



Weight Loss for Teachers

In this free course, the three tools you will learn:

- ***Tool #1: The Thought Download***
- ***Tool #2: The Teacher's B- Food Plan & Rough draft Assessment***
- ***Tool #3: Sleep: 7 hours minimum per night!***

(Printable copies of each tool can be found at the end of this doc-I recommend that you print multiple copies of this now.)

This is the perfect week to start losing weight.

Ever get to 3pm and feel like you're coming out of your skin?

Ever feel overwhelmed and stressed and walk through the Faculty Room finding, (shazam!) leftover muffins, cookies or brownies?

"Hallelujah!" I used to think, "This is the sugar I need to get me through my next class until lunch. Thank. You. Universe."

Ever use a vacation or holiday to start a diet, only to abandon it by day three of Back to School because you're so stressed?

I have. I've been there; which is why I help busy teachers lose weight.

I used these same tools to lose 26 pounds.

It's my mission to share this work with every teacher I know.

For 19 years, I was just like you, in the teaching trenches! (Please excuse the battle metaphor but between parents, our administration, and the challenges we face with our classes, it can sometimes feel that way, can't it?)

After finally losing the weight, I vowed to share this *for free* with every single teaching colleague in the world.

Something inside of me decided to figure this out without kicking the hell out of myself. I wanted to finally figure out weight loss, but not with shakes or juice fasts that caused me to snap at my students and inhale my lunch. No, this had to be sustainable, so that I didn't find myself at the drive-thru after school each day.

I needed realistic B- work that didn't involve my negative self-talk, counting carbs, eating only one kind of food (grapefruit for a month?) or shaming myself thin. (It didn't work.) I was already ashamed to admit that after trying everything to lose weight, I still didn't have a clue.

Before finding this work, I thought I just needed to beat myself up more, to be more mean to myself, and to beat myself thin.

Guess what? It doesn't work. I vowed that if I ever learned how to lose weight and weave it into my school day, I would. So I have. And this three-step course is your solution.

In this course, I teach you three of the most important tools I learned to help you, Amazing Educator, begin NOW, during the school day, to lose weight.

Because let's face it: you're smart. You're a master teacher. You know how to teach--except when it comes to yourself around food. You may have tried everything I have and succeeded, then failed, then lost the weight, only to put it back on. You may think that You. Just. Can't. Lose. It.

Trust me, I didn't believe I could do it, either. That's OK. But I was wrong about myself and about my beliefs about what I could and could not do.

Here, you are going to learn how to train your brain and manage your mind so that you stay in control around food, yep, even at school.

But I want you to promise me that you'll finish this free course.

The three videos you'll be watching will reinforce everything, but please, just commit. Some of us are so used to quitting on ourselves. By watching the videos, and being willing to be a BEGINNER (all you kindergartner teachers out there know what I mean), and WRITING on these sheets, you're teaching your brain that you **can** do something new and complete it!

The first step is simple. In fact, you may wonder what it has to do with weight loss. But trust me, this first tool is the key to losing weight and it's deceptively simple. This first tool you're going to learn is how to write everything down that's rattling around in your mind.

Here's the thing, in our crazy school environment with stressors everywhere, it's not your fault that you're overweight. But as I've said, it does not work to beat yourself up, at least not in the long term.

But, since your brain loves the same familiar thoughts, stories, and mind grooves, it will love to tell you otherwise: to keep you safe, to keep you small, to keep you “in line.”

Your primal brain is just trying to protect you, but it does not like to do new things.

In essence, your brain likes to lie to you. That’s right, it lies. It says things like: *Who do you think you are to try and lose weight again, after we’ve tried everything?*

Your family’s just big-boned. It’s genetic.

This is just the way you’re going to be forever. Just get used to it.

Everyone knows that it’s impossible to lose weight after 50/as a school teacher/ on the weekend/ (insert brain lie).

Tool #1: The Thought Download

Take five minutes. Write down all of those thoughts here or on a piece of paper. Write them down. Use phrases, grammar errors, and stream of consciousness. Bad words are welcome here.



Write out all of those thoughts about that lawnmower parent, or even that kid in your class with the massive attitude, or that uber-negative colleague that can’t stop complaining?

Write. It. Down.

We need to see what's up there so that we can look at it, see it, allow it, and realize it's there. Carl Jung said, "We cannot change anything unless we accept it." It's true of our thoughts about our body.

