

# CRUSH THE DIET

## Bootcamp



# 5 Days Crush the Diet Bootcamp



Warm Up



It Shouldn't Be  
This Hard



It's Easier for  
Others



No One Has My  
Circumstances



It Wasn't This  
Hard Before



It's taking too  
long

# Day 1 Challenge

## *It shouldn't be this hard*

Yass! Strap on your boots because bootcamp is here!  
Ready to bust through some diet lies? Let's go!

### **Diet Lie #1 – “It shouldn't be this hard.”**



The biggest lie we tell ourselves is - “it shouldn’t be this hard.” Because that is the story we have been told, right?

“It’s simple, it’s easy. Just find some willpower, eat right and exercise and you’ll melt away.”

Pfft! If it was as “simple” as THAT why are so many of us REALLY STRUGGLING?

We are taught that weight loss is not hard, that it’s as easy as 1, 2, 3. How many times have you heard the phrase, “It’s as simple as calories in and calories out.”? Or, “There’s no secret - just diet and exercise.”

So when it IS hard we think it’s OUR fault. That WE are the problem. We are broken, or weak, or hopeless. That is the lie we want to talk about today.

# Crush The Diet Bootcamp

## Diet Lies Day I



*It shouldn't be this hard*

Watch today's video to help you fill in the blank:

If you still want to look like an athletic, fit person in your seventies you can, but

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**Be honest with yourself**

How many times in the past 5 years have you uttered the phrase (or similar) "It shouldn't be this hard!" when it comes to your lifestyle and diet? Ask yourself why you think this should be easy?

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## Day 2 Challenge

### *It's easier for others*

Diet Lie #2 is - *"It's easier for others."*



It is easy to get caught up in our obsession with easy fixes and underestimate just how much work something really should take.

In a world where convenience is king, it's easy to get frustrated when things don't change overnight.

Some things JUST TAKE EFFORT. There is no way around it! And effort is not a bad thing! It takes effort to grow a garden, to learn a new skill, or even to make a decent meal!

Think about how much effort you were willing to invest in your schooling (post-secondary? Grad School? Doctoral Program?), or your career, or your children...

But somehow losing weight and being happy with ourselves should be effortless???

Today we're going to peel back those layers and start to find pride in the effort even when the rest of the world wants to push a "Quick Fix."

# Crush The Diet Bootcamp

## Diet Lies Day 2



*Its easier for others*

Watch today's video to help you fill in the blank:

They want the picture on the magazine not realizing that \_\_\_\_\_

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**Be honest with yourself**

Do you believe that weight loss/being smaller equals being healthier? Write out the reasons why you think this is true or not true.

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# Day 3 Challenge

## *No one has my circumstances*

### Diet Lie #3 - "No one has MY Circumstances!"



It's hard to realize how deeply ingrained we are in the lies. It's difficult to be hit with the reality that a lot of what we have been told, is wrong.

But stick with us because there is REAL FREEDOM on the other side of this!!

Today we are all SUPER connected. Between the 24-hour news cycle and social media on our phone, we can see what everyone is doing ALL. THE. TIME.

It makes it hard to not compare what we've got going on with what someone else seems to have.

Comparing our situation to someone else's IS the biggest lie we tell ourselves. It's the most pervasive AND the most damaging!

When we can finally realize how that lie shapes your reality, you can immediately stop feeling sorry for yourself and start appreciating YOUR journey - not someone else's.

Today we're going to get into how comparing ourselves to everyone else has affected our journey and hindered our weight loss goals.

# Crush The Diet Bootcamp

## Diet Lies Day 3



### *No one has my circumstances*

Watch today's video to help you fill in the blank:

There are people out there that have your circumstances and \_\_\_\_\_

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### **Be honest with yourself**

List your "circumstances." These are the things you think you have in your journey that no one else has. When your list is complete, pick the top three and post them in today's group chat.

