



100 MORE Days Challenge

For use with Linda Spangle's book 100 MORE Days of Weight Loss

JOURNAL



For recording daily assignments and insights

Brought to you by


Weight Loss Joy!

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<http://www.weightlossjoy.com>.

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.

If you print your journal out on plain paper, consider taking it to a copy center and have the pages bound using a plastic or wire binding.

100 *MORE* Days of Weight Loss Day-by-Day Journal

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❧ INTRODUCTION ❧

This powerful insights and learning journal is designed as a companion to the book *100 MORE 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 MORE 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 MORE 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.

You can also use the “Dot Calendar” available on the home page of <http://www.weightlossjoy.com>.

How to keep yourself going

On the divider pages at the end of each ten lessons, summarize the best learning ideas you’ve gotten from those lessons. Add any thoughts and insights that will help you continue your personal growth and progress in your weight-loss journey.

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

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

DAY 1 Others have done it

Identify at least one person who has been successful at losing and then maintaining a healthy weight. If you can't recall any friends or family members who've done this, have a chat with a weight-loss coach or program leader.

TODAY

- Find several people who have been successful with losing or maintaining their weight. Ask them what they did and how they made it work. Write their comments in the space below.

- From their comments, write a list of three things you can apply to your own efforts.

- Make a sign that says, **“Others have done it and so can I!”** Place it where you can read it often and let it inspire you to reach your goals.
(You can also print out this sign from the free materials and resources for this book.)

DAY 2 I'll start tomorrow

If you are determined to lose weight, then tackle it head-on. Don't wait for a day when you can be perfect. You need the benefits of losing weight NOW, not in a year or two. So follow through on your intentions and start today.

TODAY

- Identify one thing that is getting in the way of your weight-loss plan.

- Decide how you can get past this barrier. Write down your ideas.

- Take the steps that will make it happen today. Record what you did.

DAY 3 What if I fail?

Even if you have times when you struggle or gain some weight back, don't allow the word *failure* into your day. You have power over what happens in your life. So today, start conquering your fears by changing the way you think about them

TODAY

- Write down one of your biggest fears around managing your weight.

- Identify your emotional response. Let yourself feel the fear and panic around it.

- Create a logical, positive message to use any time fears creep into your thoughts.

Day 4 Today I'm on my plan

Start each day by saying, "Today, I am on my plan and I will stay on it all day!" Remind yourself often that you are determined to stay on your program. If you start slipping into old patterns, review your weight-loss goals and why they are important to you.

TODAY

- Write a list of three things you will do to stay on your plan today.

- Identify any emotional issues such as stress that might get in the way of your focus.

- Create a self-talk phrase to use instantly when your focus starts to slip away.

DAY 5 No willpower

If you believe you can manage your actions by the choices you make, you won't have to worry about willpower abandoning you at the wrong moment. Instead, just pull another item from your strategy list and face down the food temptation without a hitch.

TODAY

- Think about places where you'll face a food temptation today.

- Create a new mindset for protecting yourself from unplanned eating.

- Record your success with using this new mindset.

DAY 6 Monday diet

Don't go off your diet because you're emotionally empty. Instead, take care of your heart by doing the activities on your plan. If you do this every weekend, you won't need to regroup and start your diet over again on Monday.

TODAY

- Look at your schedule for next weekend and note any social events, as well as places where you tend to need rest, comfort or nurturing.

- Create a weekend revival plan. Write it down below, than tape a copy of it to your refrigerator, your computer or the dashboard in your car.

- Beginning on Friday afternoon, follow your special plan and take care of your heart's needs. Record how things went.

DAY 7 Not willing to change

In your eating and exercise goals, what are you not willing to do? What do you keep holding on to, even though it affects your weight loss or ability to maintain?

TODAY

- Identify several things you are not willing to do.

- Decide how you could make small changes in those areas and get past them.

- Record your new plan and follow through with it today.

DAY 8 Set now goals

If you can't seem to stick with your exercise or weight-loss program, throw out your lofty plans and start at a simpler level. Instead of aiming for the sky, plan some now goals or simple steps you can take today.

TODAY

- Create three *now* goals. Begin each one with "Today I will..."

- Write each one on a sticky note or other place where you can read them often today.

- At the end of the day, check off the ones you've accomplished.

DAY 9 When to use Plan B

Here’s the secret to having a great social life at the same time you’re managing your weight. Always attempt to stick with either Plan A or your contingency approach, Plan B. Whenever you’re tempted to skip your program, remind yourself, there is no Plan C!

TODAY

- Create and record a Plan A that you will follow most of the time.

- Widen the boundaries and create an optional Plan B.

- In the space below, write the words, “There is no Plan C!”

DAY 10 Do it in the fear

When you face a tough time, remind yourself to reach for your courage and *do it in the fear*. Then spend twenty seconds being strong against the challenge you are facing.

TODAY

- Recall a time when fear took over your thoughts. Write it in the space below.

- What did you do to get past the fear? Make a list of steps you took.

- Identify places in your life now where you can “do it in the fear.”

