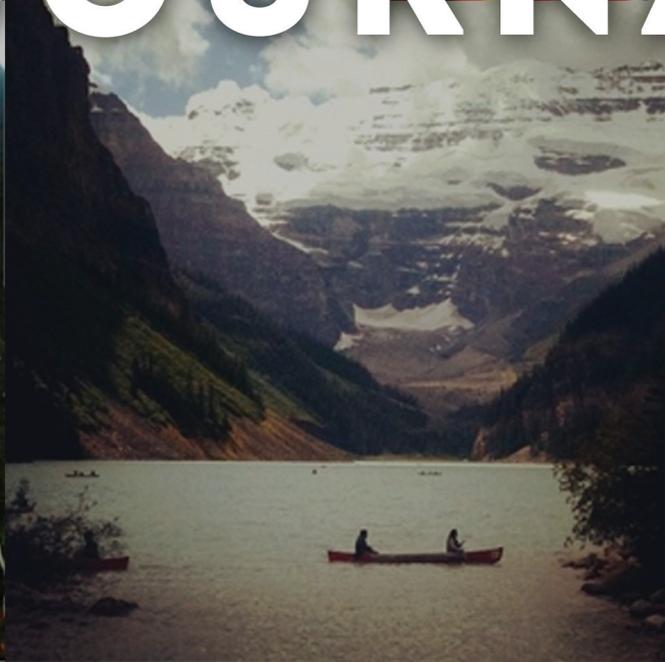




Wake up
and live.

Live More Weigh Less

JOURNAL



Sarah
Jenks

A topographic map with contour lines, elevation markers, and various geographical features like hills and roads. The map is faded and serves as a background for the text.

Oh, hello!
I've been waiting for you.

Welcome to Live More Weigh Less, my dear!

Our time together is going to be nothing short of miraculous. I have put so much time, love and care into LMWL to bring the most fun and effective program on the planet for creating an amazing life so you can finally get to your ideal weight.

I've done my best to include everything you need to create a life and body you adore from how to have more fun to how to create an amazing relationship, from the best foods for your body to how to be a whiz in the kitchen, from how to find a job you love to developing a spiritual practice.

Because when you can create a beautiful life, you can't help but become a beautiful woman, inside and out.

I've worked hard to hold my end of the bargain, and now I need you to do the same. I'll be honest, there are women who don't lose weight or feel that different after LMWL. But it's because they half-ass it. In order for you to get the results you desire I need you to promise me a few things:

I agree to participate fully in all elements of the program, that means listen to every module in a timely manner and give it my full attention.

I promise to make as many as the group calls as I can and to reach out for support on the calls when I need it.

I understand that everything that is shared by the other women in Live More Weigh Less is completely confidential.

I promise to be kind and easy with myself if I make a wrong turn, and will lovingly get back on my path.

I promise to support the other women in LMWL because I know that by helping others, I am healing.

I understand that I will only get out as much as I put in.

I understand that Sarah will provide the steps and the map, but I have to do the work.

I agree that this is a positive place and I will not judge, snap or be mean to any other member.

I promise to give this my all, with my whole heart.

SIGNATURE

A topographic map of the Speculator, New York area. The map features contour lines, a grid, and various geographical labels. A white arrow points from the center towards the top-left. Two lines of text are overlaid in the upper-middle section of the map.

Excellent! Glad we're in agreement.

Let's begin.

*Your Jumpstart
Program*

LET'S GET THIS PARTY STARTED!

Jumpstart Part 1

The one thing you need to stop doing in order to lose weight.

Imagine you stopped trying to lose weight.

How would your life be different if you weren't trying to lose weight? What would you eat? How would you spend your time? How would you talk to yourself?

