



ALCHEMY
RETREAT
WORKBOOK

Change your view on

SELF SABOTAGE

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AVOID SELF-SABOTAGE THIS TIME

Here are common ways in which we self-sabotage our journey to self-love, and here are some tips of what to try and do instead. Make sure to read them carefully so that you can be aware of these pitfalls and challenges.

1. NOT KNOWING YOUR TRIGGERS

HERE IS HOW IT'S HOLDING YOU BACK: IF YOU DON'T KNOW WHAT YOUR TRIGGERS ARE, IT'S EASY TO FALL BACK INTO OLD HABITS.

SOLUTION: KEEP A SELF-LOVE JOURNAL SO YOU CAN IDENTIFY PATTERNS IN YOUR BEHAVIOURS ASSOCIATED WITH SHAME, BLAME OR GUILT SO THAT YOU CAN FIGURE OUT WHAT TRIGGERS UNHEALTHY NEGATIVITY.

2. NOT TRACKING YOUR MOMENTS OF JOY AND GRATITUDE

HERE IS HOW IT'S HOLDING YOU BACK: NOT CONSCIOUSLY TRACKING YOUR MOMENTS OF JOY AND THE PROGRESS OF CHASING JOY BUBBLES CAN MAKE IT DIFFICULT TO STAY ON TRACK WITH YOUR SELF-LOVE GOALS.

SOLUTION: USE THIS JOURNAL TO RECORD WHAT ASPECTS OF LIFE YOU'VE BEEN ABLE TO CATCH JOY BUBBLES AND LOG YOUR PROGRESS. THIS WILL HELP KEEP YOU ACCOUNTABLE AND MOTIVATED.

3. FOCUSING TOO MUCH ON THE SCALE

HERE IS HOW IT'S HOLDING YOU BACK: OVEREMPHASIZING ON THE SCALE OF HAPPINESS CAN LEAD TO FEELINGS OF DISCOURAGEMENT AND FAILURE. IT SETS YOU UP FOR FALSE EXPECTATIONS.

SOLUTION: FOCUS ON YOUR OVERALL HEALTH AND WELL-BEING, FOR EXAMPLE THOSE WANTING TO LOSE WEIGHT SHOULD FOCUS NOT JUST A NUMBER ON THE SCALE, BUT MEASURE YOUR PROGRESS USING OTHER METRICS SUCH AS BODY FAT PERCENTAGE, WAIST CIRCUMFERENCE, AND BODY MEASUREMENTS.

4. NOT TAKING TIME FOR YOURSELF

HERE IS HOW IT'S HOLDING YOU BACK: SKIPPING OUT ON SELF-CARE CAN LEAD TO BURNOUT AND DECREASED MOTIVATION LEVELS.

SOLUTION: TAKE TIME TO DO THE THINGS THAT MAKE YOU FEEL GOOD—WHETHER IT'S READING A BOOK, TAKING A RELAXING BATH, GOING FOR A WALK, OR SPENDING TIME WITH FRIENDS.

5. NOT GETTING ENOUGH SLEEP

HERE IS HOW IT'S HOLDING YOU BACK: LACK OF SLEEP CAN LEAD TO CRAVINGS FOR UNHEALTHY FOODS AND DECREASED MOTIVATION LEVELS.

SOLUTION: MAKE SURE TO GET 7-9 HOURS OF QUALITY SLEEP EVERY NIGHT TO HELP KEEP YOUR ENERGY LEVELS UP AND STAY ON TRACK WITH YOUR GOALS.

6. NOT PLANNING AHEAD

HERE IS HOW IT'S HOLDING YOU BACK: WITHOUT A PLAN FOR MEALS AND SNACKS, IT'S EASY TO MAKE UNHEALTHY CHOICES WHEN HUNGER STRIKES.

SOLUTION: PLAN OUT YOUR MEALS AND SNACKS FOR THE WEEK SO YOU ALWAYS HAVE HEALTHY OPTIONS ON HAND.

7. NOT BEING AWARE OF PORTION SIZES

HERE IS HOW IT'S HOLDING YOU BACK: UNDERESTIMATING PORTION SIZES MAY LEAD TO OVEREATING AND DIFFICULTY LOSING WEIGHT.

SOLUTION: TAKE THE TIME TO MEASURE OUT YOUR FOOD PORTIONS, OR USE A SMALLER PLATE TO HELP CONTROL YOUR PORTION SIZES.

8. SKIPPING MEALS

HERE IS HOW IT'S HOLDING YOU BACK: GOING TOO LONG WITHOUT FOOD CAN LEAD TO UNHEALTHY CRAVINGS, OVEREATING AT THE NEXT MEAL, AND DIFFICULTY LOSING WEIGHT.

SOLUTION: EAT REGULARLY THROUGHOUT THE DAY TO KEEP HUNGER LEVELS IN CHECK AND ENERGY LEVELS UP.

9. SURROUNDING YOURSELF WITH TEMPTATION

HERE IS HOW IT'S HOLDING YOU BACK: KEEPING UNHEALTHY FOOD IN YOUR HOME OR WORKPLACE CAN LEAD TO CRAVINGS AND DIFFICULTY STICKING TO YOUR WEIGHT LOSS GOALS.

SOLUTION: REMOVE ALL TEMPTING ITEMS FROM YOUR ENVIRONMENT, OR FIND HEALTHIER ALTERNATIVES THAT STILL SATISFY CRAVINGS.

10. BEING TOO HARD ON YOURSELF

HERE IS HOW IT'S HOLDING YOU BACK: IF YOU'RE TOO HARD ON YOURSELF FOR MAKING A MISTAKE, IT CAN LEAD TO FEELINGS OF SHAME AND GUILT WHICH CAN DERAIL YOUR PROGRESS.