🎀 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 11 Never give up

Even during times when you struggle, never give up! Just do healthy behaviors for three days, and you'll be back on track.

TODAY

- Identify situations or events that might cause you to give up on losing weight.

- Create a phrase to remind yourself that this attempt might be the one that's successful.

- Build repetition by staying on your plan for three days. Then do it for another three days.
Record your success.

DAY 12 Success somewhere

Choose one small activity or task you know you can do well—then do it. Each time you successfully complete a task, you reinforce a belief that you can do more.

TODAY

- Think about one thing you can do today that matches your goals.

- Write it down and post a note on your refrigerator or computer screen.

- When you've finished that one thing, celebrate having success somewhere.

DAY 13 Get come passion

Creating passion begins with taking action. Even the smallest micro movement can get you unstuck and moving toward a renewed sense of hope and accomplishment.

TODAY

- Choose one area of life your that you'd like to improve. Write it down and plan to create some passion for it.

- For the entire day, give this area extra attention, energy and focus. Write what you did.

- At the end of the day, notice the difference in your actions. Record this in the space below.

DAY 14 Ditch the parent

Shame results from setting up a controversy between good and bad behavior. When you eliminate the use of these words, you don't get pulled into a mental battle, and shame doesn't have any reason to show up.

TODAY

- Identify and record a recent time when you ate a cookie or other treat.

- Write the words, "I chose to eat..." and add the food you listed above.

- Each time you eat something today, tell yourself, "I'm choosing to eat this." Write a note about how that felt.

DAY 15 Beat myself up

Rather than ignoring a slip-up and hoping for the best, tell yourself, “That was unfortunate. It was not what I’d planned. And here’s what I’ve learned...” Then live in confidence that you’ll be stronger in the future.

TODAY

- Think about a recent time when you ate snacks or desserts you hadn’t planned on eating.

- Answer the three questions: What happened? What was going on? What did I learn?

- Record your success with using this new mindset.

DAY 16 Compulsive or impulsive eating

Addictions counseling teaches that a craving rarely lasts longer than seven minutes. By forcing yourself to avoid food for that long, you can usually overcome continuous eating.

TODAY

- Watch for a time today when you feel tempted to eat something not on your plan. Write it down here.

- For seven minutes, stay away from the food. Do something positive during this time, and write a note about what you did.

- Describe how this worked.

DAY 17 Do I really care?

Each morning, ask yourself, "Is this a day when I care or one when I don't care?" Once you label it as a day that you care, live that way all day.

TODAY

- Make a sign that says, "I do care." Post it where you can see it easily or carry it inside your pocket or purse.

- Write down ways you will demonstrate that you care today. Then eat your healthy meals, take your walk and use positive self-talk to prove that you care.

- At the end of the day, notice the difference in your actions. Record this in the space below.

DAY 18 I know what works

Sometimes new and fresh ideas can boost your motivation. But don't lose sight of what you already know. Pull out the tools that have worked for you in the past and start using them again.

TODAY

- Make a list of tools or actions that worked great for you in the past.

- Choose one of these things that will still work for you. Write it down.

- Put that tool into your day and use it to stay on your plan. Record how this went.

DAY 19 Hope—the secret word

Even when it seems like you’ll never reach your goals, hope will move you forward and sustain your efforts day after day.

TODAY

- How hopeful do you feel right now? A lot, some, a little or not at all? Write it down.

- Describe recent times when you’ve lost hope, including what caused this to happen.

- Identify one step you can take today to build a sense of hope and optimism.

DAY 20 Rebuild your hope

Let go of the past and remind yourself that now you are in a different place with new tools that will propel you forward. Listen to your hope voice often and train it to give you words of love and encouragement every single day!

TODAY

- Identify things your negative voice tells you. For example, "I never stay on a plan."

- Reframe those thoughts by writing, "That's not true... I can overcome that."

- Create a powerful statement to use as your hope voice. For example, "Of course I can do this!"

🎀 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 The couch is calling

Any time you move your body, it's still better than not moving it. But to actually lose weight, you need activity that's more rhythmic and sustained, such as walking, biking or swimming.

TODAY

- Create a weekly exercise plan to include the type of activity, length of time and which days you will exercise.

- Plan ways to get past the barriers, such as fatigue, schedule or stress, that would prevent you from exercising.

- Record your exercise activity every day for at least a week. Note how you feel as a result of more activity.

DAY 22 When not to eat dinner

Many experts believe that when you avoid eating during the day, your body slows down in response to the famine. Later, your body will store some of what you take in during the evening because it anticipates there may be a food shortage again the next day.

TODAY

- Identify places in your day where you might go longer than five hours between eating.

- Plan a transition between your activities of the day and your evening meal.

- Create a short list of mini meals or snacks; then stock up on supplies for them.

DAY 23 Food and nurturing

You can't fix an empty life by simply eating carrots instead of potato chips. But by following a few easy steps, you can learn to nurture yourself instead of heading to the refrigerator for evening comfort.

TODAY

- When are your worst times of day with food and eating issues?

- Identify at least two alternate activities you can do during this time.

