



# ***MAINTAIN*** **Bonus Workbook**

Your 4-Step  
Sustainable Weight  
Action Plan



Welcome!

Congratulations on completing *MAINTAIN*.

That's not a small thing.

You've just learned a powerful new way of understanding weight, food, and what it truly means to sustain change—not for a season, but for a lifetime.

This workbook is your next step.

Inside, you'll begin translating what you've learned into something personal, practical, and lasting. You don't need to do it perfectly. You don't need to have all the answers.

Just begin.

As you move through these pages, you'll be guided to:

- Clarify what matters most to you
- Shape a way of eating that works with your brain
- Strengthen your capacity to stay resourced
- Cultivate the mindset that leads to lasting freedom

Take your time. Return to these exercises as often as you need.

You're building something that is meant to last.



## **Step 1: Get DEVOTED**

### Clarify Your Why

Before you decide how to eat, it helps to understand why.

This section will guide you in clarifying what matters most—and beginning to shape a way of eating you can truly commit to over time.



## Exercise 1: Your Values Around Food and Health

What does success with food and weight mean to you?

Select the values that matter most to you:

- Weight loss
- Peace around food
- Health
- Energy
- Longevity
- Mobility
- Self-trust
- Freedom from food noise
- Emotional stability
- Other \_\_\_\_\_

Which three values matter most to you right now?

- 1.
- 2.
- 3.

How well does your current approach to food support these values?



## **Exercise 2: Identity and Commitment**

Now that you've identified what matters most, take a moment to consider the kind of relationship with food that would support those values.

What kind of person do you want to become with food?

Contrast that with whatever you're doing now. Complete this sentence:

"The way I live with food is..."



### **Exercise 3: Your Personal Trigger Foods**

Work with your brain and align your plan with your unique wiring.

Not all brains respond to food in the same way.

This section helps you identify your personal wiring so your approach can truly support you—especially when things get hard.

Which foods consistently light up your brain with excitement?

Which foods create “just a little more” thinking?

Which foods feel mostly neutral to you?

Which foods are most problematic for you personally?



#### **Exercise 4: Situational Risk Areas**

Food is only one piece of the puzzle. Context matters too.

When and where does your ideal or preferred way of eating feel hardest to maintain?

Examples may include:

- Restaurants
- Travel
- Social events
- Illness
- Emotional stress
- Busy workdays

What have these situations taught you about what you need?



### **Exercise 5: The Peace Test**

As you begin to define who you are becoming, it can be helpful to imagine what life feels like when your way of eating is truly working.

When the way you're eating is working, how does your life feel?

My mind feels:

My body feels:

My days feel:

Does your current way of eating create that feeling?



## Step 2: Get CLEAR

### Understand Your Brain and Plan

#### Your Food Addiction Susceptibility Score

Another important aspect of understanding your brain is recognizing your level of susceptibility to certain foods.

People differ in how their brains respond to food—especially highly processed, rewarding foods.

For some, repeated exposure over time wires the brain to strongly prioritize these rewards, making certain foods harder to moderate. This isn't a failure of willpower—it's how the brain adapts.

Understanding your personal susceptibility can help you build a way of eating that truly works for you.



## Exercise 6: Take the Food Addiction Susceptibility Quiz

Go to: [FoodAddictionQuiz.com](https://www.foodaddictionquiz.com)

Take the quiz. You'll be asked to think back to a time in your life when your eating was at its most challenging.

This is intentional.

If your brain has ever operated that way, you'll want a plan that is strong enough to support you when things are hardest—not just when things are going well.

Your score: \_\_\_\_\_

In general, those with higher scores tend to do better with clearer, more defined boundaries around certain foods.

Now reflect, and answer the following questions.

What did you notice as you took the quiz?

How does your score help you better understand your past experiences with food?

What might your brain need from you in order to feel supported?



## Exercise 7: Boundaries and Structure

With a clearer understanding of your brain, you can now explore the level of structure that best supports you.