SOLUTION: ACCEPT MISTAKES AS PART OF THE PROCESS AND REMEMBER THAT ONE SLIP-UP WON'T RUIN YOUR PROGRESS. BE GENTLE AND FORGIVING WITH YOURSELF.



30 POWERFUL SELF-LOVE AFFIRMATIONS

1. I am worthy of love and respect.
2. I embrace my unique qualities and celebrate my individuality.
3. I deserve happiness and joy in my life.
4. I am enough, just as I am.
5. I am confident in my abilities and trust myself.
6. I am deserving of all good things that come my way.
7. I honor my body and take care of it with love and respect.
8. I am proud of all my accomplishments, big and small.
9. I forgive myself for past mistakes and allow myself to grow.
10. I am in control of my thoughts and emotions.
11. I radiate positivity and attract kind people into my life.
12. I am grateful for the person I am becoming.
13. I trust the journey of my life and embrace the unknown.
14. I am deserving of healthy, loving relationships.
15. I choose to focus on the good in my life.
16. I am surrounded by love and everything is fine.
17. I am capable of achieving my dreams and goals.
18. I am resilient and can overcome any challenge.
19. I am a magnet for love, peace, and prosperity.
20. I am at peace with who I am.
21. I am constantly growing and evolving into a better version of myself.
22. I love and accept myself unconditionally.
23. I am grateful for my body's strength and capabilities.
24. I nurture my spirit, mind, and body with positive thoughts and actions.
25. I am deserving of self-care and make time for it regularly.
26. I attract positivity and good energy into my life.
27. I believe in my potential and my ability to succeed.
28. I am a beautiful person, inside and out.
29. I am proud of who I am and who I am becoming.
30. I am deserving of love, kindness, and compassion from myself and others.

DAILY SELF CARE ROUTINE & JOURNAL

month /

DATE	HOURS OF SLEEP												ENERGY				
DAY	1	2	3	4	5	6	7	8	9	10	11	12	★	★	★	★	★
													☆	☆	☆	☆	☆

ACTIVITY

MOOD TRACKER



WORKOUTS

EXERCISE	TIME	REPS
CALORIES BURNED		

MEALS

	CALORIES:
BREAKFAST	
LUNCH	
DINNER	
SNACKS	

STEPS



WATER INTAKE



SELF CARE ACTIONS

GOAL

NOTES

DAILY SELF CARE ROUTINE & JOURNAL

MORNING JOURNAL PROMPTS

How will I show up to and for myself today to ensure I reach my goals?

What, how, and when will I care for myself today? How will I stay mindful of my thoughts and feelings today?

What self care activities or somatic exercises can I do to move feelings out of my body and increase my energy levels?

How can I practice self-care today to support my happiness journey?

What self-love affirmation do I pick for today to stay motivated?

DAILY WEIGHTLOSS ROUTINE & JOURNAL

EVENING JOURNAL PROMPTS

What healthy changes did I make today that will lead me closer to reaching my goals?

What was my inner dialogue around food and weight loss today?

What challenges have come up today that I can learn and grow from?

What are some of the things I am proud of accomplishing today?

What successes have I had today that move me closer to my goals?

WEEKLY GOALS SETTING AND REFLECTION

1. When I allow myself to acknowledge how I'm feeling, what changes am I noticing?

2. What goals did I set for myself this week? How close am I to achieving them?

WEEKLY GOALS SETTING AND REFLECTION:

3. What action steps can I take in the coming week to move closer toward my goals?

4. What obstacles or roadblocks have come up that are preventing me from reaching my goals?

WEEKLY GOALS SETTING AND REFLECTION:

5. How did I practice self-care this week? What activities made me feel energized and empowered?

6. How can I use the lessons I learned this week to help me in my happiness journey?

WEEKLY GOALS SETTING AND REFLECTION:

9. What would I like to focus on in the coming week as I continue on my happiness journey?

10. How can I adjust my mindset and attitude to stay motivated and positive?

CIRCUIT BREAKER ACTION

From the wise words of Byron Katie, author of "Loving What Is". She discovered that when a person believes their thoughts they suffer. However when you stop believing those thoughts, your suffering ceases, and that this is true for every human being. Freedom is as simple as that." – Byron Katie, Author

It's powerful right?

All the suffering that goes on inside our minds is not reality, says Byron Katie. It's just a story we torture ourselves with. She has a simple, completely replicable system for freeing ourselves of the thoughts that make us suffer. "*All war begins on paper*," she explains. You write down your stressful thoughts, and then ask yourself the following four questions:

Question 1: Is it true?

This question can change your life. Be still and ask yourself if the thought you wrote down is true.

Question 2: Can you absolutely know it's true?

This is another opportunity to open your mind and to go deeper into the unknown, to find the answers that live beneath what we think we know.

Question 3: How do you react—what happens—when you believe that thought?

With this question, you begin to notice internal cause and effect. You can see that when you believe the thought, there is a disturbance that can range from mild discomfort to fear or panic. What do you feel? How do you treat the person (or the situation) you've written about, how do you treat yourself, when you believe that thought? Make a list, and be specific.

CIRCUIT BREAKER ACTION

Question 4: Who would you be without the thought?

Imagine yourself in the presence of that person (or in that situation), without believing the thought. How would your life be different if you didn't have the ability to even think the stressful thought? How would you feel? Which do you prefer—life with or without the thought? Which feels kinder, more peaceful?

Now turn the thought around:

The "turnaround" gives you an opportunity to experience the opposite of what you believe. Once you have found one or more turnarounds to your original statement, you are invited to find at least three specific, genuine examples of how each turnaround is true in your life.