

*Jasmine
Skee*

**HOW I
ACCIDENTALLY
BECAME A
SIZE 8**

**AN 8 WEEK PROGRAM
TO END DIETING**

JASMINE SKEE



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Hi! I'm Jas.

I decided to write this 8-week program as I had been on a diet for 23 years. At the age of 14, I started to hear from people around me that I needed to lose weight. From that year on, weight management was a constant battle and formed most of my waking thoughts.

"What should I eat today?"

"I know this food is bad for me."

"I should eat this because it's good for me."

"I shouldn't have eaten that, now I need to exercise twice as much today."

Sound familiar?

Managing my weight took up most of my thoughts and my self worth was in limbo because it was directly related to my weight and what I looked like.

There were times when I would punish myself with diets, exercise and unhealthy behaviour in order to reach that coveted "size 8" I only dreamed about. Then, when the happiness I expected to feel when I reached my desired size wasn't there, I would return to eating again. It was a vicious cycle of control, restrict, binge, control, restrict, binge and so forth.

In September 2013, three things happened that set me on the road to change.

First, I discovered Brene Brown's book, "Daring Greatly." In her book, she introduced me to the term "numbing" – something we all do to distract ourselves from the act of feeling. I had been distracting myself with a lot of things including working insane hours, having a fun but overly busy social life and the big one – eating.

Second, I registered with a new doctor and had to face the numbers when I weighed myself for the first time, in a long time. I weighed 7kgs more than what I thought I was; and what I thought I was, was 5kgs more than what I should have been. I blamed the scales for about five minutes, LOL (Laugh Out Loud).



Third, I had dinner with an ex. I watched myself speaking, my actions, how I felt (it was weird but it was like there was three of us at dinner - me observing the two of us interacting). I saw a woman that didn't love herself. Someone who had used food as a way to numb herself from accepting that she was not perfect, that she indeed had faults.

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I had read the books, done the courses but I finally knew what was missing, SELF-LOVE. I walked away from that dinner and committed myself to change. It was simple - I wanted to love myself.

Twelve months later, I am a Transformation Coach. This had always been the plan even though I had a very successful career in Marketing. I knew I would become a coach, I just had to work through some key challenges so I could coach with integrity and of course the biggest challenge I faced was my relationship with food.

This 8-week program has been written because I know that a diet is a Band-Aid on the symptom of using food to numb our emotions. Unless we get to the root cause of overeating, we will never resolve our issues with food.

Food doesn't make us fat, eating when we aren't hungry makes us fat. Eating when we are tired, lonely, bored, happy, sad and angry makes us fat.

So, a bit about my personal coaching style: I'm passionate, results driven and my guidance can change your life if you choose to implement it and if you truly want to change.

I believe in the power of holistic health and taking care of your mind, body and soul. This 8-week program incorporates this.

Having worked in the heart of London for eight years, I know how challenging it can be to discover and maintain the perfect work/life balance.

Prior to being a coach, I spent 18 years in the corporate world as a Marketing Executive, working for some of the biggest brands in the UK, Europe and Australia. This program has been written based on what both my clients and I have done to end the dreadful dieting cycle.

I am a qualified Mind Calm Meditation Coach and have also trained with Britain's foremost expert of happiness Robert Holden on Coaching Success. I also have a Bachelor's Degree in Sports Science, a Masters in Neuro Linguistic Programming and a Level 3 Certificate in Reflexology and Healthy Eating and Wellbeing.

This program will give you the tips to change your thought patterns and habits, along with explaining how our body works when it comes to food and exercise.

There are also some exercises you need to do so we can change your habits.

This book will:

- Help you become aware of your habits that aren't helping you be the best version of yourself
- Help you create the change you want in your life – as long as you are ready to commit to change
- Help you identify what is causing you to over eat
- Explain how our body works when it comes to food and exercise
- Give you some guidance, support and direction to having a life free from being a slave to food and diets – woo-hoo!

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This book won't:

- Give you a quick fix
- Give you an easy solution
- Tell you what you should and shouldn't eat

THE JOURNEY TO CHANGE YOURSELF BEGINS RIGHT NOW



This isn't the "Lose 20 Kilos in 8 Weeks" or "Drop from a Size 12 to a Size 8 in a Month" program. This is not a gimmick. This program is written to help you create a lifestyle that you will love and feel good doing FOREVER. Yes, FOREVER.

There is no quick fix; there is no tablet to take. Trust me if there was I would have found it.

This program gets to the cause of why you're overeating when you aren't hungry. It also helps you understand how your body works. It helps you to understand that creating a lifestyle that you can maintain forever will free you of the suffering you are currently attached to with the constant chatter about your weight.

I truly believe you can create a permanent change if you commit to a new habit or lifestyle for 60 days.

In 60 days, I believe you can start creating a lifestyle that you can maintain for the rest of your life. This is why I have designed a program for 8 weeks.

