

# Masterclass Workbook



## **Feel Better About Your Body NOW**

(Yes, without focusing on weight loss)

**With Katy Harvey**

# hey there!



**Katy Harvey**

**non-diet dietitian**



Let me just say, I'm PUMPED that you're joining this masterclass! Showing up for this training with the openness to learn and grow it what it's all about.

My goal is for you to walk away with clarity and confidence about how to move forward with your body image healing make peace with your body (and within yourself).

Allow yourself to be fully present - take notes, ask questions, engage and above all HAVE FUN. Let's do this!

With love,

*Katy*

# To get the most out of this masterclass here are 3 tips:

## **SHOW UP LIVE (and get access to a free BONUS.)**

If you make time to show up live you'll get more from the masterclass experience and you'll gain the confidence to make BIG changes in your relationship with food. PLUS if you show up live you'll get access to my brand NEW 7 Ways to Improve Your Body Image (Without Dieting) Guide, so mark your calendar now!

Free Bonus!



## **PRINT THIS WORKBOOK**

Print this workbook in advance and use it to take notes during the masterclass to stay fully engaged. I've outlined in here what we're going to cover, and you'll be able to fill in the blanks as we go along. No need to fill out anything ahead of time!

## **WRITE DOWN YOUR QUESTIONS**

To get started NOW you can write down what questions you want me to answer. Since we'll be together LIVE I'll be answering tons of questions during the masterclass. So think of your questions ahead of time and write them down so you don't forget. The more prepared you are, the more you'll get out of it!

# Questions for Masterclass

Jot down your questions ahead of time to be sure you get them answered during the training!

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**It's easy to focus on what health and confidence should \_\_\_\_\_ like.**

**But what about how it \_\_\_\_\_?**

**How do you want to FEEL about your body?**

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# Casting Your Vision

## The “So That...” Activity

Casting your vision will help you connect with your \_\_\_\_\_.

Fill in the blank: "I want to feel better about my body, so that..."

1

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2

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3

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4

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**Your biggest takeaways and insights from this activity...**

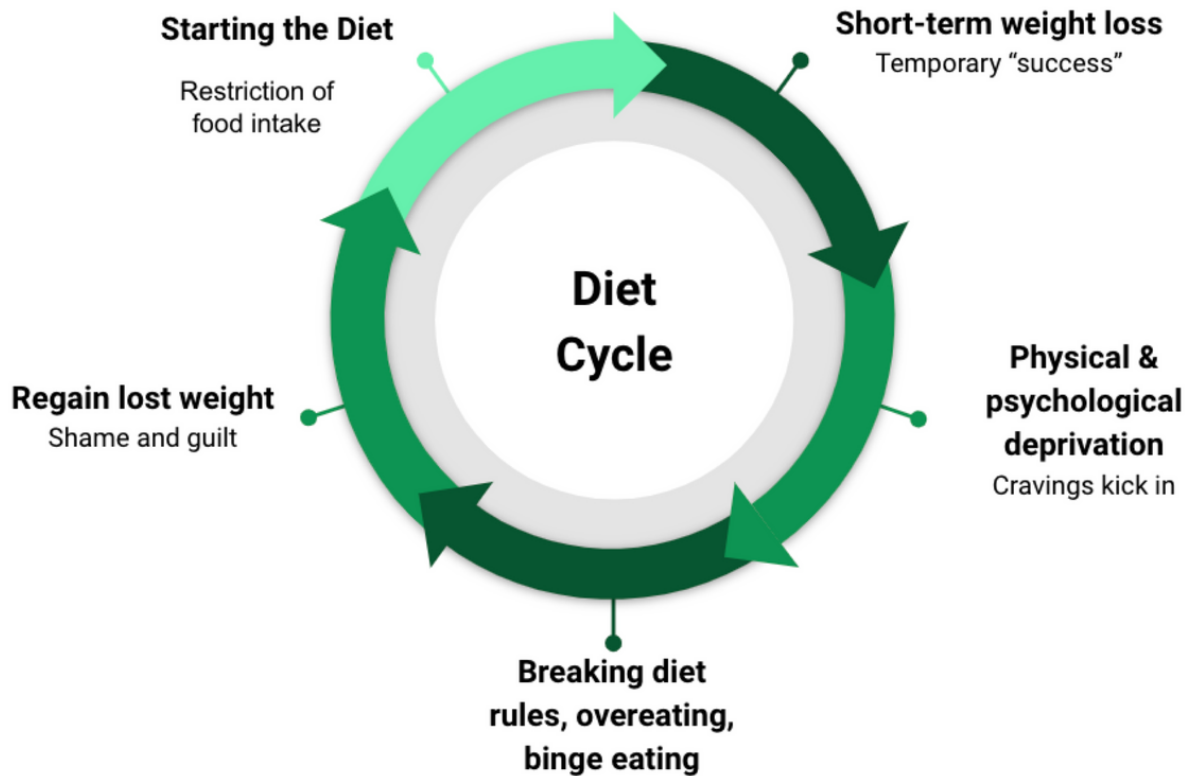
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# Stuck in the Diet Cycle



