

Masterclass Workbook



How to Accept Your Body

(Even If You Don't Like Your Weight)

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 How to Stop Thinking of Food as Healthy & Unhealthy (So That You Can Have True Freedom With Food) 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!

[illegible]



Not liking your body is _____

____% of Americans report not liking their bodies

**____% of women are unhappy with their bodies and have
dieted to change their size**

How do you want to FEEL about your body?

**We aren't going to hate ourselves into _____
or _____.**

**The way we feel about our bodies directly impacts _____
_____**

**You have to _____ you _____ accept
your body _____.**

THIS is the work.

And it might rattle you to your core.

Additional notes:

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

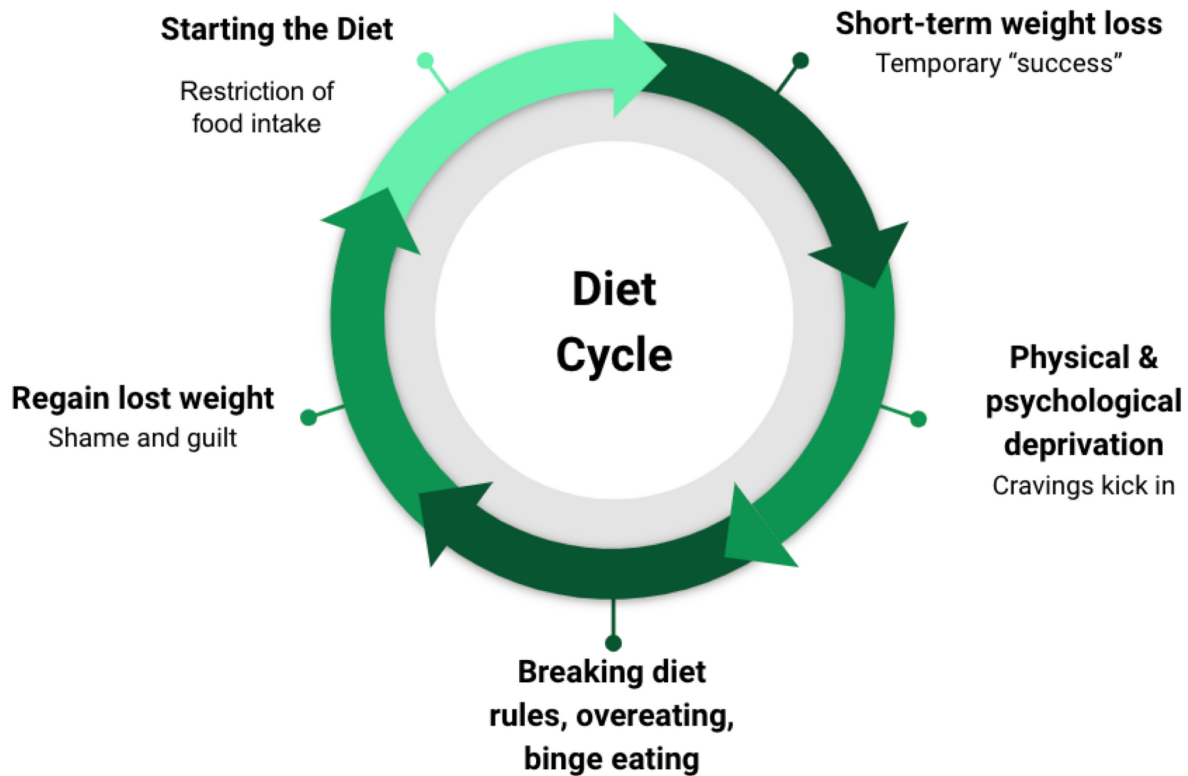
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3

4

Your biggest takeaways and insights from this activity...

Stuck in the Diet Cycle



**When you CHOOSE to _____ of _____
_____, you open the door to more _____
and _____ with food (and in life) then 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)

2)

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?

**_____ % 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?

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?

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:



“
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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