

# New Year's Resolution Worksheet

## 1. IDENTIFY THE ISSUE: *What am I am trying to resolve:*

Unhealthy weight gain

## 2. DEFINE SOLUTIONS FOR CHANGE:

Root Cause Issue	Solution/Change	Notes / Resources
Poor/processed diet	Just once per week, replace one processed food (flour, soda, sugar, snack/junk food or fast food) with one 'quality' food (water, vegetable, yams, healthy protein, legumes, etc).	<p>Quality is usually more important than quantity!</p> <p>Think whole foods: plants and animals. A broader Paleo or Mediterranean -based palette is a good life-long template.</p> <p>Also, for most of us, it's not about no/low-carb, it's about plant-based carbs (instead of flours) and eating real, not processed food.</p>
Emotional and/or Stress eating	<p>Slow down and pause for 45 seconds before eating. Close my eyes and/or rest comfortably, take some deep breaths and center before having my first bite.</p> <p>Chew at least 30-40 times before swallowing. Pay attention to what I'm eating.</p> <p>Keep a few healthy snacks on hand (whole foods based protein bars, fruit, nuts</p>	<p>You can't solve emotional/stress eating with a diet. Instead, deal with the stress/emotions and work to generate effective coping tools and strategies (instead of eating).</p> <p>You can certainly commit to this work on your own, but if it has been a long-standing problem especially, you are extremely more likely to be successful if you work with a trained therapist.</p>
Distracted eating	<p>Take a break from screens for at least one meal/day.</p> <p>Make time to eat with friends and/or family once/week.</p>	<p>The <a href="#">raisin meditation</a> is a great introduction to eating mindfully and mindfulness in general.</p> <p>Pretend it's any time in human history before the invention of radio/tv and sit in</p>

# New Year's Resolution Worksheet

		<p>silence while you eat.</p>
<p>Sedentary lifestyle</p>	<p>Start where you are and add 30 minutes of exercise per week, every 2-4 weeks until you are at 150 minutes/week of cardiovascular exercise.</p> <p>Start where you are and add 20 minutes of strength training per week, every 2-3 weeks until you are at 2-3 sessions of 20-30 minutes.</p>	<p>If it has been a long time (or never) since you've had a regular exercise program, don't resolve to exercise numerous times per week from the start!</p> <p>You need time to physically adapt as well as mentally adapt. We are more successful at behavior changes when resolutions are doable and not overwhelming.</p> <p>Start slow, with something that is very reasonable. If it takes ~6 months to get into a regular exercise habit that is fine. For most of us, it is more likely to be life long if you don't over-do it.</p> <p>Consider hiring a personal trainer for at least a few sessions every 3-4 months. This will help you exercise efficiently and avoid injury.</p>
<p>Hormone imbalances</p>	<p>Focus on sleep, stress management, nutrition quality and avoiding chemicals. Work with your Functional medicine provider if that doesn't restore your verve!</p>	<p>Hormones are usually 'collateral damage' from our lifestyle and stressors, including infections, toxins and trauma (as well as normal aging processes).</p> <p>You may need to work with a skilled Functional medicine practitioner to heal hormone imbalances. But healing always begins with lifestyle, so you can start with the basics now.</p>
<p>Poor/inadequate sleep</p>	<p>Do whatever is necessary to get 7-8 hours of sleep/night.</p> <p>If you are tired or sleep deprived, aim for at least 8, and make up &gt;8 hours when you can.</p>	<p>You can't overcome fatigue, inflammation and weight gain if you aren't getting enough, refreshing sleep.</p> <p>Not sure if you are sleeping (well) enough? Try a sleep tracking device such as Apple, Garmin, FitBit or the Oura Ring.</p>

# New Year's Resolution Worksheet

<p>Inflammation</p>	<p>Diet and lifestyle are foundational here (See top box).</p>	<p>Inflammation can improve a lot simply from addressing basic lifestyle factors such as diet, sleep, exercise and stress management.</p> <p>If you need support or guidance to do this, and/or what you are doing isn't getting you where you need to be, then definitely find a good Functional medicine practitioner to guide you to wellness.</p>
---------------------	--	---

### **3. STEPS TO TAKE FOR EACH SOLUTION:**

In this next section, list out the SMALL and/or BIG steps, habits or changes to address each of the root cause issues you identified above.

#### **A) Small Changes;**

**Issue 1:** Processed food

**Steps to take:** Switch out one processed food for a high quality plant/protein food this week. Make another switch every 1-2 weeks.

**Issue 2:** Emotional or stress eating

**Steps to take:** Write down 3 other coping mechanisms instead of eating. For example: call a friend. Take the dog for a walk. Sing, dance or listen to music. Do a 5 minute meditation with a meditation app.

This week, resolve to practice them when emotional/stress eating comes up just 1-2 times. Work up doing it more often as you gain confidence and experience in doing it.

**Issue 3:** Distracted eating

# New Year's Resolution Worksheet

**Steps to take:** Put down your phone or other distractions for 5 minutes at the start of your meal. Then carry on as usual. Work up in time that is free of distraction from there over weeks and months.

## **Issue 4:** Sedentary lifestyle

**Steps to take:** Join a gym or workout program. Just go once per week for the next ~4 weeks. Then work up to 2 x/week, and so forth.

## **Issue 5:** Sleep

**Steps to take:** Night owl? Work your sleep time back, 15 minutes a time, towards ~10pm. Not allowing enough time for sleep? Resolve to get at least 8 hours of sleep 3x/week. And/or resolve to make up some extra sleep on another 2-3 nights per week.

## **Issue 6:** Hormones & Inflammation

**Steps to take:** Foundationally work on diet, sleep, exercise and stress modulation/management. If you don't feel you can navigate this on your own, or you have been trying and it isn't working, find a therapist and/or enlist the help of your Functional medicine practitioner.

Continued below.

# New Year's Resolution Worksheet

## B) Big Changes:

**Issue 1:** Emotional/stress eating, food addictions

**Steps to take:** Find a counselor/therapist to start working with. Commit to at least 1x/month for at least 6 months.

If you don't resonate with this therapist, dismiss them and try another. It can take some time to find the right one for you.

**Issue 2:** Sedentary lifestyle:

**Steps to take:** Hire a personal trainer to work with on a regular basis (1-2 x/month, or weekly if you can). Or sign up for a training or fitness group that meets regularly each week.

**Issue 3:** Inflammation, hormones or something is sabotaging your efforts?!

**Steps to take:** Work with a Functional medicine practitioner for support and to help you figure out the root issues of your health so you can reap the rewards of your health resolutions!

Continued below.

# New Year's Resolution Worksheet

## 4. ACCOUNTABILITY PARTNERS:

In this section, list, by name, the people in your life whose support you'd like for this resolution. You may need a week or three to prepare before you are ready to make it public, but enlisting external support and accountability can mean the difference between success and failure when things get rough.

Ask these accountability partners how you can expect their support or let them know how you would like to be supported.

### a. Accountability:

Eg: My partner/spouse and best friend(s), Workout partners

### b. Emotional support:

Eg: My mother and (other) friend(s), Professional counselor

### c. Cheerleaders:

Eg: Friends, coworkers, workout partners, children and your partner/spouse.

### d. Who do you need to set boundaries with so they don't sabotage you? Friends who expect me to drink and indulge with them.

Eg: My in-laws, Work colleagues who bring in unhealthy snacks and drinks.

### e. Other:

Is there anyone not listed above who you need to let know, support you or even join you in your resolutions?