

# THIN FROM WITHIN

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## WORKBOOK

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# WELCOME

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*Hi there,*

This workbook was designed to support you in making my teachings from *Thin From Within* a seamless part of your everyday life. It includes exercises as well as space to free-write about your thoughts, a-ha moments and wins in the kitchen and beyond!

I hold your hand and walk you through the process, give you space to get it all down, and provide a place to reflect on how far you've come.

Consider this workbook a friend you can go to for guidance and loving encouragement on your journey to becoming *Thin From Within*.

All my love,

*Robyn*



# chapter one

## INTAKE FORM

Let's get clear on where you're currently at! These questions will give some helpful guidance on your path.

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How is your relationship with food and your body today?

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How have you tried to improve your health in the past? It may be helpful to share your story around this. Sometimes we don't realize what we've been telling ourselves or others that could be holding us back!

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What's your current diet like? Be honest... :)

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How are cravings (sugar, coffee, soda etc)? And even more importantly, how do they make you feel?

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How is your digestion? Any problems with constipation/diarrhea/gas? If so, when and how does this show up? (Try to tune into specific scenarios like Sunday nights, afternoons at the office, scheduling things with your partner...)

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How do you practice self-care?

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What does your current support system look like? Do you feel supported by your friends, family, partner, etc.?

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How is your sleep? How many hours do you average per night and do you wake up feeling well rested?

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What are three things you LOVE about your life?

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## GIVE YOURSELF A VISUAL

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Take a photo of yourself right now at the beginning of this journey.

Why a photo? As humans, we're wired to see our weak spots, the places where we're vulnerable or need improvement. This is why when you look in the mirror, all you see is what you wish were different. So take a picture and a deep breath and just say, *"Wow, here I am."* (Adding a little *"Aren't you magnificent and fabulous!"* never hurts either!)

This photo is another way to check-in and see exactly where you are now. Notice how you look physically, but also energetically and emotionally. Do you look bright and shiny? Content? Tired? Overwhelmed?

Take a moment to free write what's coming up for you when you take and look at these photos:

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Now, set a reminder on your calendar for one month and three months from the date of your initial photo. Use these photos to see how far you've come.

*Don't forget this awesome step!*

# chapter one

## GOAL SETTING

Create a vision for what you want.

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How was this last year for you? Write down what went really well this past year:

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Write down something that you wanted to accomplish, but that just didn't happen. Why didn't it happen?

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Is this goal still important to you? Do you want to revisit this goal and re-shape it for the new year or do you want to just ditch it and move on? (*Hint: both are great!*)

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Take a minute to celebrate your accomplishments and improvements from last year, the big ones and the small ones. Step into where you are right now and think about how this place can be your guide for where you want to go next.

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Grant yourself the permission and power to  
*dream, envision, and call in*  
ANYTHING you want for the new year.

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On the next page, write down exactly what you envision for yourself moving forward.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly aged or off-white appearance. There is no handwriting or other markings on the page.

## GOING DEEPER:

We all have the innate wisdom of knowing what's best for us, what's right for us, and what is in alignment for us. Close your eyes, take a deep breath, and repeat, "*Go deeper, go deeper, go deeper.*" Take note of how you feel. This can be applied to anything you do, because it's not always about the tips and tools and the navigating - it's about every day **standing in your authentic you.**

# chapter three

## CREATE YOUR MORNING MINUTE

**Anchor yourself in the body for a few minutes each morning sets the tone for the rest of your day. Once you're present in your body, your "home", you're more likely to make supportive choices all day. More supportive choices = feeling good in your "home" (your body!) more often. .**

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Use the lines below to write down one or two practices that you'd like to try. Be creative! You don't have to stick to the examples I give in *Thin From Within*. Anything that works for you goes!

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Now, what do you need to do to make sure this practice *actually happens*? Do you need to download a meditation app, set your morning alarm for 15 minutes earlier than usual, or tell your partner about your new routine?

Write down how you'll make it happen below. Consider anything else that needs to shift that you'll want to plan or prepare for.

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Head over to the  
**THIN FROM WITHIN**  
BOOK CLUB  
FACEBOOK GROUP  
to share your *Morning Minute*  
or if you want additional  
inspiration and accountability!