## Fill in the blanks:

When you choose to \_\_\_\_\_, you open the door to more \_\_\_\_\_ and \_\_\_\_\_ with food (and in life) than you ever imagined.

# 01

## Why You're Stuck

**You're never going to feel better about your body if you keep making these 2 mistakes:**

**1)**

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**2)**

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**What is going to get you on the path to body acceptance?**

- **Changing your** \_\_\_\_\_
- **Changing your** \_\_\_\_\_
- **Changing your** \_\_\_\_\_



# 02

## Change Your Inner Dialogue

**What does your inner dialogue sound like?**

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**\_\_\_\_\_ % of 9-11 year olds are  
"sometimes" or "very often"  
on diets.**

**How old were you when you first started wanting to change your body? Why?**

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## With body acceptance you:

- **Understand \_\_\_\_\_ at a deeper level.**
- **Can see how you've been getting it wrong by focusing on \_\_\_\_\_.**
- **Learn how to cultivate a new way of \_\_\_\_\_.**

## Body acceptance looks like:

- **Wearing \_\_\_\_\_.**
- **Not using \_\_\_\_\_ as a measurement of your worth (\_\_\_\_\_.)**
- **Treating your body with \_\_\_\_\_ (even on the days \_\_\_\_\_.)**

## Katy's 5 Non-Diet Pillars:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

# 03

## Rethinking What “Looks Good” For Your Body

**In what ways have you been shown the "thin ideal" throughout your life?**

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**Your action steps:**

- \_\_\_\_\_ people and accounts that \_\_\_\_\_.
- \_\_\_\_\_ people with \_\_\_\_\_ and \_\_\_\_\_.
- \_\_\_\_\_ about your reactions to \_\_\_\_\_

**(without judging yourself!)**

# 04

# Redefine “Health”



**One of the reasons people have a hard time accepting their body's natural size and weight is \_\_\_\_\_.**

**We must acknowledge that \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ yourself doesn't work.**

**\_\_\_\_ - \_\_\_\_% of diets fail.**

**\_\_\_\_/\_\_\_\_ of people who diet will regain more weight than they lost.**

**Dieting is the #1 predictor of \_\_\_\_\_ and \_\_\_\_\_.**



# Studies Show Intuitive Eating Correlates With:

- **Improved \_\_\_\_\_ levels.**
- **Lower \_\_\_\_\_.**
- **Lower \_\_\_\_\_.**
- **Improved \_\_\_\_\_.**
- **Less \_\_\_\_\_.**
- **Lower levels of \_\_\_\_\_ and \_\_\_\_\_.**
- **More \_\_\_\_\_ balance.**

**That's a game changer!**

## **Notes:**

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**You deserve PEACE with  
your body & FREEDOM  
with food.**

•  
**THESE 2 THINGS GO  
HAND-IN-HAND**

Learning to accept your body (without focusing on weight loss) can be hard but is worth it! Be patient with yourself.

**THANK YOU FOR JOINING ME TODAY,  
KATY**

# Final Notes & Ideas

Write down your biggest takeaways, ideas and things that you want to implement or work on...

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