



# ENDING

# *Self Sabotage*

VIRTUAL WEIGHTLOSS EVENT

## FROM CORINNE

Welcome to the “Ending Self-Sabotage” workshop.

Today I’m going to help you.

We are going to WORK on YOU.

You’ve given your time and money to be here. I’m going to bring ALL the heat and preach...I need you to bring your attention and BEST note-taking skills.

Commit to showing up like your future depends on it.

Let that pen take so many notes you are scared the page will catch fire!

If you find yourself distracted, come back to me. Think, “What would I do if Corinne was right in front me?”

Pay attention because I am in the room WITH YOU.

This book is VALUABLE. You’ll uncover things holding you back and craft plans to lose weight and make LASTING changes to your body and food.

There might be times the work is hard. That’s OK.

I’m here with you. Ask questions and know that when things seem hard it’s a GREAT sign you are working on something important.

I can’t wait to help you END self-sabotage.

Be prepared to laugh and learn a lot.

Thank you for trusting me and being a part of my No BS Weightloss movement.

Let’s do this!

Corinne

## ABOUT CORINNE

### Corinne Crabtree

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**Founder and CEO of The No BS Weightloss Program  
Host of the Losing 100lbs Podcast with over 15 million downloads**

Corinne Crabtree is a top ranked health podcaster, Master Weightloss and Life Coach, motivational speaker, and all around badass. She's an expert in the field of weightloss where she teaches her unique No BS Weightloss Program that helps women lose weight the way they want to live their lives. She is known for telling it like it is, showing up looking sassy or showing up with morning hair getting sassy. She lets nothing stop her from helping her women figure out their shit so they can live the healthy life of their dreams. She's a proud Mommy Tiger to Logan, wife to Chris, devoted cat lady and holds it all down in Nashville, TN.

### Follow Corinne on Social

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Facebook: [www.facebook.com/pnpgirl](http://www.facebook.com/pnpgirl)

Instagram: [www.instagram.com/corinne\\_crabtree](http://www.instagram.com/corinne_crabtree)

Follow and use the hashtag: #noBSwoman and #noBSwomen

### Listen and Subscribe to the Podcast

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Losing 100lbs with Corinne

New episodes every Friday and Saturday

# AGENDA

- 8:30 AM.....Get pumped
- 9:00 AM.....Event begins
- 9:15 AM .....The Self-Sabotage Brain
- 9:30 AM.....Four Steps to End Sabotage
- 9:45 AM.....Q and A and Work Time
- 10:15 AM .....Becoming Limitless
- 10:30 AM.....The Why Revelation Technique
- 11:15 AM .....Q and A and Work Time
- 12:00 PM .....Lunch Break
- 12:30 PM.....Setting Up Success Routines
- 12:45 PM.....Manhandling Mistakes
- 1:30 PM.....Q and A and Work Time
- 1:45 PM.....What NOT to Say
- 2:00 PM.....Q and A and Work Time
- 2:30 PM.....Acting As If
- 2:45 PM.....Closing Q and A
- 3:00 PM.....Special Invitation

# HOW TO GET THE MOST OUT OF BEING HERE

## **Arrive Ready to Go and Ready to ACT**

Make sure you have your digital workbook ready, a pen you love, a highlighter for extra awesome insights, sticky notes and comfy clothes. You'll take a lot of notes and have time to create plans and more. You are more likely to remember things you take note of.

## **Bring WATER**

Yep. We'll play the Corinne Drinking Game. I cuss - you DRINK. Be prepared to know what it's like to be properly hydrated! You might find you are thinking clearer, too.

## **Act Like You Are in the Room with Me**

When I ask a question, answer it. Do the worksheets. No checking your phone or "side tasking." If you have kids I get it; you might have to take care of them. But remember, you signed up to end self-sabotage. No sabotaging your future by acting like an inattentive asshole today. Just because I can't see you doesn't mean you can't see yourself.

