

*SheSlimEasy*TM-WORKBOOK



MODULE 11

Boundaries, Decision Fatigue & Lifestyle Habits

First start with those action steps which simply support habits you have already chosen in previous lessons and make them stronger. For that purpose, you can choose as many action steps as you like or as you can handle.

If you want to use an action of these 21 you want to change now, I recommend only using one of them for an entire week...at least.

Lesson 1 – Why Habits Collapse Under Real-Life Pressure

- Do a weekly capacity check and simplify expectations when the week is already full.
- Write down your current pressure stack to understand where your energy goes.
- Define minimum viable habits for high-pressure weeks.

Lesson 2 – Decision Fatigue: The Hidden Saboteur

- Pre-decide one daily meal for the week.
- Create simple If-Then shortcuts for busy days.
- Reduce unnecessary daily micro-decisions.

Lesson 3 – Simplifying Choices to Stabilize Habits

- Create a repeat-week template for meals and routines.
- Reduce variation on busy days.
- Make healthy behaviors the easiest option available.

Lesson 4 – Boundaries as a Metabolic Necessity

- Identify and adjust one recurring energy leak.
- Practice pausing before saying yes to new commitments.
- Schedule protected recovery blocks.

Lesson 5 – Overgiving, People-Pleasing & Weight Retention

- Track obligation-based yeses during the week.
- Replace one automatic yes with a neutral no.
- Protect one daily self-support ritual.

Lesson 6 – Creating Default Systems Instead of Daily Decisions

- Lock in a default breakfast and backup meal.
- Assign movement to fixed calendar slots.
- Do a weekly 20-minute reset planning session.

Lesson 7 – Living in Alignment Instead of Constant Management

- Plan demanding tasks during energy peaks.
- Build buffer space into your weekly schedule.
- Ask weekly: Does my life structure support stability?

30-Day Habit & Lifestyle Tracking

Track your daily implementation and observations for the next 30 days.

Day	Implemented Actions	Energy Level	Stress Level	Notes / Observations
1				
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