



5-DAY

"All or Nothing" Challenge

5 TIPS TO OVERCOMING AN "ALL OR
NOTHING" MINDSET SO YOU CAN
NAVIGATE THE *messy middle* THIS
HOLIDAY SEASON

FEEL AMAZING
naked

WELCOME

Hi, I'm Amanda...

My name is Amanda and I am the creator of the Feel Amazing Naked Program and Podcast. I am a health advocate, root cause ninja, truth teller, mother, music lover & frothy coffee addict.

I am also here to help you detach the "all or nothing" mindset that has been keeping you STUCK and not seeing the results you desire in your life, not just in health.

I am a no B.S. kinda girl and will tell you the things you NEED to hear to get the results you want. #sorrynotsorry

I hope you find the next 5 days of practice, work and dialogue extremely powerful so that you can gain momentum this holiday season and ALL YEAR LONG.



XO. Amanda





What to expect

OVER THE 5 DAYS (11/16 - 11/20)

1

You will receive a daily text message from me... yes me:) This message will include a link to a quick video on today's topic, as well as any supportive podcast episodes.

2

Once you listen/watch, I invite you to create 5 minutes of space daily to complete the workbook assignment.

3

Then, I will ask a question of you and I'd love to see a reply and hear your "ah-ha" moments via text.



All or Nothing Challenge

At a glance...

DAY
1

DROP THE RULES

Why the brain loves rules but it isn't serving you.

DAY
2

BECOMING SELF AWARE

How to identify the thoughts driving all or nothing thinking

DAY
3

WHY FEELINGS MATTER

Why feelings matter more than action

DAY
4

ACTION VS. INACTION

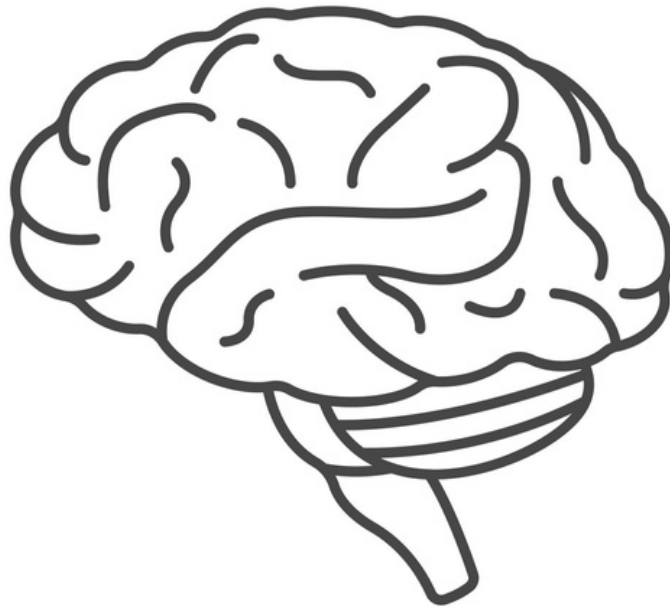
How to shift action towards navigating the messy middle.

DAY
5

MOVING FROM SCARCITY

Moving from always/never to and, also and sometimes.

UNDERSTANDING THE BRAIN



Day 1 Reflection

WHY DOES THE BRAIN LOVE RULES?

HOW HAS ALL-OR-NOTHING SERVED YOU UP
TO THIS POINT IN LIFE?



THOUGHT SPILL...

How thoughts drive *feelings*

THOUGHT

FEELING

VS

Action vs. Inaction



THOUGHT

FEELING

ACTION

Opportunity calculation

Let's look at some data

1

How many days are there from now through the entire holiday season (let's go until January 2, 2021)?

2

_____ Represents that number of days multiplied by 3. Three represents 3 meals a day (not including snacks) that you have an opportunity to eat.

3

Let's say 10 of those meals you throw in the towel, overindulge and aren't intentional at all.

What percentage of success could you still create if you focused on the bigger picture?

Imagine this in an entire year almost 1,110 opportunities. Why would you allow a few destroy the opportunity?

Progress isn't about one indulgent meal or choice, it's about how you respond to it.



Letting go of *Scarcity*

Scarcity of food, time, activities and people is often a driving force behind all-or-nothing thinking. The most powerful question you can ask yourself is, "Is it really true?" that you can only enjoy these things at this time of year? Or in this one date night out? Or at this one event?

WHAT FOODS/EXPERIENCES DO YOU TELL
YOURSELF YOU CAN ONLY HAVE WHEN...

REFRAME MANTRA

"I can have this
whenever I want."

REFRAME MANTRA

"I eat to fuel my
body ."

REFLECTION QUESTION: What would happen if you replaced ALWAYS, NEVER and OR with SOMETIMES and AND, ALSO?

Recap: How to thrive in the messy middle all year long

1

UNDERSTAND YOUR BRAIN

The brain will take the path of least resistance. When we recognize that, we can gain our power back and ask ourselves deeper questions.

BECOME AWARE OF YOUR THOUGHTS

The thoughts we chose to think are what create the feelings that cause us to take action and have the results we want.

2

3

CONNECT TO THE FEELING

When we realize that feelings drive our action or inaction, we can hit pause.

BE MINDFUL OF YOUR ACTION

Action is created by the thoughts in our mind. When we begin to see this... taking action that supports our results begins to feel easier.

4

5

ASK IS IT TRUE?

This question really helps you see that the thoughts we sometimes think are true... are not. Letting go of always/never and replacing with and, also allows us to drop extremes and find that both can exist.