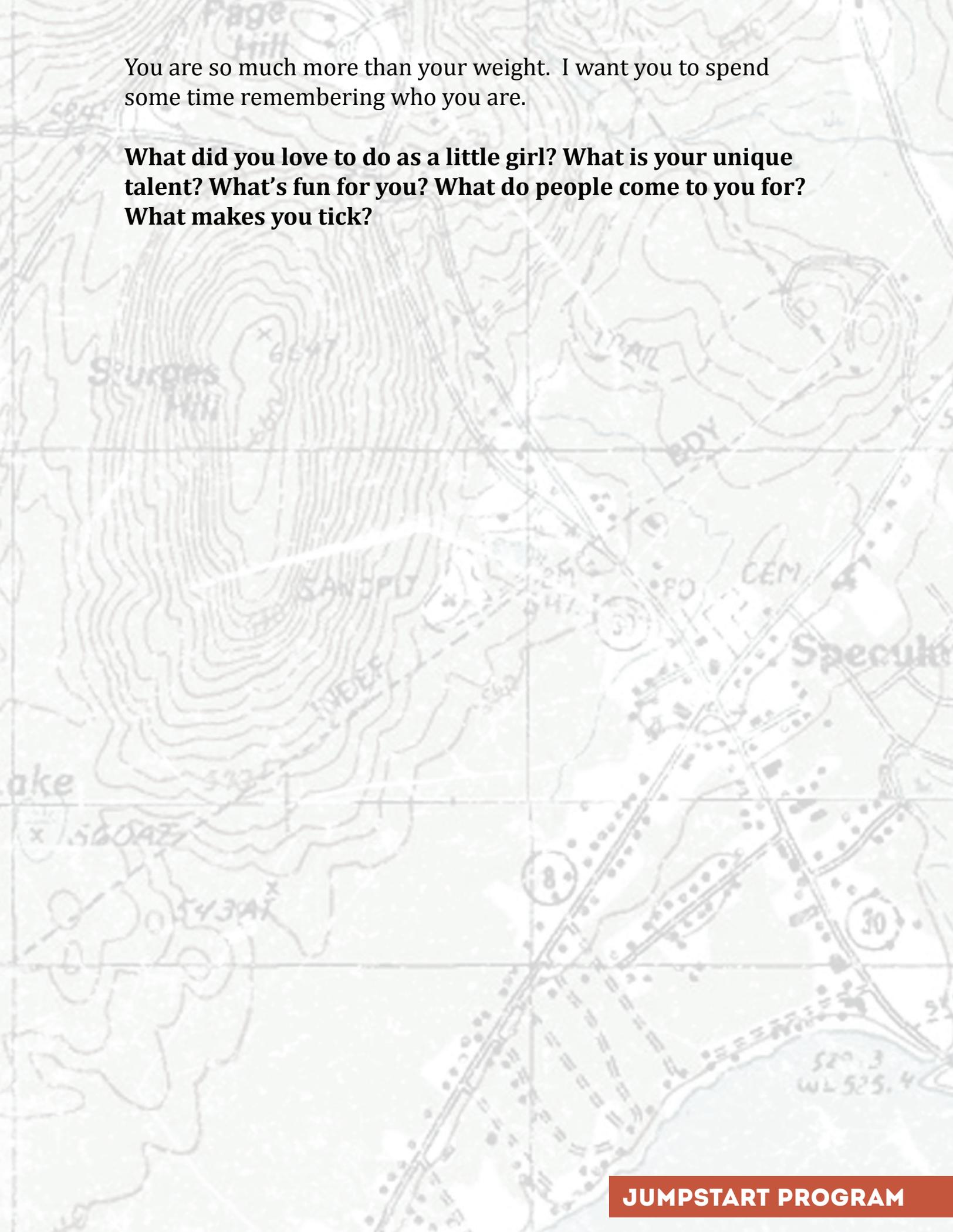
Probably, your number one or top priority was to be thin. What is your new top priority? And what steps are you going to take to work on this new project?

Here's an example: My new top priority is to be more social. These are some things I'm going to do to support being more social: Call my two close friends and plan dinner with them on Saturday. Say hello to the girl I always see in yoga class. Go to that meet-up group for opera singers I've been looking at. Say yes to the next social invitation I get. Work on telling myself that I'm fun and interesting to be around.

What about you?

My new top priority is:

These are some things I'm going to do to support this:

A topographic map of a region including Specula, NY. The map features contour lines, a grid, and various geographical labels such as 'Surges Hill', 'Specula', 'CEM', and 'BDY'. A white arrow points from the text towards the town of Specula.

You are so much more than your weight. I want you to spend some time remembering who you are.

