

Month 6 Workbook

Creating Healthy Habits

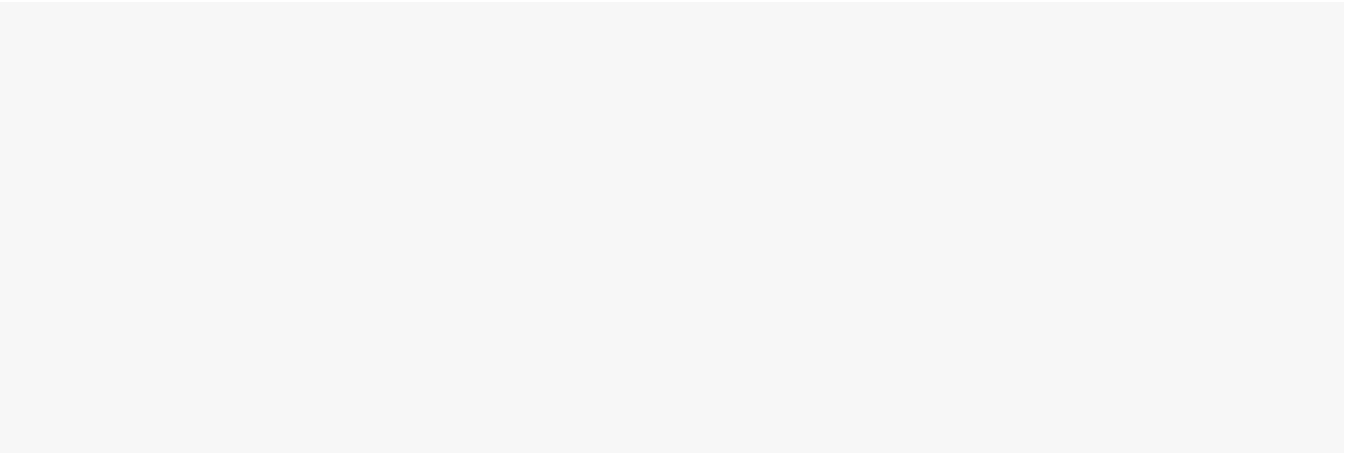
STR**BEL**
EDUCATION

Lesson 1: Developing Healthy Habits

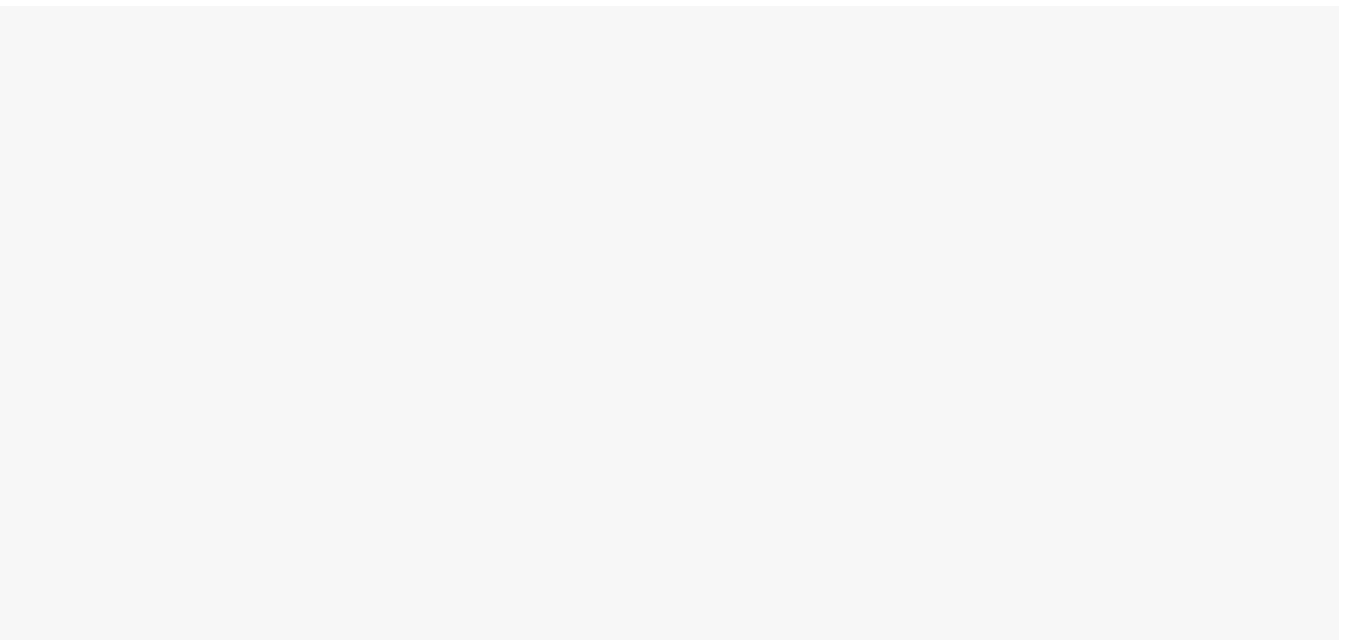
Habits are those behaviors that our brains have learned to repeat without requiring a lot of input from our conscious selves or decision making. The things we do on autopilot. For example, brushing your teeth in the morning. You don't have to think about it. The toothbrush simply is in your hand and you've brushed your teeth. When we are tired, stressed, and fatigued, we fall back on our habits whether they are good or bad. We fall back on the behaviors we have repeated the most consistently and created true habitual behavior responses to. What this means is that with a little attention to better habits, we can set ourselves up so when we are tired and stressed, we don't inevitably fall back on the ones that don't serve us and instead choose those that move us closer to our goals.