RINSE AND REPEAT

All or nothing thinking is at play ALL year long. You have endless opportunities to practice to let go of all or nothing thinking in your life. Progress isn't about one indulgent meal or choice, it's about how you respond to it.

6

BONUS MANTRAS

To overcome "all-or-nothing" thinking

Progress over perfection.

Done is better than perfect.

I chose to eat the way I want to FEEL.

Something is better than nothing.

I can have this whenever I want.

I can take messy action.

It doesn't have to be perfect to be great.

Set Intention:

USE THIS SPACE TO MAKE A COMMITMENT TO
YOURSELF OF HOW YOU WILL FOCUS ON THRIVING
IN THE "MESSY MIDDLE"



You did it!

Ready for more?

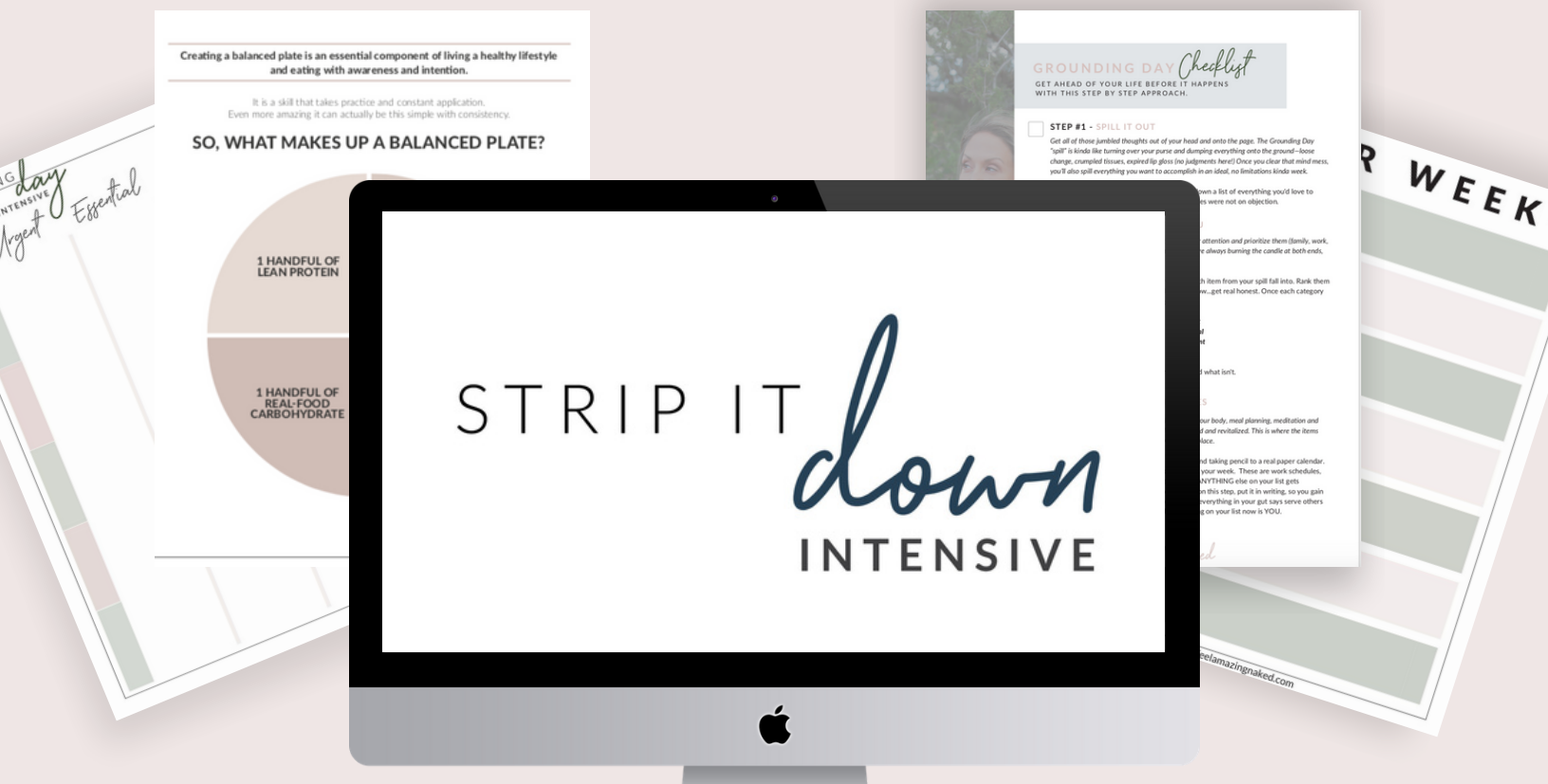
What if you didn't wait until the start of the new year?

What if you took action in the messiness of right now? Before it was perfect or before you felt 100% ready? Imagine how far you will be when 2021 begins.

After much request, I've taken the most powerful parts of my program and created a 6 week intensive to help springboard you toward your success.

Join me over the next 6 weeks so you can start to feel good in your body again, feel more happiness and peace ...feel like you again.





What if you didn't wait
until next year?

START GETTING RESULTS BEFORE
THE NEW YEAR WITH THIS 6-WEEK
DEEP DIVE INTENSIVE

LEARN MORE

FEEL AMAZING
naked

Notes & "Ah-ha" moments

[illegible]

COPYRIGHT

Copyright 2020 © Amanda Walker. All Rights Reserved