I also wrote this as a workbook rather than your typical literature book because I think there are too many self-help books that tell readers what to do and unfortunately they never do it. This book is written so that you have to follow the book and complete the tasks, not just read the book and do nothing. This book will become your guide and support over the next eight weeks.

You with me?

CHANGE IS HARD — THIS IS WHY WE NEED TO COMMIT TO 8 WEEKS


Jasmine Skee

Change is hard, harder than we think because essentially, our brains don't change easily. Simply put, we are born with billions of unconnected neurons which begin to connect based on our experiences (which start forming our habits and behaviour). From our early years onwards, we start making connections that create pathways. Ever heard the saying, "it's just how he/she is wired?" This is what these pathways are.

I prefer to call these pathways, 'goat tracks'. Why? If you imagine every day a goat walks the same way to get fed, it starts to wear down the grass, going the same way, day in and day out. This is how it creates a well-defined track. Our habits and experiences create the same thing in our brain.

The belief that people never change is crap. It just takes a lot of commitment because essentially you need to create a new goat track and let the old goat track grow over. You already have a well-worn goat track around food so this program is designed to help you create a different, better goat track.

If you truly want to change, remember this quote over the next 8 weeks:

A trail of footprints, each consisting of two small, dark, oval shapes, leads from the bottom left towards the top right of the page, following the curve of a dark red hill. The footprints are arranged in a slightly irregular line, suggesting a path taken by someone walking.

“COMMITMENT MEANS STAYING LOYAL TO WHAT YOU SAID YOU WERE GOING TO DO LONG AFTER THE MOOD YOU SAID IT IN HAS LEFT YOU.”

- 01** Assign an hour a week to read the information provided.
- 02** Do each task. This is important as we are working towards understanding the cause of your overeating. These tasks will help you identify this.
- 03** Be kind to yourself, change takes courage.
- 04** Be honest.
- 05** Accept what comes up (feelings, thoughts, unhealthy behaviour).
- 06** Make sure you apply the information you are learning. To create a new way of thinking you need to create new habits.
- 07** Make time for yourself to make these changes. Remember, if you are the best version of you, everyone benefits.

1 Week

WEEK 1 — INTRODUCTION

In week 1, I am going to get you thinking about what you love doing. We also need to identify the positive benefit you get from having issues with food and your weight. I know you are probably thinking *“positive benefit, I don’t have one,”* but you do. When we identify this we can move forward. I will also talk about why we don’t need to diet; the role of proteins, fats and carbs; and why it’s important to write down everything you eat and drink in a day.

**I am excited for you,
things are about
to change if you are
committed to this.
Remember just 8 weeks!**



WHAT MAKES YOU FEEL ALIVE?

Here is your first question: "What do you love to do?"

This might be a simple question but if you aren't doing what you love then it's normal for you to feel a bit stumped.

It's very common for most of us to get caught up in the hustle and bustle of our super busy lives, that sometimes we either lose touch and forget, or stop making time for the things that make us happy. We stop doing the things that make us feel alive, the things that we love and this creates a problem.

No matter how busy you are, how much you have on your plate, who you need to look after, etc. (the list goes on and on), I want you to stop what you are doing and create a list today of what makes you feel alive.

Now I call this list your daily routine. Why? Because I do the five things that are on my list every day.

My daily routine is the most important, sacred and personal part of my day. Why? Because if I don't do the things I love every day, then I don't feel alive. To start, answer the following questions:

- *What makes you feel alive?*
- *What makes you happy?*
- *What do you love to do?*
- *What puts a smile on your face?*

For week 1, you need to pick five things that make you feel alive. Here are some examples that might help you when making your list:

- Reading
- Listening to music
- Playing with your children
- Exercise
- Meditation
- Saying thank you
- Saying hello (to everyone)
- Smiling
- Eating good food
- Doing your hair
- Dressing up
- Writing
- Journaling
- Painting
- Walking
- Drinking a good cup of coffee or tea
- Practicing Gratitude
- Cooking

WHAT MAKES YOU FEEL ALIVE? (CONTINUED)

Starting a daily routine is hard, but there should be no excuses for not having one. If you are putting someone or something ahead of your daily routine then you are choosing them over yourself, and therefore, you're not doing the things that put a smile on your face or make you feel alive.

You need to commit to doing these five things every day for the next eight weeks. Now, if you are thinking you don't have the time to do what you enjoy, then let me stop you right there. My five things are:

- 1. *Drinking lemon and hot water when I wake up*
- 2. *20 minutes of meditation*
- 3. *30 minutes of exercise*
- 4. *Creating a gratitude list before I go to bed*
- 5. *Saying hello to everyone I encounter in my day*

These five things take an hour of my day; that is around 4% of my entire day. You need to be able to commit at least 4% of your day to what makes you feel alive. Get it? Good! Now it's time for you to make your list.

My five things are:

- 1.
- 2.
- 3.
- 4.
- 5.