## **Include Your Friends and Family**

Have your friends sign up, too, so y'all can keep the momentum going after our event. If you have daughters, sons, husbands or wives living with you who want to attend then just let them watch with you. Print them a workbook and do this together. You'll get to reinforce what you learn by talking about your insights, aha's and things you are going to start doing.

## **Connect with No BS Women**

One of the best ways to feel connected is to visit my social media and comment on posts. Go to my Instagram and Facebook pages to leave comments. Use #noBSwoman in your own posts. You can also meet people in our live chat throughout the day of the event.

## **Keep the Learning Going**

You will learn a lot but what you DO with that information is key. It's not enough to hear it and get inspired. You need to set your mind to doing the things you learn.



# THE SELF-SABOTAGE BRAIN

## Definition

*Self-Sabotage is the act of undermining your goals and dreams with unhelpful actions.*

Your brain is divided into two parts:

### **Conscious Brain**

Thinking part of your brain.

Leads the way.

Deliberate thought happens here.

5% of thinking.

### **Unconscious Brain**

Habits and beliefs live here.

Runs on auto-pilot.

Automatic thoughts happen here.

95% of thinking.

Your brain has ONE mission: Anything you do on repeat, whether it's good for you or not, is put into the habit brain.

Your habit brain has stored lots of thoughts about food, your weight, and your abilities.

- “Stuff” told to you as a kid.
- Rules around food from past diets.
- Opinions about yourself based on the opinions and judgements from others.
- Societal messaging from magazines and social media.

## Motivational Triad

You aren't wired to be motivated to do something new and different. You're motivated to do something that feels good, easy, and won't hurt you.

Our natural desire is to:

- Seek Pleasure
- Avoid Pain
- Keep Things Easy

The key is to **re-think** how **you think.**

## Think-Feel-Do Cycle

You have 60,000 thoughts a day.

Your brain wants to put as many as possible in the unconscious, habit brain.

To re-program your current habit thoughts you must be motivated to make changes.

Those changes must seem SIMPLE (easy), WORTH IT (pleasurable), and DOABLE (painless).

The best way to tap into motivation is to become aware of thoughts stopping you, replace them with thoughts that TAP your motivational triad, and then do those things.





# Self-Sabotage Inventory

Answer the following so you can start seeing what your brain thinks weightloss is all about. Don't worry, there are no right or wrong answers.

What are 3 beliefs you have about weightloss right now?

1.

2.

3.

What would you like to believe?

1.

2.

3.

Pick ONE self-sabotage behavior you want to stop now, why do you want to stop it, and what is an immediate action you can take today?

Behavior:

Why:

Immediate Action:

# 4 STEPS TO END SELF-SABOTAGE

## **Get Aware of Current Thinking and Actionable Patterns**

- Do a daily food plan and assessment. Whatever you don't follow, note as much as you can about what happened.
- Don't make it about "you"; provide detail about what was happening.
- Track overeats like a boss.

## **No Judging; Be Patient**

- Be a No BS Woman. That means you don't have time for being an ass to yourself.
- This may take awhile so don't be shocked or sad.

## **Redirect and Be Deliberate**

- Use the Think-Feel-Do Cycle.
- Attach a new thought to the old thought to shift your mindset.

## **Act As If**

- Know how you want to act.
- Create certainty in how you will show up; not in how things will go.
- Have a plan for when things go wrong. Are you quitting or figuring out the next best decision in the moment?

## Ending Sabotage Now: Awareness

Use this to understand your common overeating and self-sabotage patterns.

What days do I commonly overeat/off plan eat?

Who are the people I tend to overeat/off plan eat with when I'm around them?

What time of day do I most often overeat/off plan eat?

What types of food do I notice I overeat/off plan eat?

# BECOMING LIMITLESS

Limiting beliefs are stories you've thought so many times they feel true.

Limiting beliefs are what convince you to sabotage.