What did you love to do as a little girl? What is your unique talent? What's fun for you? What do people come to you for? What makes you tick?

Jumpstart Part 2

Designing Your Life

Your Painted Picture

This exercise is adapted from Cameron Herold's Painted Picture and an exercise given to me by Marie Forleo. You can go through Herold's exercise by downloading this PDF Chapter from his book Double, Double.

I want you to lean out three years and visualize what you want your life to look like. We can't go anywhere if we don't know where we're going! I find that the greatest contribution to staying stuck is having no vision and low standards. I want you to dream big while still being grounded in reality. Have fun with this.

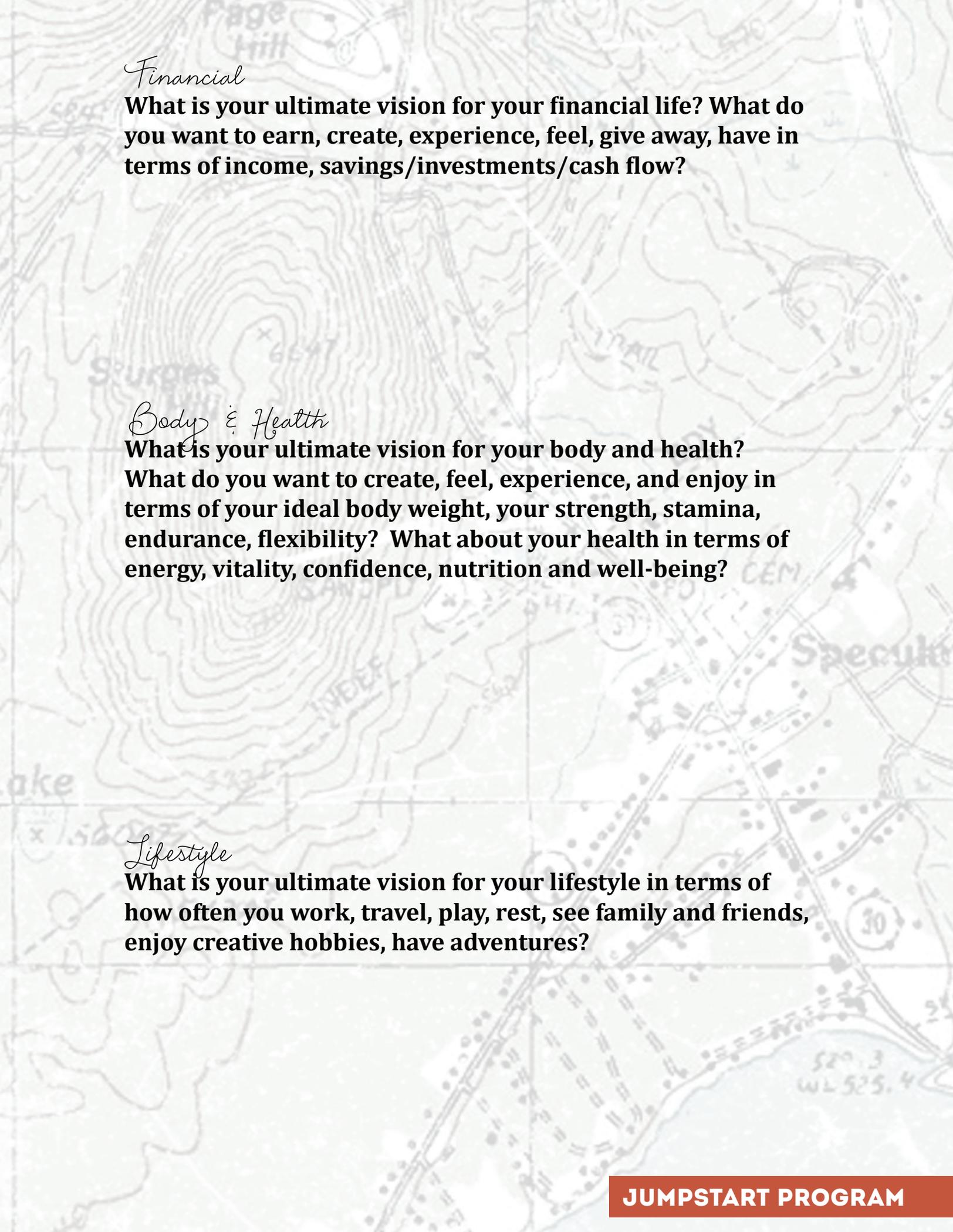
Answer the Following Questions in these 6 Areas:

Business / Career

What does your business/career look and feel like? How much revenue and profit? This section most closely follows Cameron's original exercise so have at it!

