

*SheSlimEasy*TM-WORKBOOK



Assignment 2: Recognizing the Inner Pressure Pattern

Reflect and journal:

- Where do I feel urgency about my weight or body?
- What thoughts appear when I don't see immediate results?
- How does my body feel when I pressure myself?
- What would change if I removed urgency?

Assignment 3: All-or-Nothing Pattern Awareness

Journal prompts:

- When do I demand perfection from myself?
- What usually happens after I "slip"?
- What would the middle ground look like?

Assignment 4: Control vs. Cooperation Reflection

Explore honestly:

- Where do I try to control my body?
- How does my body respond to control?
- What would cooperation feel like instead?

Assignment 5: Rebuilding Self-Trust

Define 3 small, safe commitments you can keep without pressure.

Small Safe Commitment	How I Will Keep It Gentle & Pressure-Free

Assignment 6: Letting Go of the Struggle Story

Reflect:

- The story I've told myself about my weight is...
- This story began when...
- If this was only a learned response, who might I be without it?

Assignment 7: Identity-Based Habits

Answer thoughtfully:

- Who am I becoming?
- What habits align naturally with this identity?
- What one aligned habit can I practice this week?

Assignment 8: 30-Day Mental Alignment Tracker

Each evening, briefly reflect and track your awareness.

Day	Noticed Inner Pressure? (Y/N)	Practiced Cooperation?	Notes
1			
2			
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