

PLEASURE PRINCIPLES

Checklist

Getting Started

- 7 Secrets to Rocking the Course (Psst - Do it in order!)
- How To Use Pleasure Principles Worksheets

Principle One: Care

- Defining Pleasure
- Exploring the Roots & Mechanisms of Self-Sabotage
- Introducing the Antidote to Self-Sabotage
- Playing the PART
- Practicing Playing the PART

Principle Two: Generate Motivation

- A Review to Dis-Empower Built-In Forgetters
- Generating Motivation
- Why You Need to Be Here Now
- Choosing to Take Action
- Working with Common Challenges
- Embracing That Wellness is Everything

Principle Three: Make Strong Choices

- A Review to Dis-Empower Built-In Forgetters
- Making the Strongest Choice For

You, for LIFE

- Setting Intelligent Goals & Boundaries
- Insuring Pleasure In the Future & Every Day
- Setting Goals & Boundaries Around Food
- Setting Goals & Boundaries Around Activity & Inactivity
- Embracing Your Power to Reflect & Recommit
- Special Invitation to The Klatch

Principle Four: Stick to the Basics

- A Review to Dis-Empower Built-In Forgetters
- Breathing & Drinking
- Moving
- Sleeping
- Nourishing Your Body With Food
- Fly, Baby!

Bonuses

- 3 Essential Strategies to Eliminate Self-Sabotage Full Edition
- Strong Support: The Klatch
- Funky Take-Away Sheets
- Q&A Excerpts (Strong Start Members Only)