- Record how this works and whether it changes your eating patterns.

DAY 24 Planning to overeat

Recognize when you are planning to overeat and immediately slam on your mental brakes. Focus on the benefits of staying on track with your plans for healthier eating and exercise, then find a different way to give yourself a break.

TODAY

- Identify an event or situation where you might end up planning to overeat.

- Is that what you really want to do? Is it worth it? Write your answer.

- List three things you will do to prevent sliding into overeating in this situation.

DAY 25 After the party's over

To avoid "after the party's over" syndrome, prepare for any event by planning twice. Besides your careful thoughts on how you will handle the party or gathering, you need to add a detailed plan for the evening or the day after the event.

TODAY

- Identify situations where you are at risk for eating after an event is over.

- Come up with three self-care things you will routinely do to manage this.

- Create a detailed after-the-party plan for the day (or two) after the event.

DAY 26 Vacations and reunions

Label any trip or vacation as a time for taking care of yourself. Then plan in lots of activities that will make you stronger and healthier.

TODAY

- Create a vacation or reunion plan, even if those times are months away.

- Decide how you will track your actions during those events. Record your plan.

- Put your plan on a small card or in a memo on your phone so you'll have it available when you need it. Add a few notes below about how you will make sure you follow your plan.

DAY 27 Skip it or savor it

Any time you want to avoid eating snacks or sweets, use the powerful line “It’s not my food.” Simply tell yourself that the food is for someone else, and it doesn’t belong to you.

TODAY

- Watch for situations where sweets or snack foods tempt you.

- Each time, decide whether to skip the food or savor it. Record your experiences.

- Intentionally label something as “Not my food.” Describe how this worked.

DAY 28 Get your money's worth

Learn to measure the value of eating out by the flavors of the food and the quality of the experience, not the food volume. Eating more doesn't increase the value you're getting. In fact, it can make the event less enjoyable because you become unhappy about eating too much.

TODAY

- Make a list of what you want at restaurants, such as fuel for your body, tasty food and great conversation.

- Plan a restaurant meal for sometime soon and decide how much you will spend.

- At the restaurant, notice when you've gotten the things on your list, then stop eating at that point. Record whether you got your money's worth.

DAY 29 Healthy hat day

When you notice you’re slipping back into old patterns, here’s a great solution. Each morning, pretend you put on a “Healthy Day” hat. Then do five things that help you label the day as being a healthy one.

TODAY

- Write the words “Today is a healthy day.”

- Create a list of several things you will include in your plan today.

- At the end of the day, check off the ones you accomplished. Celebrate that it was a healthy day.

DAY 30 Feel blessed

Rather than chase the elusive feelings of happiness, pay attention to areas where you feel blessed. Appreciate the people you love, be grateful for the good things around you, and let others know you are feeling blessed.

TODAY

- Create a one-day plan for extreme self-care. Include non-food things that feel nurturing.

- Do each of the things on your list, and record how it felt to take extra care of yourself.

- Write a list of ways you are blessed right now. Read your list several times today.

🎀 DAYS 21–30 COMPLETED! 🎀

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Additional Notes

DAY 31 Restore yourself

Every day, work on restoring a tiny bit of your life. As the months go by, you'll be able to see a lot more of your original structure, beauty and value. Eventually your efforts will pay off as you restore and appreciate your life.

TODAY

- Write a list of areas you'd like to restore in your life.

- For each item, write down one thing that will help you begin restoring it.

- Choose one goal and take action on it today. Record what you did.

DAY 32 Make exercise work

What's most important is that you move versus not move. So keep working on your exercise program, even if it's small. Over time, the results will show, and you'll know it was all worth the effort.

TODAY

- Write down the smallest amount of exercise you could do most days.

- Plan how you will put that in place today.

- Record what you did and how it felt to have a small, realistic goal.

DAY 33 Create some joy

Sometimes you could really use some nurturing or a bit of encouragement. But there’s no one to give you attention or kindness when you need it. As a result, you have to learn how take care of your own needs for nurturing.

TODAY

- Create your list of What I Love. Include at least twenty items.

- Put a check mark or star by any items you haven’t done or appreciated in the past six months.
- Choose one thing from your list and use it today for nurturing or encouragement. Record what you did.

DAY 34 Food replaces meaning

Take a look at the amount of meaning in your own life right now. Even if you can't change jobs or skip classes and events, you can work on building meaning in other areas.

TODAY

- Write a list of things that currently give you meaning in your life.

- Decide where you can add more things or cultivate the ones you have.

- Do at least one activity that builds your sense of meaning. Record what you did.

DAY 35 Need for renewal

When you become life tired, self-nurturing activities such as taking a bath or listening to music can help. But sometimes, you need a deeper level of healing, one that reaches your core and pulls it back up. You need renewal.

TODAY

- Decide when you'll do a renewal walk. Allow plenty of time to focus on details.

- Record what you noticed or experienced with each of your five senses.

- Write notes about how your energy and your inner spirit felt after the renewal walk.

DAY 36 My strengths

Create a list of your strengths. Hold tightly to the belief that you have these strengths, even during times when you don't feel them or do them.

