a rigid view of how it “should” be.

- Next, draw a larger square around it. Then write down ways you could widen your expectations and allow other options.

- Do this with several other areas that frustrate you in life. With each larger square you draw, ask the question, “*Could it be like this and still be okay?*” Write some notes about your insights.

Day 85 Let it go

When you're upset or going through a difficult situation, decide how long you want to hold on to your emotions. Pick a time limit, then at the end of that time, mentally send the negative emotions out of your body, then watch them drift away.

Today

- Choose a specific item, person or situation that makes you feel angry, frustrated, hurt, or sad. Describe this in detail.

- Mentally or with a piece of paper, place this issue into the palm of your hand. Hold it for a specific length of time, and then let it go. If necessary, do this several times in order to release the feelings.

- Write a few lines that affirm you've let go of the issue as well as the feelings around it.

Day 86 Minimize the damage

You don't have to give upon your diet just because of a little extra eating. When you're faced with difficult times, stay on your plan by using the phrase, "*Minimize the damage!*" Build a strong confidence that you can stop eating and get back on track.

Today

- List any high-risk activities or possible food temptations that you'll be facing over the next few weeks.

- Try to come up with at least three ways that you can minimize the damage in each of these situations.

- Record your plan below, then read it often over the next few days so you'll feel strong and prepared.

Day 87 Old habits

Start identifying times when you eat strictly out of habit, then decide how you could change your routine. With family members or friends, invent new ways to feel connected to people, even if you're the only one who makes these changes.

Today

- Make a list of habits that have caused you trouble in the past.

- Add a list of people or events that you associate with food or eating.

- Write down a few ideas about how you can avoid slipping back into old habits.

Day 88 I do care!

Sometimes you may get so discouraged that you decide you just don't care anymore. In most cases, when you don't feel like sticking with your diet plan, it's not that you don't care. It's more likely a sign that something else requires your attention.

Today

- Think about times when you are likely to decide you don't care any more. Write a list of these times or situations.
- Make a sign that says "*I do care!*" Place it where you can see it easily, such as on your refrigerator, mirror or computer screen. Remind yourself at least a dozen times today that deep down, you actually *do* care.
- Write down a few ways to help you remember how much you care.

Day 89 At my best

Remember the days when you felt confident, strong, capable, and able to face challenges head-on. To bring back the qualities and concepts you've lost, remind yourself that you still value them. Then intentionally put them into your life again.

Today

- Under the words below, list every descriptive word and phrase you can think of that portrays how you act, look, feel, or live when you are at your very best.

At my best, this is what I'm like...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- Read your list *out loud* and notice the energy and enthusiasm it generates.
- Write a few notes about how you'll use this list.

Day 90 Live “as if”

By acting *as if* you have a particular skill or feeling, you can get past your fear and make that goal become real. For example, when you get dressed each morning, look in the mirror and say, “I look great!” Then walk and talk *as if* you do.

Today

- Pick one item from the “at my best” list you wrote yesterday. Write it here.

- All day long, act *as if* that one thing were true. Describe your actions here.

- At the end of the day, notice how your outlook has changed. Then write a few notes about how this approach worked for you.

Days 81-90 completed!

You've come this far in your 100 days... *Don't stop now*. If you're struggling to stick with it, push yourself to finish *one more day*. You'll immediately be another day closer to achieving your weight-loss goals. **Just do one more day!**

Additional Notes

Day 91 Obesity is a condition

In reality, obesity is a *condition* just like diabetes. First you have to get the condition under control, then you have to live every day in a way that keeps it managed.

Today

- How does it feel to have the *condition* of obesity? Do you resent this or think you'll simply ignore it? Write down your response to this idea.
- Write a paragraph or two about your *condition* and your plan for accepting the fact that you have it.
- Describe what you will do today to manage your ongoing condition.

Day 93 20-year plan

Create a blueprint for how you'll live for the next 20 years. Follow the specific directions in the book for each of the sections below.

My 20-year plan

Seven things I can do forever

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Three favorite foods and my plan for managing them:

My exercise plan and how I'll make it work:

Barriers and life issues, my plan for handling them:

Immediate "crisis plan" if I start gaining weight:

Day 94 Three columns of weight loss

Every day you live in one of three behavior columns— *weight loss*, *maintain*, or *gain*. To truly achieve long-term success, you have to live at least 90 percent (or more) of your days in either the *weight-loss* or *maintain* columns.