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# Day 4 Challenge

## *It wasn't this hard before*

It isn't easy to put the mirror up in front of ourselves and realize just how badly the dieting industry messed us up but you are REALLY stepping up to the plate.

Now that we have uncovered our first three LIES, I'm sure you are having some Ah-Ha moments about your past dieting adventures.

So let's keep on going and step into today's Diet Lie.

This is one of our favorite lies to uncover.

### **Diet Lie #4 *"It wasn't this hard before!"***



Because really, it's like comparing apples to oranges. Let's get real - things don't tend to get EASIER as we age (at least not physically). What we were able to do twenty years ago is probably completely out of the question now!

Yesterday we talked about the damage comparisons can cause - well comparing yourself NOW to your 20 or 30-year-old self is JUST as unfair.

What worked quickly in the past, certainly won't work quickly in the present.  
Now it doesn't mean it's impossible and you should give up - NOT AT ALL!

Today we're going to talk about how to modify our expectations and not get bogged down by what we were able to accomplish (and how quickly) in the past!

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## Diet Lies Day 4



*It wasn't this hard before*

Watch today's video to help you fill in the blank:

The mindset that got me into it, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you believe it is impossible for you to lose weight if you eat certain foods?  
List all of the foods you have "banned" from your diet in the past.

Next to each food, mark down whether this food was removed permanently  
from your current diet, or mark down long long was it until this food made an  
appearance again.

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# Day 5 Challenge

## *It's taking too long*

Today is your last day in Bootcamp and we are SO impressed with how you've shown up! We know life happens so you have missed a day or two, don't fret! There is still time to catch up and get the most out of your boot camp experience.

Today we tackle our final diet lie! Let's do this!

This is one of the biggest lies we tell ourselves when it comes to losing weight and getting healthy. In our "microwave" society, we are accustomed to having everything NOW!!!

### **Diet Lie #5 - "It's taking too long!"**



It's especially hard when we see "instant" results on tv and in all the tabloid magazines. (Let's be clear. Even those celebrity results are not instant! They're just packaged to look that way.) Permanent changes can't be achieved overnight. Getting caught up in the "It's taking too long" lie will only cause anger and frustration and many "falls" from the wagon.

Today we're going to get to the bottom of this lie so we can get excited about the "slow and steady" success that will lead to REAL, SUSTAINABLE change.

Because let's face it - some things JUST TAKE TIME! There's no way around it and that's OK!!

# Crush The Diet Bootcamp

## Diet Lies Day 5



*It's taking too long*

Watch today's video to help you fill in the blank:

If I had just relaxed and listened \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you feel like it is impossible for you to progress if the scale is moving the wrong way? Explain why.

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# CRUSH THE DIET BOOTCAMP RECAP

## MENTAL WARM UP

It's not enough to just "decide" that things will be different this time, we must understand the psychology behind "why" we keep starting over.

## DAY 0

## DAY 1

### IT SHOULDN'T BE THIS HARD

Over the years dieting, we have all gotten to a point where "woe-is-me" syndrome kicks in and the lies we all tell ourselves become truths.

### IT'S EASIER FOR OTHERS

It is easy to get caught up in our obsession with quick fixes and not really appreciate just how long something really should take.

## DAY 2

## DAY 3

### NO ONE HAS MY CIRCUMSTANCES

When we finally realize how that lie shapes our reality, we immediately stop feeling sorry for ourselves and start appreciating OUR OWN journey - not someone else's.

### IT WASN'T THIS HARD BEFORE

This is one of the most important lies to uncover. It is like comparing apples to oranges when it comes to our history. What happened when we were twenty years younger is impossible to think it can happen as quickly now.

## DAY 4

## DAY 5

### IT'S TAKING TOO LONG

This is one of the biggest lies we tell ourselves when it comes to losing weight and getting healthy. In our highly instant societal living, we are accustomed to having everything NOW!!!



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