TODAY

- In the space below, write "My strengths, even if I don't always believe them or do them."

- Then using the categories of physical attributes, skills and abilities, and personality traits, create a list of your strengths.

Physical attributes _____

Skills and abilities _____

Personality traits _____

- When you finish your list, read it out loud. Write a note about how this feels.

DAY 37 I'm not done yet

What are some areas where you aren't done yet? Start building your list, then figure out the action steps it will take to continue making progress on those areas.

TODAY

- Identify at least three things or life areas you aren't done with yet.

- Decide on steps you can take today on each of these items.

- With each of those actions, record that you've completed them.

DAY 38 Emotional cold

With an emotional cold, you aren't dealing with deep issues that need counseling or medication. You just feel an emotional letdown or a sense of emptiness. Learn to recognize the symptoms and start treating it right away.

TODAY

- Create a first-aid kit for the next time you get an emotional cold.

- Write a list of things you can do to help you recover when one hits.

- Do one of the things on your list today. It might help prevent you from getting an emotional cold. Record what you did.

DAY 39 See your value

Change the negative words you say to yourself. Instead of saying “I can’t do anything right,” hold your head up high and tell yourself, “I’m important, I’m valuable, and I count in this world.”

TODAY

- Create two positive statements to use for your self-talk.

- Write them on a card or piece of paper, then post them where you can read them often.
- Live as if these statements are true, then record your response.

DAY 40 Believe in yourself

By making a few simple changes in your self-talk and your internal beliefs, you can improve your self-esteem almost immediately.

TODAY

- In the space below, write the words "I am valuable."

- Consider ways you can restore your belief in your own value. Describe them.

- Do at least one action today that will demonstrate your sense of value and self-worth. Record what you did.

🌀 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 41 Food and feelings

Emotional eating or using food as a friend happens to all of us at times. Keep learning how to identify and express your emotions rather than shoving them away with food.

TODAY

- List three of the most common times or situations where you do emotional eating.

- For each one, add details including what might be going on or causing you to eat.

- For each one, write a plan for how you can take care of the real issue instead of reaching for food. Watch for times to use this today.

DAY 42 Food and fun

When your life is stressful or unhappy, food makes the world more bearable. Later, when the painful realities of your life return, you simply eat again. You also may need to invent new ways to manage transitions in your day.

TODAY

- Identify places or times when food provides your main source of fun or entertainment.

- Make a list of creative, non-food ways to have fun. Do one of them today.

- For situations where food provides a transition, invent ways to shake up your routine and follow a healthier pattern.

DAY 43 Food memories

By tracing back to your earliest recollections of eating a food, you can identify the needs that were met at that time. When you crave that food now, you are probably experiencing some of the same needs as in your food memory.

TODAY

- List several favorite foods that often cause you problems or tempt you to overeat.

- Recall events or places where you have eaten these foods, especially as a child. Describe the scenes, including the people you were with.

- Identify one or two emotions that seem the strongest in each scene. Record your insights including times when that food connects to emotions now.

DAY 44 Food tracing

You may be surprised at what pops to mind when you look for the memories that hook you with your favorite food. Food tracing will often reveal thoughts of better days when your needs for comfort, nurturing and happiness were met.

TODAY

- Choose a favorite food and write down times when you seem to crave it a lot.

- Close your eyes and mentally track backward to your earliest memories of eating this food. Describe the scene, then add the emotions you were feeling at that time.

- Connect those emotions or needs to present times when you crave this food. Record your insights as well as some non-food ways to take care of these needs.

DAY 45 Safe places

Any time you start a new job or move to a different home, don't wait for months to "fix things up." Take immediate steps to make yourself feel comfortable and emotionally safe, even in a brand-new setting.

TODAY

- Write a plan for creating a safe place.

- Set up and personalize the area. Describe what's in your safe place and how it looks.

- Spend at least ten minutes in your safe place today. Write about what you did and how it felt.

DAY 46 Disappointment

Whenever you feel disappointed because something didn't go the way you wanted, look for the trade-off you got instead. Instead of letting a disappointment pull you into despair, give yourself a new perspective.

TODAY

- Write down a recent disappointment. It can be a small one or a larger, life disappointment.

- Record your initial response, including whether it made you want to eat something.

- Look for a "trade-off" or what you got instead. Describe this in detail.

DAY 47 Food replaces love

Instead of waiting for someone to show you love, try turning the tables and giving it out. Remember that you hold the power for your own nurturing and you don't have to use food to replace love.

TODAY

- Identify a holiday, birthday or event where you wait for someone to care about you.

- Plan ways you can show extra love and attention to others during this time.

- Notice how it changes your desire to eat in order to cope. Record your response.

DAY 48 Stress is not life

Think about what would happen if you broke your leg. Now pick out a few of your life demands and, using the broken leg approach, decide which activities are critical to keep and which ones you can let go.

TODAY

- Identify one area in life that tempts you to eat in response to stress.

- Describe how you will cope with this this area differently due to your “broken leg.”

- Record ways your new plan helped you manage your stress without eating.