There are two frameworks for approaching food boundaries:

<b>Abstinence</b>	<b>Moderation</b>
Clear, firm boundaries around specific foods or behaviors.  Example: A “Bright Line” (a clear boundary that you just don’t cross) for alcohol, sugar, and/or flour.	Flexible guidelines that allow for variation within a general structure.

Take a moment to reflect.

Which approach resonates most with you right now?

Does the idea of flexibility feel:

- Relieving
- Destabilizing

Does the idea of clear boundaries feel:

- Supportive
- Restrictive

What approach has historically worked best for you?



Are there times when stricter boundaries feel helpful—and times when a more flexible approach serves you?

What level of structure helps you feel most stable and at peace?

When have you felt most successful in the past—and what kind of boundaries were in place?

What might it look like to build a plan that supports you both in everyday life and in more challenging moments?

(If you scored 7 or higher on the Susceptibility Quiz, consider exploring a more structured, abstinence-based approach. You may also find the [Bright Line Eating Masterclass](#) helpful for additional support.)



## Exercise 8: Your Personal Plan

A decision and declaration.

The program I am committed to living is:

My non-negotiables are:

When things get hard, I will remember:

Signature \_\_\_\_\_ Date \_\_\_\_\_



## Step 3: Get RESOURCED

### Build Your Toolkit

Even the best plan needs support.

This section introduces simple, effective tools you can use to navigate urges, emotions, and real-life challenges—so you're not relying on willpower alone.

### Tools to Support You

#### The Butterfly Hug

A gentle, rhythmic tapping technique designed to help calm and regulate the nervous system during moments of stress. The Butterfly Hug was developed by psychologist Lucina Artigas in the aftermath of Hurricane Pauline in Acapulco, Mexico, when overwhelming numbers of people were experiencing trauma and couldn't be supported one-on-one. Simple and self-administered, it offers an accessible way to soothe and ground yourself anytime.



How it works:

If you are able, cross your arms over your chest and touch your fingertips to the opposite shoulder.

Speed matters:

- Tap slowly (about 1 second per tap) when feeling anxious
- Tap more quickly when feeling numb or stuck



## **Emergency Action**

A pre-decided action you take when you feel at risk of going off track.

Examples:

- Step outside for fresh air and a short walk
- Text or call someone
- Drink water and pause
- BFF - Breathe, feel your feet then feel your seat.

## **Journaling**

Putting pen to paper activates your reflective brain and helps process thoughts and emotions more clearly.

## **Tapping**

Emotional Freedom Technique (EFT)

There's an app (The Tapping Solution)

Tapping quiets the amygdala, the fear center in the brain. It sends a signal to the brain that you're safe.

## **Five Actions to Replenish You**

Research also shows that there are five actions, specifically, that can bolster willpower in moments of temptation. They replenish your capacity and your ability to make it through a difficult situation without going off-track. The actions are:

1. Prayer
2. Meditation
3. Gratitude
4. Service
5. Human connection



## Exercise 8: Your Tool Kit

Which tools feel most accessible to you right now?

When are you most likely to need support?

What is one tool you're willing to try this week?



## Step 4: Stay LIBERATED

### Anchor Into Mental Freedom

Freedom doesn't begin when the weight is gone.

It begins in how you think.

Mantras can help interrupt old patterns and anchor you in a new way of being—especially in moments of challenge.

Susan's favorite mantra to immediately shut down a food thought or craving:

- Thank you God that's not my food, that's poison to me!

Bright Line Eating community mantras:

- I love myself enough to follow my plan
- I am unstoppable
- If food is not the problem, then food is not the solution
- What am I really hungry for?
- Everything I do is in service of my physical and emotional well-being
- Choose your hard
- Hunger is not an emergency
- No one ever starved to death between meals
- There is another meal coming
- No exceptions, just for today
- Pause, breathe, and walk away



**Exercise 10. Take a moment to reflect:**

Which mantra resonates most with you right now?

When might you use it?

What additional mantras or words would support you in staying aligned with your values?



You don't have to do all of this at once.

You don't have to get it perfect.

What matters is that you return—again and again—staying grounded in what you now know.

You are building something that can last.

And you don't have to wait to feel free.