

Pleasure Principles

Checklist

Getting Started

- Seven Secrets to Rocking the Course (pssst - 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 Recover

Principle Four: Stick to the Basics

- A Review to Disempower Built-In Forgetters
- Breathing & Drinking
- Moving
- Sleeping
- Nourishing Your Body with Food
- Begin. Begin Again.

Additional Resources (Insiders Only)

- Searchable Q&A Archives
- The Klatch (Private, Secret Facebook Group)
- Coffey Dates (optional; additional fee)

Bonuses

- The Key to Recognizing Prompts
- Principle Two Deep Dive
- Principle Three Deep Dive
- Principle Four Deep Dive