Limiting Beliefs often start with:

- What you learned as a kid about eating.
- Things other kids said to you about your weight and your body.
- Parents who didn't like failure so you fear failing now. You create excuses to avoid failing at weightloss.
- Not having enough food as a kid so you resist leaving behind food thinking it's "wasteful."
- Past trauma to your body so you keep weight on to avoid being noticed.

These are the most common limiting beliefs. On the next page, I've given you the six deadliest.

- Healthy food is boring.
- I'm missing out.
- Losing weight is hard.
- Dieting takes so much time.
- No one wants to see me succeed.
- I'm too old.
- I'm too lazy.
- I can't exercise/I hate exercise.
- Diets don't work for me.
- I'm just a big girl.
- I'd rather be overweight than thin and miserable.
- I'll have loose skin.
- The only way to lose weight is to starve.
- I have to give up everything I like to lose weight.
- I can't eat what I want and lose weight.
- It's genetic.
- It costs so much money to eat healthy.
- I don't like throwing away food.
- Carbs make me fat.
- It's all so complicated.

I'll start tomorrow, next week, or some magical time in the future.

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Dieting is hard.

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I'll lose people if I lose weight.

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I'm meant to be overweight. It's genetic.

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I need to work on loving myself before I lose weight.

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I don't want my family or job to suffer because I'm prioritizing me.

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# Fear of Missing Out

Do this if you have FOMO or the fear of missing out when you say no to food.

When I eat off plan I miss out on...	When I eat on plan I get to experience...

# The Why Revelation Technique

Having several reasons why you want to lose weight, get healthy, give up binge eating, or maintain your weight like a boss helps you connect. In the moment you just want to say F-it, knowing your why can sometimes save your ass from sabotage.

Why do I want to \_\_\_\_\_?

Why is that important?

And, why is that important?

But really, what makes that important?

Ok, at the end of the day, why is THAT so important?

List 20 more reasons so you never run out of good things to remind yourself in the moment you need it most. Prompts you can use are...

To feel...

To be proud that I...

So that the people in my life will see...

To change...

So I can finally do this...

To stop feeling...

So I can start doing this...

To shop...

To wear...

To eat like...

To think that...

To finally know...

To feel ease when I...

To learn how to...

To wake up each day...



## 20 Reasons Why

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

# SETTING UP SUCCESS ROUTINES

## Old Method

Old thought =====> Busted Habit

## New Method

Old thought =====> *Triggers New Thought* =====> *Cues New Habit*

Since you can't just "magic eraser" your old thinking, you will deliberately practice new thinking.

The old thoughts will now give you practice cues for new, equal airtime thinking.

Equal air time means you  
**give equal thought to  
who you want to be**  
instead of obsessing over  
what's wrong with you.

# Success Habits

## Corinne's Success Habits

- Follows the Four Basics of Weightloss
  - 64 ounces of water daily
  - 7+ hours of sleep
  - Daily food plan
  - Eats when hungry and stops at enough
  
- Uses the Core Four Habits
  - Goals written daily
  - 5am girl
  - Moves every day
  - Visualizes the future she is creating
  
- Morning Routine
  - Get up at 5am (or earlier)
  - Put workout clothes on immediately
  - Make and drink coffee
  - Write down goals
  - Plan day (based on achieving goals)
  - Pick one: read self-development, exercise or creative work
  - Visualize successful day

You can't succeed if you only  
put in work on the days you  
**feel like it.**

## Make Success a Habit

- Start day with 16 ounces of water
- Set alarms to stand and walk for 2 minutes every hour
- Walk at lunch for 10 minutes
- Keep healthy frozen dinners for emergencies to avoid eating out
- Plan exercise a week in advance
- Turn off digital devices 2 hours before bed
- Plan your food for the day first thing in the morning
- Drink a glass of water before any other drinks
- Use smaller plates and bowls than you are used to
- Portion out foods in advance
- Eat more fruit than desserts
- Keep phone in another room when sleeping
- Read one self-development book a month
- Listen to one self-development podcast per week
- Put healthy snacks on the middle shelf of the fridge and pantry
- Pay only with cash to eat out (you'll spend less)
- Eat device free 3x's a week
- Put fork down between all bites at dinner
- No eating while standing
- No eating in the car
- No eating from containers; only plates

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# My Success Habits

My Core Four Habits

1.

