A 12-WEEK GLP-1 COMPANION

THE MIND-BODY RESET

For sustainable weight loss, metabolic health, and feeling like yourself again

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Weight-loss coaching
Mindset and habit change
Movement and strength support
Whole-person transformation



Created for women who are ready to feel supported, capable, and at home in their changing bodies.

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If an exercise, breathing practice, journal prompt, or body-awareness activity causes pain, dizziness, significant distress, or feels unsafe, stop. Seek appropriate medical or mental-health support when needed. If you have a history of disordered eating, trauma, or another condition that may be affected by this material, use the exercises with qualified support.

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A NOTE FROM WENDY

Welcome

I’m so glad you’re here.

If you picked up this book, there’s a good chance you’re ready for more than another plan telling you to eat less, try harder, and somehow be more disciplined. Maybe medication has quieted some of the food noise. Maybe your body is changing, but part of you is still waiting to feel like yourself again. Or maybe you’re hopeful and overwhelmed at the same time, wondering if you’re doing any of this right.

You’re not behind, and you don’t have to do this perfectly.

A GLP-1 medication can create space. It may change appetite and fullness, but it cannot automatically heal years of shame, stress, disconnection, or starting over. That deeper work is where this book comes in. Over the next 12 weeks, we’ll look at nourishment, strength, nervous-system support, emotional patterns, identity, and the small choices that help change feel more like your life and less like another temporary program.

I coach women through weight loss, metabolic health, mindset, habits, and movement. I want this to feel like a supportive coach sitting beside you. Warm. Honest. No shame. No all-or-nothing rules. You’ll learn, reflect, experiment, and notice what actually supports your body.

Let’s begin exactly where you are.

Wendy

How to Use This Book

This is a 12-week companion, not a test. Each week includes a short lesson, a few practices, journal prompts, and a weekly reset. Move at a pace that feels realistic. You can repeat a week, skip an exercise that does not fit, or bring a question to your healthcare professional.

Your weekly rhythm

☐ Read the week's lesson.

☐ Choose two or three practices that feel doable.

☐ Use the reflection pages honestly, without grading yourself.

☐ Notice your energy, sleep, digestion, strength, mood, and relationship with food.

☐ Bring medication or symptom concerns to your licensed healthcare professional.

☐ Celebrate one win before deciding what to change next.

What this book does not ask you to do

☐ Chase a perfect week.

☐ Earn food through exercise.

☐ Use someone else's calorie, protein, or weight-loss target.

☐ Ignore hunger, persistent symptoms, pain, or emotional distress.

☐ Turn the scale into the only proof that change is happening.

A gentle reminder
The goal is not to perform wellness perfectly. The goal is to build enough awareness and self-trust to keep supporting yourself in real life.

Week 1

Your Starting Point and the Story You're Ready to Change

A note from Wendy
Hey lady, you do not have to have all of this figured out today. This week is simply about getting honest, getting curious, and giving yourself credit for being willing to begin.

This week is about awareness. Not judgment. Before you can change a pattern, you need to notice it with enough kindness to stay curious.

Mindset is more than positive thinking

Mindset work is the practice of noticing the beliefs, predictions, and automatic stories that shape what you do next. Some of those stories were formed during stressful seasons. Some came from other people. Some helped you cope. You do not need to shame the old pattern to choose a new response.

Your first job is simply to notice. What do you say to yourself after a hard meal, a missed workout, or a change on the scale? Does that voice help you take the next caring step, or does it make you want to disappear?

A gentle reminder
Curiosity creates room for change. Shame usually makes the room smaller.

Your why, without pressure

A meaningful why is not a punishment or a perfect after picture. It is a reason you want to stay connected to yourself when motivation changes.

Why did I choose to begin now?

What am I tired of carrying?

What would feeling more supported in my body make possible?

What would I want even if no one else could see the result?

Week 1 Practice Notice the Pattern

For one week, gently observe your inner dialogue. Write down a few moments when your self-talk changed your next choice.

Situation	Automatic thought	Feeling or body signal	A kinder, accurate response

A one-minute reset

☐ Pause.

☐ Take one comfortable breath without forcing it.

☐ Name what you notice: “I’m feeling…”

☐ Ask: “What is one supportive next step?”

☐ Choose the smallest honest step.

Week 1 | My Weekly Reset Dashboard

Use this page to notice patterns, not to grade yourself. A few honest words are enough.

What I'm noticing	Beginning	End of week	Notes
Energy	1 2 3 4 5	1 2 3 4 5	
Hunger and fullness	1 2 3 4 5	1 2 3 4 5	
Digestion	1 2 3 4 5	1 2 3 4 5	
Sleep	1 2 3 4 5	1 2 3 4 5	
Mood and stress	1 2 3 4 5	1 2 3 4 5	
Strength or movement	1 2 3 4 5	1 2 3 4 5	
Hydration	1 2 3 4 5	1 2 3 4 5	
Medication or protocol notes	1 2 3 4 5	1 2 3 4 5	

My non-scale win this week:

_____

One thing that supported me:

_____

One thing I want to carry into next week:

_____

Physical Hunger, Emotional Hunger, and Food Noise

These experiences can overlap, and none of them makes you bad. The goal is not to diagnose every urge perfectly. It is to pause long enough to learn what kind of support might help.

Experience	What you might notice	A supportive question
Physical hunger	Body cues such as low energy, an empty feeling, irritability, or difficulty concentrating	When did I last eat, and what would feel manageable now?
Emotional hunger	An urge connected with stress, loneliness, boredom, celebration, conflict, or comfort	What am I feeling, and do I need food, comfort, connection, rest, or more than one thing?
Food noise	Persistent or intrusive thoughts about food that can feel mentally loud	What am I noticing, and is this something I want to discuss with my care team?