

PLEASURE PRINCIPLES

Checklist

Getting Started

- Seven Secrets to Rocking the Course (Psst - Do it in order!)
- How to Use the 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 Disempower 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 Disempower Built-In Forgetters
- Making the Strongest Choice for You, for LIFE
- Setting Intelligent Goals & Boundaries

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

Principle Four: Stick to the Basics

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

Additional Resources

- Check-In Call
- Q&A Archives
- The Klatch Private, Secret Facebook Group
- Coffey Dates (Optional; Additional Cost)

Bonuses

- 3 Essential Strategies to Eliminate Self-Sabotage
- Funky Take-Away Sheets.