2.

3.

4.

Why are these important to me?

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My Morning Routine

I'm excited about this routine because it will help me...

What success habits can I set up to make weightloss and getting healthy EASIER?

**Discipline** is a **decision** made over and over again.

What will I GAIN in my life by doing these success habits?

Who are the people supporting me and what do I need help with from them?

- 1.
- 2.
- 3.

# Equal Airtime

Looking back at your worksheet *Ending Sabotage Now: Awareness*, take some of the actions you listed that you do. Answer the questions so you can know what to do and think when sabotage thoughts pop up.

When I want to:

I usually think:

I'll remind myself:

And then I'll act as if by doing:

When I want to:

I usually think:

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And then I'll act as if by doing:

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And then I'll act as if by doing:

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When I want to:

I usually think:

I'll remind myself:

And then I'll act as if by doing:





# What Not to Say

Negative self-talk is a powerful habit trigger. It ultimately is triggering self-sabotage.

Watch out for...

- I should or they should.
- I “have” to.
- I’m worried about.
- What if I.

Weightloss is easier when you remove as many negative self-talk triggers as possible that cause self-sabotage.

## Should’ing All Over Yourself

When you catch yourself should’ing on yourself remind yourself, “THIS happened.”

## I “Have” To

You don’t get bonus points for doing things the hard way. You CHOOSE to or you GET to. Remind yourself of that.



# What Not To Say Worksheet

List 2 things you think you should do.

1.

2.

What can you think instead?

1.

2.

List 2 things you think, "I have to." Then write I **choose** to or **get** to.

1.

2.

How does it feel to think differently about it?

Write 2 worries you have now.

1.

2.

Do you have control over them? If not, what will it take to let it go? If you do, what is one thing you can do NOW about it?

Write 2 What if...then I will... statements.

What if:

Then I will:

What if:

Then I will:

# Acting As If

## Minimum Baselines Definition

The smallest step possible to get started and keep moving forward.

An agreement with yourself that you feel good about it and that challenges you to do “just enough” to do better than you did yesterday.

You learn to keep promises to yourself and drop all or nothing thinking.

## Am I an 8 or Better

Always ask yourself when you start new things and make plans, “Am I an 8 or better on a scale of 1-10 to get this done?”

If not, challenge yourself to go back and examine what you can do or plan for to make your commitment an 8 or better.

## Reduce Temptations

Reduce the temptations that are in your total control.



# MAT Action List

Action 1:

[MOTIVATION] Why am I taking this action? What are the benefits and how will it help me?

[ABILITY] How will I get this done?

[ABILITY] What could get in my way and what will I do about it?

[TRIGGER] What will trigger me to do this? Do I have someone who can help or support me?

[TRIGGER] When will I start?

Notes

# MAT Action List

Action 2:

[MOTIVATION] Why am I taking this action? What are the benefits and how will it help me?

[ABILITY] How will I get this done?

[ABILITY] What could get in my way and what will I do about it?

[TRIGGER] What will trigger me to do this? Do I have someone who can help or support me?

[TRIGGER] When will I start?

Notes



# MAT Action List

Action 3:

[MOTIVATION] Why am I taking this action? What are the benefits and how will it help me?

[ABILITY] How will I get this done?

[ABILITY] What could get in my way and what will I do about it?

[TRIGGER] What will trigger me to do this? Do I have someone who can help or support me?

[TRIGGER] When will I start?

Notes