DAY 49 Laugh away stress

Set up a play date for yourself, just like parents do for their children. Your play date can be done alone or with other people. Think about what would make you laugh, then plan something that will be fun and entertaining.

TODAY

- Create a plan for a play date for yourself, either alone or with another person.

- Set a day and time for your play date and write down what you will do.

- Afterward, describe your play date and how it helped you relax, laugh and have fun.

DAY 50 Empty bucket

By taking care of your emotional bucket at intervals, you'll prevent it from getting so low you feel drained and empty. Each day, plan a few things that will fill your level of emotional energy back up, even just a little.

TODAY

- Write a list of things that drain your emotional energy.

- Write a second list of things that build your emotional energy back up.

- Evaluate the current level of your emotional bucket and plan ways to improve it daily. Write some notes about 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 Emotional needs

Identifying what you need won't always stop you from emotional eating, but at least it will help you see the connection of how food takes care of you.

TODAY

- Write the words, "What do I need?" Then make a list of your needs. Keep asking the question, "What else do I need?" until you have at least ten things.

- Put a check mark or star by the ones that are most important right now.
- Choose one thing from your list and do something today that will help take care of that need. Record what you did.

DAY 52 The food fix

As you work on identifying your needs, don't get stuck by saying, "I can't do anything about that!" Right now, your task is to figure out exactly what is contributing to your emotional eating.

TODAY

- Look back at the list of needs you made yesterday. Now add a list of deeper needs such as better self-esteem or more motivation.

- For each of these deeper needs, note the times when you use food to fix them.

- Choose one of those needs and create an action plan for taking care of it without food. Write your plan in the space below.

DAY 53 Taking care of needs

Even if you believe that your family or boss or lover should do more for you, other people can never fill all the gaps in your life. It's up to you to figure out how to get your needs met.

TODAY

- When you wake up each morning, ask yourself "What do I need today?" Record several things.

- For each item, write an answer to the question, "How can I get it?"

- Choose one need, then make an action plan for working on it today. Write notes about how that went.

DAY 54 Please comfort me

Even if you've been an emotional eater for years, you aren't stuck with these negative patterns. As you discover new ways to cope with your emotional needs, you'll move toward a sense of peace with food—a feeling you may have forgotten existed.

TODAY

- Recall a recent time when food helped you feel comforted or secure. Describe it.

- Come up with at least two or three things you could have done instead of eating.

- Write a plan about how you'll use one of those items the next time you need comfort.

DAY 55 Food as a reward

Rewarding yourself with food results in a hollow victory. In reality, you would much rather be noticed by the people you worked so hard to please.

TODAY

- Create a list of non-food rewards. At least once today, reward yourself with something from your list.

- Write a praise letter for something you've done. Email or send it to yourself.

- Give rewards such as hugs, cards or appreciation to others. Record your actions.

DAY 56 I'm so bored

Any time you are feeling bored, take a few minutes to determine what's prompting your thoughts. Then use solutions that match your specific needs instead of eating because you are bored.

TODAY

- Create a challenge list to use next time you feel bored. Include things that will give you meaning or deepen your knowledge and skills.

- Do at least one of the things on your list today. Write the one you choose below.

- Record how that worked and whether it helped you avoid food temptations.

DAY 57 People make me eat

Sometimes your efforts to connect with people don't work. Heading to the refrigerator might seem like a good solution, but food can't make up for the absence of good companionship or meaningful conversation.

TODAY

- Identify situations where you eat to please someone or because it's expected.

- Write a statement that describes how you will avoid giving away your power by eating to please others.

- Create a plan for managing the situations where you eat to please someone. Put it in place today, and describe how it worked.

DAY 58 Grieve your progress

Grieving what you've left behind is a healthy part of moving forward in life. Whether you lose a bunch of weight or go through challenging times, go ahead and grieve your progress. Then find ways to replace the past and every day take steps in your new life.

TODAY

- Identify a life change or event that caused you to grieve your progress.

- Make a list of the losses or things you left behind with this event.

- Now create a list of ways you can replace those things in healthy ways.

DAY 59 When there isn't enough

There are a lot of times in life when you simply can't get enough. During these times, remember that food won't fix your empty heart. Instead, you have to identify what you need, then take care of those needs through nurturing and self-care activities.

TODAY

- Identify a recent time when you couldn't get enough of something you needed.

- Write a list of specific needs related to that time or event.

- Write a plan for how you can take care of your needs when there isn't enough.

DAY 60 The gift of yourself

Consider letting go of fretting about yourself and your own weight-loss goals. Instead, focus on your ability to support and encourage others. Think about the words you need to hear, then give these words away to someone else.

TODAY

- Find people who are trying to lose weight. Encourage them and tell them you know they can be successful.

- Send out five “I’m thinking of you” cards or “You can do it” emails.

- Record your thoughts about how it felt to share the gift of yourself.

🌀 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 61 The emotional box

Facing your emotions doesn't have to destroy you. When you take your feelings out of the dark, it makes them less scary. You may discover that your grief, anger, and even bitterness aren't as intense as you remembered.

