

24 HOUR
PLAN
&
JOURNAL
PROMPTS

The
NATURALLY
SLIM *Method*

SUCCESS

PRINCIPLES

*Simplicity, patience, compassion.
These three are your greatest treasures - Lao Tzu*

THE 5 ESSENTIALS

What to do to lose weight

Weight loss is simple: do these 5 common-sense steps and you'll be well on your way.

What's not so simple is working through the beliefs and mindset blocks that take us off course - that's where the magic comes in with the thought work section of this planner and the coaching calls!

Use The 5 Essentials at the start of your journey and to troubleshoot any stalls or regains along the way. This will help you to analyse where you may need to make changes in your strategy.

- 1. Start eating to reset your insulin and get fat adapted. Insulin is particularly affected by sugar and flour foods, so for a period of time you'll want to cut down on these where possible.**
- 2. Drink 2L or 64oz of water every day. Water helps us to burn fat, flush out toxins and will stop us confusing dehydration signals for hunger.**
- 3. Sleep for at least 6 hours every night. When you're tired you're likely to be over hungry and to crave quick hit foods.**
- 4. Eat when you're hungry and stop when you're satisfied. (not when you're full).**
- 5. Plan what you're eating in advance, and evaluate what you did and your results. Set an intention every day around how you want to eat so you're not led by whim and impulse. Review what you actually did to learn from your actions and decide what you'll do differently tomorrow.**

FOOD PLANNING

How to use your planner

1. Write down all food and drinks that are not water in your food planner.
2. Only eat when you are hungry and stop at enough. Do not worry if in the beginning, you question when you are hungry or had enough - this takes time especially if you have not focused on that for a long time! No perfection needed here, just progress.
3. When you review what you actually ate, be honest in the planner. If you were not hungry and had "just a bite" between meals write it down.
4. Document the time of eating food (this can be rough times like AM, noon, PM, etc)- it's ok to modify the journal if you always eat in a certain way. The key here is to write this down so you start to recognise patterns.
5. Keep it simple! This can literally take 1-2 min a day.

SAMPLE FOOD PLAN

- 7am- Coffee with heavy cream
- 11am - Green juice / eggs avocado 1 slice toast
- Noon- Chicken salad, hummus, seeds, feta, olive oil.
- 6pm- Salmon curry, lentils, rice 4 squares 90% chocolate

The KEY to find out what foods **FEEL** the best in your body, give you energy and make you want to eat them. That's how to become Naturally Slim because you start listening to your body and you will start to choose those foods automatically.

EATING GUIDE

Get fat adapted

The aim is to get fat adapted so you can get your hunger hormones into balance again. This will decrease your hunger greatly. It will also make it possible to go longer between meals without getting hungry. Aim to:

- Eat when you're hungry choosing foods you listed on your planner. Document all the food you ate in your planner.
- Avoid foods with flour or sugar (see the end of this document for a list), if you have questions send an email or use the Facebook group.
- Keep meals simple and along the lines of things you already like without sugar and flour. Don't start planning to experiment with new meals.
- Look at the ingredient list in all the foods you eat as sugar has many names (fructose, syrup, agave, etc), if it's the 6th or after ingredient it's ok to eat. The less processed a food is the better.
- Initially eat whenever you are hungry but as we move forward in the coming weeks the plan is not to eat more than 3 times a day. Snacking is discouraged due to the effect on your hunger hormones.
- There is also a variable amount of time until one is fat-adapted based on how insulin resistant one is, so be patient and stick with it!
- Initially, the scale is not as important as following your hunger signals and no flour no added sugar food plan. The weight loss will come. The plan is for lasting weight loss for the last time.

PLANNING

YOUR KEY TO SUCCESS

24 hour plan

Date

:



BREAKFAST

I PLAN:

I ATE:



LUNCH

I PLAN:

I ATE:



DINNER

I PLAN:

I ATE:



SNACKS

I PLAN:

I ATE:

I'm working towards these 3 goals, and they are important because...

I'm so grateful for these 3 things in my life:

I like these 3 things about myself today:



PRO TIPS:

- Eat when you're physically hungry and don't wait until you're ravenous. Stop eating when you feel satisfied, not full (feeling light and buoyant)
- When you overeat or eat off plan do a discovery worksheet to understand why this happened (this is supplied when you join The Naturally Slim Method coaching program)

24 HOUR ASSESSMENT

3 things I did right today:

Did I follow my 24 hour plan for today? Why or why not?

Am I using any excuses to eat? If yes, list one and what you could think next time your brain offers this excuse:

What were today's signals that I was hungry and that I had enough?

What can I do to make weight loss easier for myself tomorrow? (think 1% upgrades)

2 reasons why I will keep going towards my goal, NO MATTER WHAT:

THOUGHT WORK

RETRAIN YOUR BRAIN TO
CREATE YOUR NEW
NATURALLY SLIM IDENTITY

Thoughtwork

Date: _____

Time to do some mind flossing. Just like brushing our teeth, our brain needs to be cleaned of all the rubbish thoughts cluttering up our mind. Do a brain dump. Get all of your thoughts on the page, then re-work one thought below. You could answer the question: "what are all my thoughts about _____?" (e.g. your goal, your eating, work, family or life).

Unhelpful thought:

When I think...

It makes me feel....

Then I do / or don't do...

Better thought...

I could think...

That would feel...

Then I would do / not do...

✓ PRO TIPS:

This practice helps identify unhelpful thought patterns that may be running the show without you consciously realising. Do this daily to become familiar with what's on your mind and the impact it is having. Start practising the new ways of thinking to change old, unhelpful thought patterns.

New Thoughts to think

- I'm willing to believe...
- I'm in the process of...
- It's possible that...
- I'm learning how to...
- I am open to changing my belief about....
- I'm becoming someone who thinks...
- ... and I could be wrong about that
- ... and that's not a thought worth thinking
- I used to do ... and now I do ...
- I'm just choosing to think...
- It feels achievable when I think...
- I'm considering instead...
- I'm curious...
- ... but I'm going to keep going no matter what
- Can I just....?

**For examples of how to finish these sentences
& how to create your new Naturally Slim
Identity please book in for a free Consultation
call with me on www.rachelesummers.com**