*"Hi Self! How are you? What do you want to share right now?"*

And go from there...

# chapter four

## THE GOOD GUT RESET

### INTENTION SETTING

Intention: The thing that you plan to do or achieve:  
an aim or purpose

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Intentions don't have to be overly complicated or "woo-woo." They can simply be the way you want to feel or what you want to focus on.

How many times have you sworn off sugar, bread, or coffee on a Sunday night and by Tuesday morning you are grabbing a granola bar with a giant latte as you rush to the office? Take a step back and ask yourself: How do I want to feel? What is the root of my desire to eat healthfully? Brainstorm a few feelings that you are looking to bring into your life. And then each time you have a choice to make (side salad or fries? happy hour or yoga? another coffee or herbal tea?), make the one that aligns with that desired feeling.

Free-write for a few minutes to get all of your feeling or word-focused intentions out. You don't need to sum them up in a single or few words to start, just write everything down that comes to mind. After you've completed this step go back and circle any words or feelings that jump out at you. Something that makes your heart sing or your belly feel calm would be great intention words or feelings to highlight for example.

I intend to feel or focus on:

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What could be standing in the way of your intentions? Is there anything that you need to shift to make this reset an easier experience for you?

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Is there anyone you need to connect with for more support? Anyone you'd love to have do this with you?

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# chapter four

## THE GOOD GUT RESET REFLECTION

Now that you've completed your reset, let's take a few minutes to reflect on your experience.

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- ◆ How did this go for you? Was anything challenging? Were some times of day or meals easier than others?
- ◆ Is there anything you want to bring into your regular everyday routine? Would you do this again? Would you change anything?  
*(Ask your intuition on this question!)*
- ◆ How does your belly feel? Any changes in your digestion? Energy? Mood?

Take some notes in the space below:

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Share one positive thing you  
learned, felt or experienced in the  
**THIN FROM WITHIN**  
**BOOK CLUB**  
**FACEBOOK GROUP!**

# chapter five

## PANTRY AND LIFE CLEAN OUT

You can use your pantry clean out time as a chance to reflect on what's going on beneath the surface that's keeping you from your healthiest you. Use the space below to help you get clear on what else in your life you need to "tidy up."

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The biggest thing that's holding me back from reaching my goals is...

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Three areas of my life that I know I need to tidy up are:

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My action plan for "cleaning out" these areas:

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## chapter five

# YOUR WEEKLY MEAL PREP GAME PLAN

Let me help you make meal prep happen on the regular!

First, get clear on when you can make time to get your booty in the kitchen. Ideally take out your calendar now and look at the rest of this week and next. Sunday afternoon and evening are the most popular times for meal prep, but if you're like me and you travel a lot on weekends, you may want to set aside time on Monday or even Tuesday, or do some of this in parts throughout the week. Think about what works best for you and your life.

Write down when your meal prep is going to happen for the next few weeks:

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Next, are there any kitchen tools you need to buy to facilitate your meal prep process? Do you have storage containers, reusable veggie bags, to-go containers for any meals that need assembling in advance? Do you want to invest in a rice cooker?

Reread the instructions above and note any tools you're currently missing:

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Where and when are you getting your food? Do you need to schedule a trip to the grocery store or farmer's market? Are there any specialty items or superfoods you'll need to order online? If the thought of making a trip to the grocery store makes you tired, I suggest looking into grocery delivery services —between running my business and being a mom, it's always worth the small delivery fee for me to have my groceries brought to my doorstep.

Write down when and where you'll do your shopping:

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## chapter five

# YOUR WEEKLY MEAL PREP GAME PLAN

Finally, how can you make your meal-prep time more fun? Do you need to download a podcast or audiobook, or throw on an awesome playlist? Would it help to have a cute apron to wear, or a new set of dishes?

Brainstorm a few ideas for how you will make meal prep fun:

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I get that meal prep may not seem glamorous, catchy, or cover-of-the-magazine cute (at first!). It's about getting in the kitchen and getting your hands and baking sheets dirty. You can always schedule your manicure for the next day and the results are so worth it. Think of that **OMG moment** when you open your fridge and it's full of foods that are ready to go when you are.