Tool #2: The Teacher's B- Food Plan:

Here, you are going to make a real, practical plan using the following steps:

1. Create a plan 24 hours in advance (or at least in the morning) using your prefrontal cortex/the planning part of your brain.
2. Make it realistic, feasible, and practical. (No perfectionism here, B-work!)
3. Follow your plan. (We are showing our brains that we can do what we say what we're going to do.)

Assessing the Day's Rough draft.

4. At the end of the day, assess your plan like a scientist with curiosity.
5. How did it go? Remember, just like we assess a student's rough draft or homework, we are assessing our "try" of the day.

Let me give you an example of how I do this work daily. I like to wake up and do my thought download while drinking my coffee when my house is still quiet.



If I haven't completed my Food plan, I do it for the day ahead.

Sure, just this simple act of planning your meals, writing it down ahead of time, and eating only that will make you lose weight.

But it will also increase self-love, integrity, and self-trust.

EXAMPLE: **Chrissy's Food Plan for Wednesday**

Breakfast: oatmeal, coffee, heavy cream

Morning break: (Yesterday I cruised by my colleague's candy bowl and had 10 (handful) of peanut m&m's but today I will eat 7!)

Lunch: Last night's Chicken Tetrizzini and salad, 1 mozzarella cheese stick, and water (instead of a diet coke)

Dinner: Veggie lasagna...just pop it in the oven; 1 glass of wine (water before dinner, wine is with dinner!)

My Three Goals doing B- Work this week are:

1. Drink half my weight in water ounces or at least 8 glasses of water!
2. Start heading to bed 5 minutes earlier each night, by 9:45pm, then by 9:40pm, 9:35pm all the way to 9:30pm.
3. Do my day's Rough draft assessment by asking myself, "How can tomorrow be a little better than today?"

Tool #3: Sleep--7 hours minimum per night!

It's not sexy. It's not exciting, and the diet industry does not want you to learn how easy it is, but sleep is the way forward.

Did you know that one third of us are metabolically groggy because we're not getting enough rest?

Before I lost my weight, when I was teaching a full course load and only sleeping five or six hours per night, I unconsciously used sugar as an "upper" and a way to get through the day. Have you done this?

Did you know that sleep deprivation raises our cortisol (stress hormone) levels and tells our body to conserve and hold onto our fat stores?

Did you know that sleep deprivation affects our insulin levels and thus, the rate at which we lose weight?

Putting yourself to bed just 5 minutes earlier each night supports weight loss. It's just that simple.

I'm asking you to go to bed each night just five minutes earlier. With your busy school schedule, I am telling you, you need the rest.

Get seven hours of sleep MINIMUM per night. Commit to it. Make it a priority.

IN SUMMARY...

The three tools to print out on the following pages are:

Tool #1: The Thought Download

Tool #2: The Teacher's B- Food Plan & Rough draft Assessment

Tool #3: Sleep: 7 hours minimum per night!

I suggest following these tools for two weeks. At the end of the two weeks, assess with curiosity...how do you feel?

Please PRINT OUT ALL THESE PAGES and make copies of the sheets below. You'll need fourteen copies. You'll be getting one video in your inbox for the next three days.

As always, I offer free 45 minute one-on-one mini-sessions. Come to www.thechrissyconcept.com to schedule yours today!



The Thought Download

(Set your timer for 5 minutes. Write down all the thoughts in your brain-anything that comes up. The goal is to see what your brain is telling you.)

The Teacher's B- Food Plan

Date: _____

My Plan	What I <i>really</i> ate
Breakfast:	
Lunch:	
Dinner:	

Snacks/Water:	Bedtime tonight is: _____ PM
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**-What is one word or phrase that describes how you feel about your plan?
Examples: “doable” / “real” / “I’ve got this.” / “I take care of me.”**

-I am choosing this phrase or word or sentence because....

-If I get stressed and my plan gets difficult to follow today, I will....

Assessing the Day's Rough Draft

- On a scale of 1-10, how would you rate the way you followed your plan?

(Remember a 1 is not following your plan...10 is executing like a boss. We aren't going for perfection here but want as many 8's or above as we can.)

1 2 3 4 5 6 7 8 9 10

- Something I did well on my B- Food Plan today was...

- What will I do for tomorrow's Food Plan to make it just a little better than today?

- Three non-food-related things I did that made me proud today are:

1.

2.

3.

(Recopy these daily) Three Goals I have for the WEEK doing B- Food Work are:

1.

2.

3.