Today

- Even though you may have already been recording this each day, ask yourself, “If I lived every day exactly the same way as I did today, what would happen? Would I lose weight, maintain my weight, or gain weight?”

- Describe which actions (or lack of actions) determined your column for today.

- Monitor your columns over a number of weeks (or review your current tracking system) to see how close you come to the *90 percent rule*. Write your notes here.

Day 95 Set your intentions

Define your goals as *intentions* and clarify exactly what you want to do. First create a specific statement that tells what you want to do. Follow it with a plan that states exactly how you'll follow through with accomplishing this intention.

Today

- Set a specific intention around achieving one of your weight-loss goals. Say "My intention is to...", then write down what you want to accomplish.

- Plan your action steps, and then add details that will make it easier to follow through with your plan. Record them here.

- Create several more intentions, then record them below along with your action plans to make them happen.

Day 97 Use what works

If certain techniques or strategies worked for you in the past, they will usually work again. Recall the tiniest details that previously helped you stick with your efforts. Then use all of your old tricks to boost your current plan.

Today

- Make a list of all the best weight-management “tricks” you remember from your past.

- Put a star beside all the ones you could use again. Also, write down any new ones that you might like to try.

- Pick one idea to put into action today, then *do it!* Record what you did and how it worked for you.

Day 98 New Year's resolution

Pretend your current plan was successful and that you've lost weight, built an exercise program, and maintained your new habits. Then using the detailed instructions in the book, create a *New Year's resolution* in advance.

Today

- Based on what you'd like to see happen over the next year, write an outcome for each of the areas below.

It's one year from now, and the date is: _____

I now weigh: _____

My body feels...

I'm exercising by...

I'm pleased with...

I've learned...

- When you've completed all of the statements, read your New Year's resolution out loud. Write some notes about your reaction to hearing it.

- Make a collage or a drawing of your future. Use this picture to help inspire you with your current actions.

Day 99 It's not in here!

Any time you weaken and you're tempted to start raiding the cupboard or refrigerator, remind yourself, "*What I really need isn't in here!*" Then look for healthy ways to address your needs and move yourself closer to the reaching your goals in life.

Today

- Make a sign that says "*It's not in here!*" Post it in an obvious place on your refrigerator or cupboard. Write the same words in the space below, then define exactly what that means for you.

- If your solution isn't in the cupboard or the refrigerator, where will you find it?

- Create a list of instant resources you can go to when you're sliding toward emotional eating.

Day 100 This is how I live!

Select your favorite principles from the 100 Days Program. Then choose the top ten lessons that you like best—the ones you want to live by long-term. Once you've chosen the guidelines you want to follow forever, use them as a foundation for your daily life.

Today

- Think about what will help you remember your favorite tools from the 100 Days Program.
- Make a “*top ten list*” that includes all of the concepts you plan to use forever.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

- Create a plan for how you will keep these ideas in front of you *always!*

Days 91-100 completed!

Congratulations! You've made it through all 100 Days.

Now it's time for you to become a long-term success!

You've finished the 100 Days of Weight Loss Program! But don't stop now! Think about what you need to do next. Would it help to repeat the 100 Days lessons to cement them more strongly into your life? Do you need to focus on your top ten skills for a while until they become routine in your days?

Use this space to write your next steps in this wonderful program of personal growth.

About the author

Linda Spangle, RN, MA

A registered nurse with a master's degree in health education, Linda Spangle is the founder and director of Weight Loss For Life, a lifestyles coaching and education program based in Denver, Colorado. She specializes in helping people deal with the emotional and psychological issues of weight loss as well as healthy eating and exercise.

A popular speaker and trainer, Linda has taught classes and seminars nationally on emotional and psychological aspects of weight loss, nutrition and exercise, stress management, burnout, and motivation.

She is the author of the award-winning book *100 Days of Weight Loss: The Secret to Being Successful on ANY Diet Plan* (2007, Thomas Nelson) as well as the nationally acclaimed book *Life is Hard, Food is Easy: The 5-Step Plan to Overcome Emotional Eating* (2004, LifeLine Press.)

For information on programs plus free weight-loss tips visit www.weightlossjoy.com

Linda Spangle is available for speaking engagements, training seminars and private weight-loss coaching.

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