Now, a great time to call on this list for the next eight weeks is when you get a craving for food but you know you aren't hungry. A lot of people use food when they are bored. So for example, if reading is on your list, then instead of eating because you are bored, read. If walking is on your list, then walk. It's all about doing something different so we can create a new habit, a new way of thinking, a new goat track.

FOOD DIARY

The most important thing to remember throughout these eight weeks is that you are working to get to a point where you are only eating food when you are hungry.

For example, if you are hungry and all you can think about is eating cake, then eat cake. Take your time with it, don't shove it down quickly because you feel guilty. Make sure you taste it, every mouthful. If you do this, I can promise you, after enjoying that cake you won't feel the need to eat cake all the time.

If you've been restricting yourself from the foods you truly desire, you probably find yourself bingeing on those specific foods once you actually have them. Stop doing this! It's time for you to listen to your body. When we eat the foods that we think we should be eating, rather than what we want to be eating, we never feel truly satisfied; and so we end up eating more than what we would have in the first place. Let me give you an example:

Just the other day, I felt like eating raisin bread but I thought I should have dark chocolate instead because I know it is healthier for me. After a battle between my brain and my stomach, I chose the dark chocolate but after consuming it, I still felt the need to eat more and ended up having both the chocolate and the raisin bread. Get what I mean? If I would have just eaten the raisin bread like I had wanted to in the first place, I would have been fulfilled and I wouldn't have eaten the chocolate also. By depriving myself from what I really wanted, I ended up eating more. I am sure you can relate to this.

Let me remind you, there is no good food or bad food. What is bad, is using food to distract us; using food for love; using food instead of feeling our feelings.

So, for the eight weeks, it's very important for you to complete your own food diary. This isn't about seeing if you are eating good foods or bad foods; the role of the food diary is to:

- *Identify what you are eating. Most of us don't document every food choice we make so by writing it down, you are held accountable for your decisions.*
- *It allows you to see when you have a tendency to over eat, e.g. snacking in the afternoon or late night.*
- *It might show you where you aren't eating enough which can once again lead to overeating to compensate for what you skipped e.g. Do you skip breakfast a lot and make up for it during lunch?*
- *It shows what types of foods you are eating, such as junk food, and how much of that particular type you are consuming. It may be more than you thought.*

There is no right or wrong way of doing this exercise. For the next eight weeks it's about seeing how you progress and what your relationship is like with food. So to get you started, I've created a weekly food diary template for you to use. Make sure to record not only the food you eat, but the times that you eat them.

Here is your food diary for Week 1.

| | Breakfast | Lunch | Dinner | Water | Snacks | Exercise | Comments |
|-----------|-----------|-------|--------|-------|--------|----------|----------|
| Monday | | | | | | | |
| Tuesday | | | | | | | |
| Wednesday | | | | | | | |
| Thursday | | | | | | | |
| Friday | | | | | | | |
| Saturday | | | | | | | |
| Sunday | | | | | | | |

WHY WE DON'T NEED TO DIET

You need to understand that we don't have to be thinking of food all the time.

Why? We have a section in our brain called the hypothalamus; its role is to control hunger and thirst. When we are hungry or thirsty, it lets us know. Imagine a thermostat that controls room temperature, this part of the brain operates in the same way.

If you let the hypothalamus do its job, then you will only eat when you are hungry and stop when you are full. The problem is most of us don't listen to our own body's thermostat, and have a tendency to just eat when we aren't even hungry and continue to eat, even though we may be full.

Starting from this point on, I want you to try listening to your thermostat for a change and see how your body reacts. Test your feelings of hunger by drinking a glass of water when your first wave of hunger hits you in order to make sure its true physical hunger before you eat.

Letting and trusting the hypothalamus to do its job over the next eight weeks and beyond is so important.



DISCOVERING THE POSITIVE BENEFIT

This step in the program is a very important one. If we don't identify the positive benefit you are currently getting from using food the wrong way, then it will be hard to move forward. The reason is, this positive benefit is likely to be the cause of either the overeating or binge eating.

Once we identify the positive benefit, we can then name it and bring it to the surface; and once it's out, there is no going back. It also means you now know why you get the cravings to eat when you aren't even hungry. When you know why, you can then make a conscious choice as to whether you continue on the path you are currently on, or whether you make a conscious decision to make a new habit, a new choice, and ultimately create a new life.

Here are some possible examples of the positive benefit you could get from carrying weight or eating when you aren't hungry:



- *Food is love for you; it comforts you, makes you feel good and you have a relationship with it.*
- *If you are overweight, it's a reason to keep yourself from finding love so you can't get hurt again. Your weight is your protector against potential heartbreak.*
- *Maybe you met your partner when you were overweight and they would have an issue if you lost the weight. For example, you losing weight could bring out the insecurities of your partner. If so, you are essentially choosing them over yourself.*

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