Reflection Questions

1. What's your most ingrained habit (for better or worse)?



2. What's a habit that you've repeatedly tried (and failed) to establish?



Lesson 2: Mindful Eating Part 1

Let's talk about some mindful eating strategies that aren't going to bore you to death. No, I'm not going to ask you to study, taste, and feel a raisin for the next five minutes. Learning to eat mindfully can actually increase the enjoyment you get from food.

We do a lot of mindless eating, eating when distracted while playing on our phone, etc.. There are three problems with this. First, we don't enjoy our food as much as we could if we were paying just a little more attention to it. Secondly, we end up eating foods we don't really enjoy or like. Thirdly, we often eat more than we need to in order to feel satisfied or to maintain a weight we are happy with.

Reflection Question

1. What three words come to mind first when you think of "mindful eating"?

Three Mindfulness Eating Strategies to Experiment With This Week

Strategy 1: The Three Questions

Each time you pick something up to eat, ask yourself these three questions. No need to judge yourself. You are just collecting some data.

1. Why am I eating this right now? (Because I'm watching Netflix, it's family dinner time, someone offered it to you, or you walked in the room and saw it).

2. How hungry am I right now? (Really hungry, a little bit hungry, not hungry at all).

3. How much am I enjoying this right now?

Lesson 3: Mindful Eating Part 2

Strategy 2: Mouthful/Fork Empty

So often, as soon as we have put a bite of food into our mouths, we are already putting the next bit of food on the fork. We automatically begin loading up the next bite while our mouth is already full of food. Try waiting until there is no food in your mouth before you start loading up the next bite. This slows you down a little bit, rather than shoveling it in quickly. Secondly, you can more fully experience the bite of food you are actually tasting at that moment.

Strategy 3: Less Distracted Eating

Many of us have gotten into the habit of having our phone out scrolling social media while eating. The problem is we barely taste, enjoy, or experience what we are eating because our brain is occupied with the information coming at it. Try alternating the two activities instead of doing them simultaneously. Put your phone down and eat for a few minutes. Then put your fork down and read or scroll for a few minutes.

Reflection Questions:

1. Which of the 3 mindful(ish) eating techniques is your favorite?

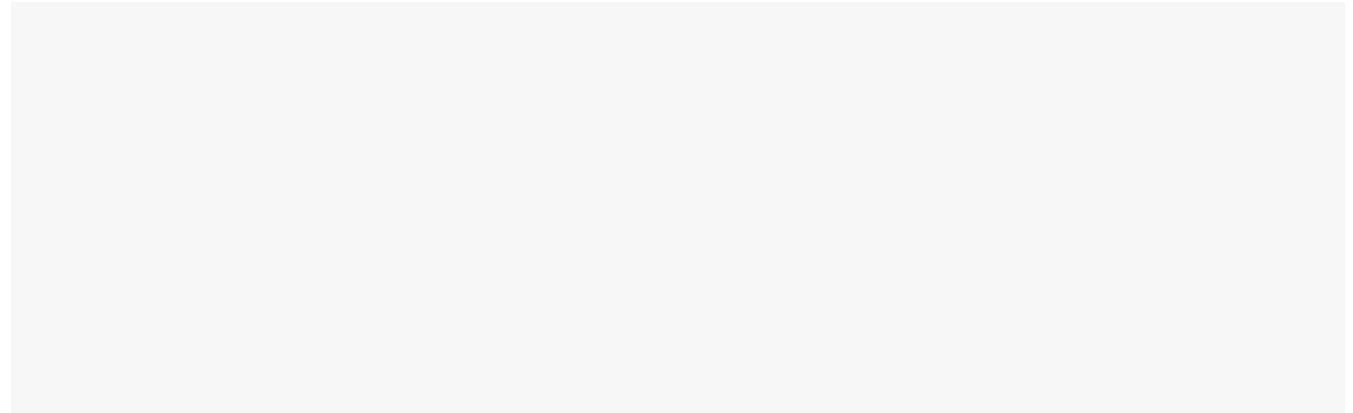
2. Do you enjoy your food or meals more or less when you focus on eating mindfully?

Lesson 4: Engineering An Environment for Success

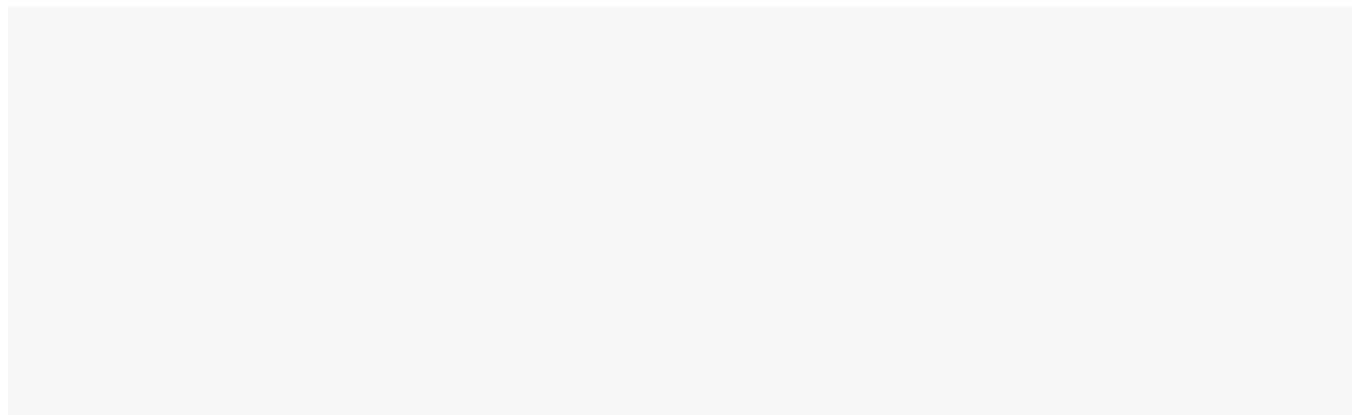
Willpower is a very flaky and unreliable resource and tends to disappear right when we need it most such as at times when we are stressed or tired. So we don't want to rely entirely on our willpower to create new behaviors. Instead, we want to engineer an environment for success. Whatever new behavior or habit we want to adopt, we want to make it as easy and convenient as we possibly can. We can do this by looking around our environment and thinking about how we can arrange it in order to make the choices we want to make much easier choices for us to choose.

Reflection Questions:

1. What healthy habit are you working on and how could you engineer your environment to make it more convenient?



2. Is there a habit you're trying to break? How have you engineered your environment to make it harder or more inconvenient to engage in that behavior?



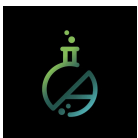
Lesson 5: Healthy Habits as Self Care

It is so important to make healthy habits enjoyable. We don't want them to feel like a punishment. For example, if you trained your brain that you need to have something sweet after every meal, you might instead try a piece of fruit, but not just an ordinary fruit. Try something special such as a fresh pineapple or orchard peaches that are in season. Whatever looks inviting to you so you look forward to it. Make it fun!