TODAY

- Describe how you showed your emotions as a child. Did you laugh easily? Cry hard?

- Think about how you express emotions now. Describe how it's changed over the years.

- Identify common times when you eat instead of labeling or expressing your feelings.

DAY 62 Revive my feelings

Recovering your feelings doesn't mean you have to start pounding your fists and screaming. You simply need to move out of the neutral zone and rebuild your enthusiasm for life.

TODAY

- Identify a situation where you might be using food to avoid difficult emotions.

- Consider ways to revive those emotions in healthy ways. Record your thoughts.

- Identify other places or situations where you try to avoid feeling, then create a plan for changing these patterns.

DAY 63 What do I feel?

In the left column below, begin writing words that describe your feelings about a situation, person, or event. For each feeling word, under the heading “because,” add a reason or an explanation of why you feel this way.

TODAY

- Identify a recent issue or situation that prompted a strong emotional reaction. Do the “I feel, because of” exercise and come up with lots of emotion words.

I feel...

Because...

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

- Choose the emotion that’s most accurate, then write a plan for managing that emotion without reaching for food.

DAY 64 Courage to feel

If you want to be healthy about your emotions, you can't run from them. Instead, you have to be willing to sit with them and actually feel them. Sometimes this takes a lot of courage. But it's the key to healing the pain and letting go of using food to keep it buried.

TODAY

- Describe a life issue where you avoid feeling emotion because it's painful.

- Use the exercise "I feel, because of" to label the feelings associated with this.

- Sit with the emotions and allow yourself to feel them and heal from them. Write about this experience.

DAY 65 Showing emotions

Changing the way you show feelings doesn't have to be traumatic. You can start gradually by expressing your emotions on a limited basis. Eventually, demonstrating your feelings will become easier and more enjoyable.

TODAY

- Describe a situation where you want to show your emotions.

- Make a plan for expressing your feelings. Describe the setting and what you'll do.

- When the time comes, carry out your plan. Write about how it worked.

DAY 66 Kicking kettles

During times when we're hurting or feeling weak and vulnerable, it's easy to think that eating will fix the problem. But instead of reaching for ice cream or cookies, pull out your tools for nurturing and self-care and make them a part of your day.

TODAY

- Recall a time when strong emotions made you want to eat.

- Identify the feelings that were prompting your desire for food.

- Create a short list of things you could have done instead of eating.

DAY 67 Let it go

Recognize areas where you are holding a hot coal, and make a conscious decision to let go of it. When you work on healing your heart, you'll probably find that eating to punish someone else will stop as well.

TODAY

- Identify a situation or event where you've had trouble letting go of your feelings.

- Consider the benefits of holding onto your anger, sadness or other emotions.

- Decide that it's time to let go of those feelings and heal your heart. Write about this.

DAY 68 Guilt is not an emotion

The next time you feel guilty about something, ask yourself, “If I wasn’t feeling guilty, what would I be feeling?”

TODAY

- Write down some times when you might say you feel guilty about something.

- Ask yourself, “If I wasn’t feeling guilty, what would I be feeling? Make a list.

- Decide how you can catch yourself using the word guilty and instead, identify your real feelings. Write down your ideas.

DAY 69 Hurt feelings

Hurt feelings typically represent some type of loss and it's important that you allow yourself to feel sadness or grief. Instead of reaching for food as a way to heal, figure out ways you can let the feelings go and take care of your heart.

TODAY

- Think of a time, either recent or in the past, when your feelings were hurt.

- Identify the unspoken rule that was broken. Does that rule make sense?

- Write about how you can heal the hurt feelings and let them go.

DAY 70 Eating instead of thinking

Once you allow yourself to think about the pain in your life, you will become more willing to feel it. With time, you'll experience healing and peace instead of eating to push your feelings away.

TODAY

- Identify an issue or event you don't want to think about that might be causing eating struggles.

- Plan a time to sit with your thoughts about this issue and allow yourself to feel the emotions that come up.

- Record your insights as well as your ideas on how to deal with this issue instead of eating.

DAY 71 Setback or failure?

A setback doesn't have to ruin your weight-loss efforts. Instead of considering it a disaster, view a setback as a gift. Let it be a time of learning and renewal, rather than a dent in your belief that you can be successful.

TODAY

- Recall a time when you've had a setback. Write about how you handled it.

- Create a setback plan you can pull out quickly when you need it.

- Pretend you've had a setback, then start using your new plan. Record your thoughts.

DAY 72 Renew your vision

Always hold a vision of the outcome you want. Imagine having more energy, moving easier and enjoying better health. Let these images sustain you, even during times when you take a break to rest and recover.

TODAY

- Create a vision in the space below. Add images and words that show the outcomes you want.

- Describe how you will feel when you reach these outcomes.

- Review your vision at the end of the day and record your response to it.

DAY 73 Manage special days

If you slip up on holidays or other special events, mentally create the day exactly as you had wanted it. For example, pretend that Valentine's Day went perfectly, then write down the things you would have done.

TODAY

- Look at the calendar and identify the next special holiday that will include food temptations.