Relationships

What is your ultimate vision for your intimate relationship? What do you want to create, give, experience, share in terms of love, intimacy, passion, connection and fun?

A topographic map with contour lines, elevation markers, and place names like 'Page Hill', 'Surges', 'Specult', and 'lake'.

Financial

What is your ultimate vision for your financial life? What do you want to earn, create, experience, feel, give away, have in terms of income, savings/investments/cash flow?

Body & Health

What is your ultimate vision for your body and health? What do you want to create, feel, experience, and enjoy in terms of your ideal body weight, your strength, stamina, endurance, flexibility? What about your health in terms of energy, vitality, confidence, nutrition and well-being?

Lifestyle

What is your ultimate vision for your lifestyle in terms of how often you work, travel, play, rest, see family and friends, enjoy creative hobbies, have adventures?

Mental/Emotional/Spiritual Muscles

What is your ultimate vision for how you feel mentally, emotionally, spiritually - you're ability to live true to your values, to feel connected to your truth, to communicate lovingly and honestly with others, to feel empowered and strong in yourself even during challenging times?

Jumpstart Part 2 continued

Designing Your Life

Clarifying Your Gap

For each of the six areas (business/career, relationships, financial, body/health, lifestyle and mental/emotional/spiritual muscles) answer each question.

1. What has been preventing you from taking your _____ to the next level? What habits, beliefs, behaviors, decisions or emotions have held you back?

Business/Career

Relationships

Financial

Body/Health

Lifestyle

Mental/Emotional/Spiritual Muscles

Clarifying Your Gap Continued

2. What would it take to change it all? What fears, beliefs or thoughts can you transform? What actions can you take that are in service of your ultimate vision? What do you need to do now to create the _____ you want and deserve?

Business/Career

Relationships

Financial

Body/Health

Lifestyle

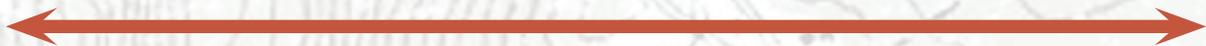
Mental/Emotional/Spiritual Muscles

Jumpstart Part 3

The 5 daily habits that will guarantee you success in this program

Let's be honest about where you are with these habits right now, before you start this program.

If 1 was "I totally suck at this" and 10 is "I am the master" please rate yourself on these 5 daily habits. This will be awesome for you to use as a bench mark.



1

"I totally suck at this!"

10

"I am the master!"

Daily Habit #1: Moving in the direction of my painted picture

Daily Habit #2: Having fun everyday.

Daily Habit #3: Eating without distractions.

Daily Habit #4: Moving my body.

Daily Habit #5: Eating what my body wants when she wants it

Jumpstart Part 4

Setting Up Your Calendar For Success

Get out your calendar and create a sample week of your schedule how it is now. Include “getting ready for work”, your commute time, time you’re a work, commute time home, tv time, dinner time, fb time, feeding the kids, doing the laundry, going out with friends, getting ready for bed, everything.

Here’s two example of what your current calendar may look like

If you don't have a family yet:

Jumpstart Part 4

Setting Up Your Calendar For Success

Get out your calendar and create a sample week of your schedule how it is now. Include “getting ready for work”, your commute time, time you’re a work, commute time home, tv time, dinner time, fb time, feeding the kids, doing the laundry, going out with friends, getting ready for bed, everything.