Reflection Questions:

1. What healthy habit are you working on and what ideas have you come up with to make it more indulgent or fun?

2. What new healthy habit do you think would have the biggest impact on your quality of life if you could establish it?

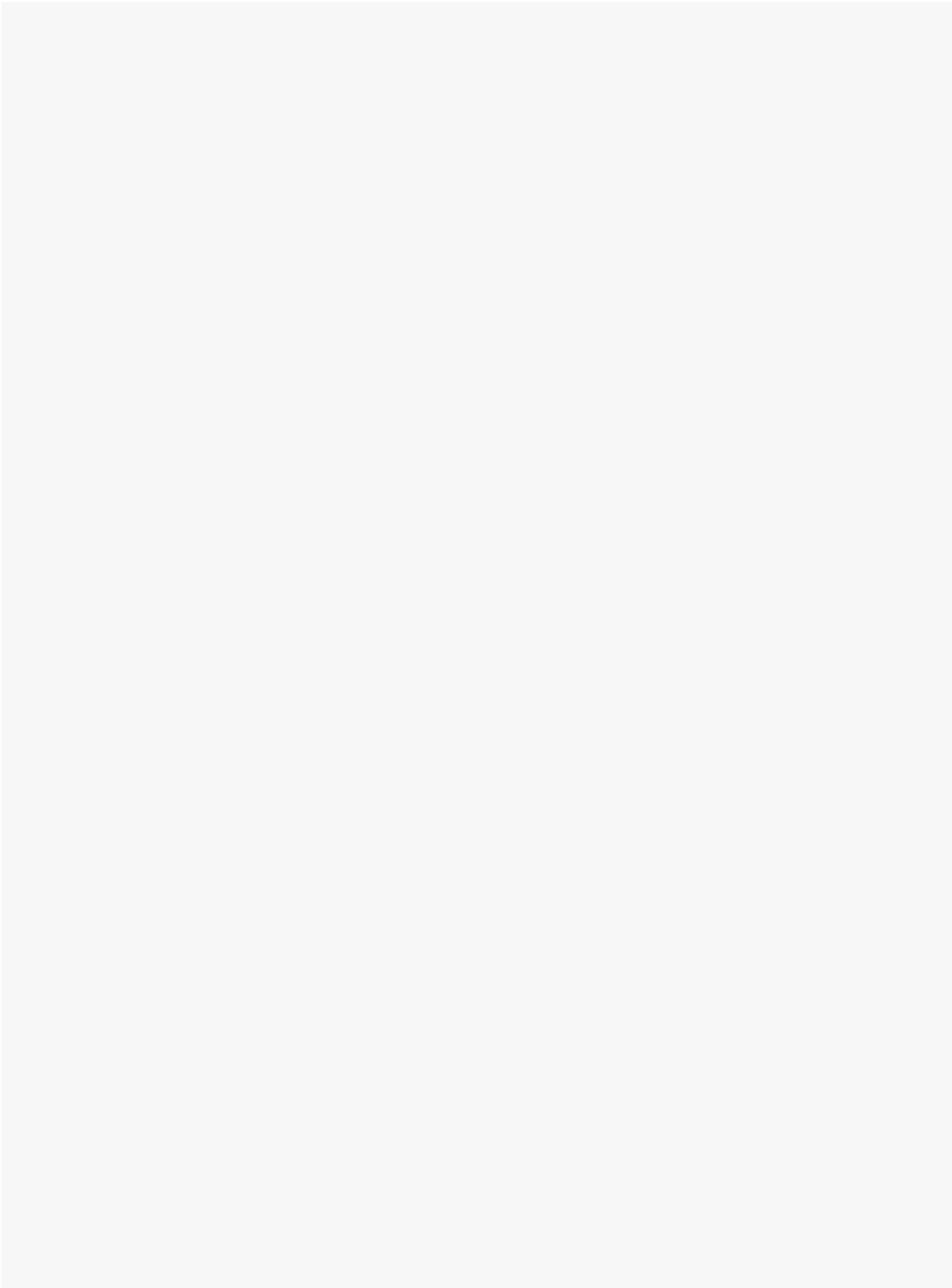


Check out Monica's podcast, [The Change Academy](#), if you want further support and resources towards creating healthy eating habits.



You can create sustainable positive change in your life. If you want to work on Sustainable Weight Loss, feel free to join Monica's free Facebook Group, [Weighless Life](#).

Notes and Reflections



Two Ways to Get More Joy

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