- Write a list of three things you will do to manage that day when it comes.

- Create a reminder note for your plan and put it on the calendar or on your phone.
Record what you did.

DAY 74 It’s not my fault

Take charge of your life, including your eating and exercise. No one can make you follow a healthy eating or exercise plan, so it’s up to you to manage these areas of your life.

TODAY

- Identify situations where you tend to blame others for your eating struggles.

- Write about how you can manage these times instead of eating to please others.

- Come up with several phrases to use for a “broken record” response when people push you to eat. Write them down.

DAY 75 The people hook

Look carefully at whether people hooks are driving your emotional eating. You can still care about the people you love. Just don't let yourself disappear in the process. Remember this guideline: It's not your job to fix people. It's your job to love them!

TODAY

- Identify places in life where you get caught in the people hook.

- Create a plan that will help you unhook and say no when needed.

- Make a sign that says: "It's not my job to fix them. It's my job to love them." Post it where you can see it often. Write about recent times when you demonstrated this.

DAY 76 Stop sabotaging me

Help people recognize behaviors that sabotage you and tell them what you need instead. If these efforts don't work, ignore their comments or avoid certain people until you feel more confident about your progress.

TODAY

- Notice how people are reacting to you and what they are saying. Write about areas where you feel sabotaged.

- Plan a time to talk to them about your needs and write out what you will say.

- Record the responses of the people you talked with.

DAY 77 My sabotage toolbox

Sabotage happens only if you allow it. Even if someone is intentionally trying to make you slip up, stay strong and committed to your plan.

TODAY

- Watch for people or situations that might sabotage your efforts. Record what you notice.

- Choose a response you will feel comfortable saying when this happens. Write it down, then practice saying it out loud.

- Record what happens when you use this response to avoid sabotage.

DAY 78 Self-sabotage

You may need to ask yourself some hard questions about what's keeping you from being successful. Overcoming self-sabotage requires building a trust that you will be strong and safe at any weight.

TODAY

- Identify places in life where you might be sabotaging yourself..

- Make a list of things you are fearful of or that might not be good when you reach your goal weight.

- Plan ways to manage each of the things on your list.

DAY 79 Rebellion

Do you see yourself as a strong, vibrant, healthy person? Let go of any negative identity and start viewing yourself as a positive, successful person.

TODAY

- Write about times you rebel or feel resentful in your weight-loss efforts.

- Define your positive identity with words such as strong, vibrant and healthy.

- Live in that identity today and record how it changes your behaviors.

DAY 80 Too comfortable

You don't have to go through a health crisis or a dramatic event to make changes in your life. Instead of waiting to hit bottom, make this the moment you decide to change your life and your future.

TODAY

- List the fears you have about dieting or losing weight.

- Label today as the day you "hit bottom." Write about what that feels like.

- Describe what actions you'll take today to move yourself past being too comfortable.

DAY 81 Problem or predicament

Instead of wasting energy or eating over situations that aren't going to change, learn to identify the problems inside a predicament. With each of those problems, take action in places where it will make a difference.

TODAY

- Identify a couple of predicaments in your life that won't change quickly.

- For each predicament, figure out a few specific problems. Write them down.

- Create action steps for each problem. Put some of them in place today.

DAY 82 Whose problem is it?

When you make a decision to stop trying to fix things that aren't your problem, you'll feel a sense of relief. You'll also be less likely to head for the refrigerator every time the problem comes back up.

TODAY

- Watch for a situation where you can ask the questions in this lesson. Describe it.

- If you conclude it's not your problem, plan how you will let go of your involvement.

- Record what happened after you stopped making that problem yours.

DAY 83 No one takes care of me

Do you have areas in life where you have lost emotional support? Time helps heal this, but you also have to create new ways to feel nurtured and cared for. This takes effort as well as energy, but it's critical to recovering from your loss.

TODAY

- Identify a place in your life where you have lost emotional support or comfort.

- Write about what has changed in your life because of that loss.

- Create at least two ideas for taking care of your needs for emotional support.

DAY 84 Body memories

Learn to recognize when you're having a body memory, then remind yourself to do extra nurturing and self-care to get through that challenging time.

TODAY

- Identify a place or situation when a body memory might affect you or tempt you to eat.

- Write about the event or loss that prompts a body memory. Allow yourself to feel sadness or other emotions this brings up.

- Make a short list of ways to comfort yourself instead of reaching for food to cope.

DAY 85 Dealing with grief

Knowing you don't ever have to be done with grief gives you a tremendous sense of freedom. Instead of pushing to get past your feelings and forget your loss, remind yourself those memories are part of your healing.

TODAY

- Identify a time you've been through the loss of a person or even a pet. Describe how you felt at the time of the loss.

- Picture the healing road and identify some of the sections you've gone through.

- Write about the memories that will always remain in your last 20% of healing.

DAY 86 Talk to the bear

You can actually use a teddy bear or other stuffed animal to help you heal. Instead of keeping thoughts and sadness inside, you can share them with this friend.

TODAY

- Choose a favorite stuffed animal to talk to about your thoughts and feelings.