Here’s two example of what your current calendar may look like

If you don't have a family yet:

| Time | Activity |
|------|--|
| 5am | |
| 6am | 6 – 7 Snooze alarm |
| 7am | 7 – 8 throw on sweats, get kids up, feed everyone breakfast |
| 8am | 8 – Get kids out the door 8:30 – Rush to get ready and leave for work |
| 9am | 9 – 5p Work |
| 10am | |
| 11am | |
| 12pm | |
| 1pm | |
| 2pm | |
| 3pm | |
| 4pm | |
| 5pm | 5p – 6p Come home to the kids, make dinner |
| 6pm | 6p – 8p Get the million things done you should've done last week |
| 7pm | |
| 8pm | 8p – 9p Get kids to bed |
| 9pm | 9p – 10p Clean up the house |
| 10pm | 10p – 11p Watch TV with hubs |
| 11pm | 11p – 12 Too tired for sex. Bed time |

If you have a family:

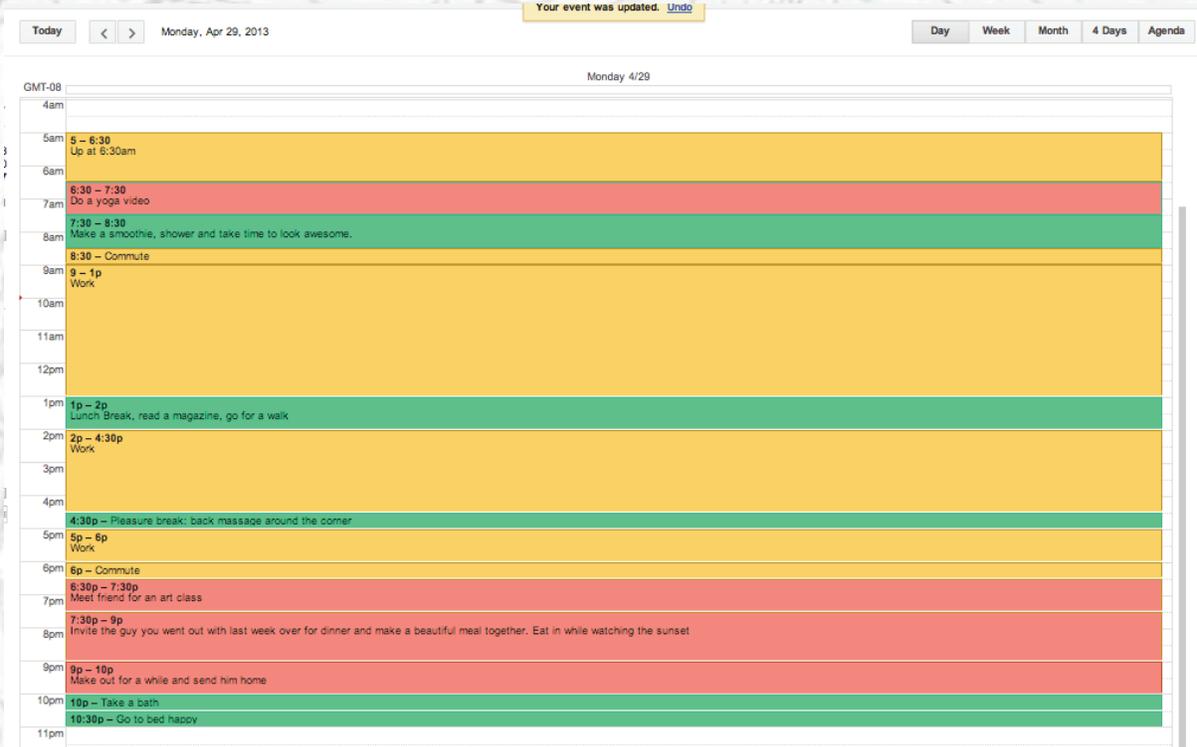
The screenshot shows a digital calendar interface for Tuesday, April 30, 2013. The calendar is set to GMT-08. The schedule is as follows:

| Time | Activity |
|------|---|
| 5am | |
| 6am | 6 - 7 Snooze alarm |
| 7am | 7 - 8 Throw on sweats, get kids up, feed everyone breakfast |
| 8am | 8 - Get kids out the door |
| 8:30 | 8:30 - Rush to get ready and leave for work |
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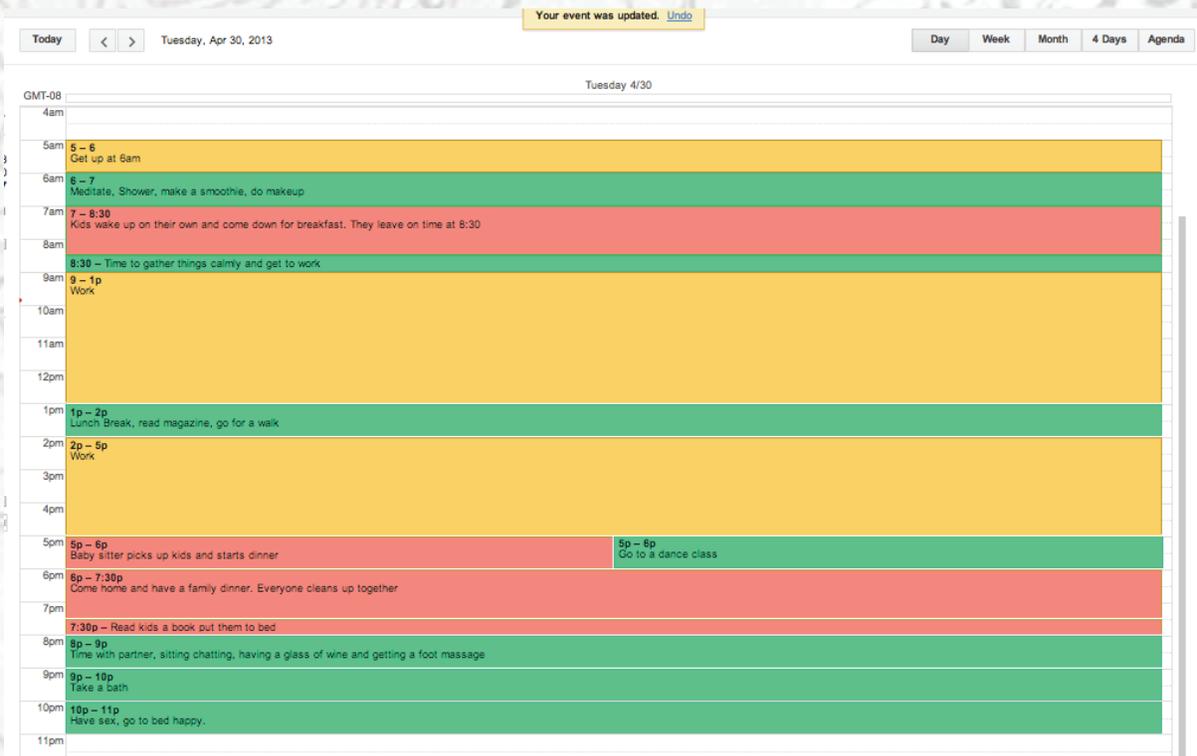
Now I want you to move your calendar around so you can create time for:

- 30 to 60 minutes everyday to work out
- 15 minutes for breakfast,
- 30 minutes for lunch
- An hour for dinner (these will include cooking a prep time)
* if you want more time, go for it.
- 45 minutes to shower, and get dressed
* this does not include breakfast
- Time to have fun. This could be before, after or during work.
- If you have a partner in your painted picture and you're currently single you need to schedule time to date.
- Anything else you need to make a priority and schedule in your life? Check that list you made under Jumpstart Session #1.

Maybe your new calendar looks like this if you're single:



Or like this if you have a family...



Resources

Ways to move your body. Check the ones you want to try. Remember to put it in your calendar!

Group In Person Classes

google these to see what's available in your city/town

Intensati (Like kick boxing with affirmations)

Group weight lifting classes

TRX

Spin

Boxing

Cross-Fit

Outdoor bootcamps

Bar Method (or similar)

Pilates

Yoga

Dance Classes

many professional dance studios have classes for beginners

Zumba

African Dance

African drumming

Hip Hop

Pole Dancing

Burlesque Dancing (excellent and sexy workout)

Lyrical

Ballet

Resources

Ways to move your body. Check the ones you want to try. Remember to put it in your calendar!

Individual movement

Run
Walk
Hike
Swim

Great workouts to do in your home

Erin Stutland's "Shrink Sessions" (like intensati but better)

Liz DiAlto's Tighter in 10 days

Danielle Diamonds Xen Strength (yoga with weights)

The Tracy Anderson Method

PilatesAnytime.com

Pop Pilates