

TRANSFORMATION PRE-GAME CHECKLIST

5 ESSENTIAL STEPS TO TAKE BEFORE
STARTING A WEIGHT LOSS JOURNEY

From Mindset Coach Rose McAvoy,
Creator of

PLATE FULL *of* GRACE



WELCOME

YOU'RE ABOUT TO DISCOVER A BRAND NEW
WEIGHT LOSS MINDSET!

There are 100's of programs that teach the mechanics of weight loss.

The majority will say, to be successful you have to have the right mindset.

Frustratingly, most programs don't teach what the right mindset is or how to get it.

This pre-game checklist introduces 5 mindset shifts, each with a simple action step, to help you understand what the right mindset is, and how to instantly activate it.

Complete the action steps and you'll be ready to create a lasting healthy lifestyle.

To your joyful healthy life,

Rose McAvooy



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A MEDITATION TO IGNITE DESIRE

Close your eyes & take a few deep breaths. See yourself already at your goal.

Answer these questions: How does it feel to be in this body? Are things easier, lighter, more comfortable? What other benefits are you experiencing?

How are you better able to serve others now that you have reached your goal?

Continue to clarify your vision until you see and believe the results.

Win Before You Begin

KNOW WHAT YOU DESIRE MOST

Before you begin a weight loss journey or any goal for that matter, you have to know what you desire.

Not because you should, or things are bad, but because you truly from your heart, know there is more in store for your life.

This desire is your motivation & compass.

Every choice you make is based on the desire to feel, or not feel, a certain way. Ensure your new lifestyle is sustainable and energizing by rooting it in the deepest desire of your heart.



ACTION STEP

Spend 5 or more minutes on the Meditation to Ignite Desire then grab a piece of paper. For the next 10 minutes write a list of the benefits you felt during the meditation. Where will you go? What will you do? What will you wear? Who will be with you?

Become the Observer

YOUR BRAIN IN 3 PARTS

Imagine your brain has 3 independent parts. Let's call them, The Taskmaster, The Rebel, and The Observer.

Learn to become The Observer.

Notice when the Taskmaster or the Rebel are dominating your thoughts then become the Observer. Try to see what is triggering their discomfort. Why might you be seeking more order or revolting against your own intentions?

Notice without judging. Send a liberal application of love and reassurance where it is needed.



ACTION STEP

Pick 1 time during the past 24 hours when you ate and weren't hungry. Without judgment, notice how you felt before and after you ate. Which part of your brain initiated the action? To what was it reacting?



The Taskmaster

Relies on rules, order, and control. The Taskmaster is the part of your brain uses words like should, failure, and perfection.

The Rebel

Craves freedom. It says things like, "don't tell me what to do" or "you can't make me."

The Observer

Watches everything with curiosity and compassion.

It hears the stories, however exaggerated they may be, then gently reassures the Taskmaster and the Rebel with its level-headed approach,

"I hear your concerns, let's step back for a moment to see what's really going on here."

The Observer is not a judge, it is the vehicle for grace.

WORK SMALL TO ACHIEVE BIG

THE SNOWBALL EFFECT

Every big lifestyle change is made of little shifts that have become habits. The accumulation of these micro changes become the solid foundation your lasting results will rest upon.

There is a commonly held myth that in order for a goal to work, or be worth doing, it is necessary to change everything all at once.

Aside from being a big fat lie, it is neither sustainable nor necessary. For most people, the all or nothing approach is exhausting and quickly leads to burnout.

So, how do you make achieving a goal, attainable and sustainable? Baby steps.



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Set yourself up for lasting success by focusing on 1 habit at a time. Work on 1 step until it feels normal only then begin to layer in the next change.

When you find yourself off track, bring yourself back to the path 1 habit at a time.

ACTION STEP

Write down 1 micro change that will get you closer to your goal. Example eat 5 servings of veggies per day or plan 1 full day of healthy meals.

HOW TO SET A CRUSHABLE GOAL

A goal must be measurable to be achievable. It must also be within your control.

If your desire is to lose 25 pounds, your goal may be to consistently eat 300 fewer calories per day than needed to maintain your current weight.

A measurable goal can be broken into smaller steps. For example, Week 1 build the habit of recording food, week 2 reduce by 100 calories, etc.



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NOURISH YOUR SPIRIT

What are you REALLY
hungry for?

Emotional eaters have conditioned themselves to react to any emotion by applying food.

This should come as no surprise since most people feel the physical sensations, caused by emotions, in the midsection of their body.

Ever get butterflies or knots in your stomach? Though frequently confused with hunger, these feelings are our body's way of communicating an array of emotions.

An uncomfortable feeling in your stomach may not hunger at all. Next time you feel uncomfortable and reaching for food. try asking the following questions:

ACTION STEP

Emotional Hunger Quiz

1. What am I experiencing in my emotions and my body?
2. Can I honor this feeling without judging or trying to change it?
3. Just for this moment, can I allow myself to feel compassion for the part of me that is having this experience?
4. In this moment, what does the uncomfortable part of me need from me?

KEEP LIVING YOUR LIFE!

ATTAINING THE LIFE OF YOUR
DREAMS SHOULD INCLUDE
LIVING YOUR LIFE!

I've seen so many people hide away in order to "be good" on a diet.

This approach teaches you to be afraid of triggers or tough situations not how to be free of them. It can also become lonely and isolating.

Avoiding all of the things that created the need for a change makes life feel really small.

Keep living your life while you make changes. Better yet, start living like you are already at your goal!

You'll get to watch the good things in your life expand and grow as you pursue your weight loss and health goals.

Within a short time, you'll discover you are radiating joy and living the abundant life you desire.



ACTION STEP

Grab your calendar! Mark time this week to do something that makes you smile. Plan for a little pampering, time with a friend (in person or over the phone), a movie you've been wanting to watch, or anything else as long as knowing it is on the calendar makes you smile.



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Become the Observer

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Work Small to Achieve Big

Write down 1 micro change that will get you closer to your goal. Example eat 5 servings of veggies per day or plan 1 full day of healthy meals.

Nourish Your Spirit

Take the emotional hunger quiz on the Nourish Your Spirit Page

Keep Living Your Life!

Grab your calendar! Mark time this week to do something that makes you smile. Plan for a little pampering, time with a friend (in person or over the phone), a movie you've been wanting to watch, or anything else as long as knowing it is on the calendar makes you smile.

PLATE FULL *of* GRACE

Rose McAvoy

**MINDSET COACH & CREATOR OF
PLATE FULL OF GRACE**

A MINDSET STORY

Starting at a weight of over 275 pounds in her late-20's, Rose went on to lose over 145 pounds (and welcome a new baby) in 3-1/2 years.

WHEN IT FINALLY CLICKED

The mechanics of weight loss proved simple enough, eat less, move more, repeat. It finally clicked for me when I realized I needed to lean into my emotions and trust the wisdom in my own body. That was when I knew the changes I made would last the rest of my life.

PAYING IT FORWARD

Today, I'm paying my experience forward as a coach dedicated to bridging the gap between knowledge and action to help women joyfully embrace wellness and wholeness.



**More good stuff at
platefullofgrace.com**