- Plan a time when you can be alone and have a visit with this friend. Write down some of the things you want to discuss.

- Sit with the friend and talk through anything you wish. It might be related to a loss, but could also be about current frustrations or needs. Record how that went.

DAY 87 Allow a grace period

A grace period doesn't mean you throw away healthy eating and give up on exercise. You still need to pay attention to those things. But it's also a time to minimize the damage or take walks that last only ten minutes.

TODAY

- Identify a recent or even long-ago time when you needed a grace period.

- Write about what it would have been like to forgive yourself and allow grace during this time.

- Consider how you can apply this to any current or recent situation. Record this.

DAY 88 Junk in the backyard

Digging around in junk every day doesn't make you better. If you need to, once in a while go look into the backyard and say, "Yes, that's a lot of junk!" Then leave it there, close the door, and go back to your flowers.

TODAY

- Create a short list of junk items or events in your "backyard."

- Write the words, "That's all junk and I'm leaving it there."

- Create a list of flowers or beautiful things in your front yard.

DAY 89 I'm so angry

When you reach for food to appease anger, you might be fixing the wrong emotion. By paying attention to other emotions besides anger, you'll get a more accurate picture of the situation and why it upsets you.

TODAY

- Identify a recent or past time when you felt intense anger.

- Write, "I'm angry and I'm also..." then list other emotions you were feeling.

- Create a plan for dealing with the emotions that weren't actually anger.

DAY 90 Bitterness and resentment

When you ignore feelings of hurt or push them away, they tend to become deeper, eventually growing into bitterness and resentment. The longer you hold these feelings, the harder it becomes to heal a wound.

TODAY

- Identify times when you've been hurt or let down by another person.

- Write about your feelings around this, including any bitterness or resentment.

- Resolve to let go of your anger and work on healing. Write about how you will do that.

DAY 91 It's up to me

Ownership involves figuring out what works as well as what doesn't work. Once you master the concept of ownership, you'll be amazed at how it will improve your outcomes.

TODAY

- Create a list of what works for you with your eating and exercise plans.

- Now make a list of what doesn't work and how you can avoid doing those things.

- Consider how to own your plan and make it personal for your own needs. Write down your ideas and how they work for you.

DAY 92 How not to maintain

Consider all the things that cause you not to maintain or stay on your diet plan. Then flip the list by stating each item in a positive way. Remind yourself that you absolutely do know how to maintain your weight.

TODAY

- Make a list of behaviors and activities that might cause you to gain weight back.

- Flip each item by stating it in a positive way or one that would help you maintain.

- Put three things from your list into action today. Record the outcome.

DAY 93 How to eat right

You can certainly improve your eating patterns by reading good diet books, making new recipes or exploring different types of food. Just be sure to focus on what you do know about healthy eating and then build it into your daily life.

TODAY

- Create your own list of ways to eat right.

- Check your supplies of fruits, vegetables and healthy meal options.

- Put your eating right plan in place today. Write down what you did.

DAY 94 Don't say these things

Negative dieting phrases reinforce your sense of failure and often make things worse. It's time to eliminate these phrases and use healthier ones instead.

TODAY

- Which of the phrases in this lesson are you most likely to say? Write them down.

- Draw a line through those phrases to indicate you won't say them anymore.
- For each one, create a positive phrase that's the opposite of the old one.

DAY 96 Pull yourself back up

Any time clouds settle over you, pull out this list and repeat the five steps. Keep the list handy and if you need it, do the steps daily for a while.

TODAY

- Write out your plan for the five steps. Include your own resources such as books or music.

- Even if you aren't feeling down, do the five steps at some point today.

- Record your response to this exercise, including how you felt afterward.

DAY 97 Music therapy

Instead of reaching for food after a bad day, give yourself a musical escape. Immerse yourself in the sound, noticing the way it vibrates and is absorbed into your body. After five or ten minutes of music, you'll feel amazingly healed and revived.

TODAY

- Create a list of your favorite music to have readily available for times you need it.

- For at least ten minutes today, listen to music and focus on the beat.

- Record how it affects your energy and your spirit.

DAY 99 Do the work

When you keep pushing yourself to do the work, you'll be amazed at what you can accomplish with your weight-loss goals.

TODAY

- Identify the barriers and excuses that get in the way of your success. Make a decision that you will do the work to overcome them.

- Determine what's needed for doing the work in these areas. Write a plan for this.

- Do at least one thing today that demonstrates that you are doing the work.

DAY 100 Weight-loss joy

Draw from your deep well of skills and motivation tools and use them to frame the outline for your life. Say things such as, “I can do this, I am strong and committed, and I’m living in weight-loss joy.” Then go through every day with a powerful image of long-term success!

TODAY

- Define what your weight-loss joy looks like.

- Choose one specific way you’ll live that out today.

- Record your thoughts on concluding this book.

🌀 ABOUT THE AUTHOR 🌀

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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. 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 three award-winning books: *Life Is Hard*, *Food Is Easy*, *100 Days of Weight Loss* and *Friends with the Scale*.

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