*It's the best feeling!*

# chapter five

## MY GO-TO MEALS

It's so helpful to have one list of your favorite easy meals that you can go to whenever you find yourself asking, "What's for dinner?"

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Use this page to write out your favorite easy dinners. (These all don't have to be "recipes"—you can also include your go-to semi-homemade meals.)

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### *Extra Credit*

For the meals you listed, what is one thing you can do over the weekend to make the cooking process easier for you during the week?



Use this space to write down any additional notes, musings or  
must-do tips from the recipes here:

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## chapter six

# FOOD-MOOD JOURNAL

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One of the best ways to get more in touch with your intuitive food voice is to track how what you're eating (or not eating) makes you feel. Try to use words that help understand your body state, such as centered, focused, fulfilled, tired, annoyed, jittery, or happy.

Your Food-Mood Journal pages might be set up like this:

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*Date:*

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*Meal or snack:*

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*Mood:*

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*Energy:*

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*Tummy feels:*

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You can use your Food-Mood Journal to reflect on other habits or life factors that may be helping (or hurting) your weight loss goals. Is it easier to feel satisfied by your lunch when you take it outside? Are you able to skip that second glass of wine when you take YOUR minute for you when you get home from work? Or maybe you find yourself with a stomach ache every time you have dinner with a certain friend, or at the bottom of a jar of almond butter after any time you look at your bank statement?

Your Food-Mood Journal will help you get clear on what foods and activities make you feel your best, and which make you feel just meh.

SAMPLE



chapter six  
FOOD-MOOD  
JOURNAL

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*Date:*

Monday, February 16th

*Breakfast:*

8AM: 2 slices gluten free toast with sunflower seed butter, matcha latte with coconut butter and collagen peptides

*Mood:*

Fine

*Energy:*

TIRED. Ate dinner a little late last night. Better after matcha.

*Summy Feels:*

This felt good on my belly.

*Mid Morning:*

Decaf chai tea with unsweetened almond milk.

*Lunch:*

1PM: Mixed greens with smoked salmon, 1/2 of a small avocado, leftover roasted carrots, sauerkraut + a little EVOO and lemon juice.

*Mood:*

Good!

*Energy:*

Super hungry before lunch, but felt fine after.

*Summy Feels:*

Okay — a little rushed and didn't chew as much as I should.

*Afternoon Snack:*

Protein bar, 1/2 of a kombucha later

*Dinner:*

7PM: Bean pasta with tomato sauce. A spoonful of almond butter and a few dried figs.

*Mood:*

Good.

*Energy:*

Good. Took a yoga class after work and felt super relaxed eating dinner.

*Summy Feels:*

All good.



# REFLECTION

Use this page to review and honor your progress.  
I encourage you to acknowledge and celebrate ALL  
that you have accomplished.

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Write down as many things as you can remember of what you've accomplished throughout your process of reading and using *Thin From Within*. Changes might include cooking more, eating more vegetables, more energy, more clarity and vitality, fewer health concerns, weight loss, change in tastes, cravings under control, fewer symptoms, the possibilities are truly endless. Other changes may include non food or body related areas like your spiritual practice, career, movement or personal relationships.



# REFLECTION

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Where you were before you started reading *Thin From Within* (HINT: look back at the beginning of this workbook!):

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Goals when you started:

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Biggest changes you've noticed:

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Biggest challenges that you've overcome:

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# REFLECTION

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Most helpful advice:

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What you loved about the book:

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What you love about the new you:

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## A CLOSING NOTE FROM ME

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Reading your transformational stories is why I do what I do. I wrote *Thin From Within* (and my first book, *Go with Your Gut!*) so that I could reach and help as many people as possible so THANK YOU for coming along for the ride with me. Now I would love to hear about your experience!

Please take a photo of the last two pages of your workbook or simply copy and paste if you're completing this electronically, and send it to me at [support@yourhealthiestyou.com](mailto:support@yourhealthiestyou.com). You can also share your biggest wins, a-ha moments and more in our incredible [\*Thin From Within Book Club Facebook Group\*](#).

I can't wait to read your story.

All my love,



Instagram [@RobynYoukilis](#)

Twitter [@RobynYoukilis](#)

Facebook: [Your Healthiest You](#)

Website: [www.robinyoukilis.com](http://www.robinyoukilis.com)

