

un  
diet  
YOUR LIFE

*more than*  
**ENOUGH**

MASTERCLASS

WITH *Stephanie Dodier*



September 17-18, 2022

**stephanie**  
DODIER



# Welcome to the More Than Enough Masterclass

## Events Schedule

Please note all times are in EST time zone. Sessions will be recorded and recording will be saved on a webpage exclusively for the More Than Enough Masterclass students.

- Saturday, September 17th, 2022, 10 am-1 pm
- Sunday, September 18th, 2022, 10 am -1 pm
- VIP session - Sunday, September, 18th, 2022, 1-2 pm

**[ACCESS RECORDING PAGE HERE](#)**

Webpage Password: undietyourlife

Let's get started... Write your thoughts

My conditioned mind name is \_\_\_\_\_

**Pause. Question. Decide.**

**Pause.**

When you feel an emotion, anxiety, fear, overwhelmed, anger, frustration... Take a deep breath. Go in your body and quickly identify the sensations.

**Question.**

Investigate your thoughts. Is this thinking serving me?

**Decide.**

Being compassionate with myself: What do I want to think?

## Question your thinking

### Where do these thoughts come from?

- **Social conditioning**
  - Gender conditioning, social status conditioning, etc...
  - Being a woman, being fat, being single, being disabled, being POC, etc...
- **Systemic of oppression**
  - Exposure to diet culture, internalized fatphobia, racism, ableism, etc..
- **Past experiences**
  - Learning from the past and default thinking to keep your safe from what was a danger
- **Family and peer conditioning**
  - Values
- **Trauma**
  - Wiring of your nervous system to keep your safe from danger

## Bring compassion to your thinking

### Reframe your thoughts using these 3 opening phrases to validate yourself and your experience:

- It makes total sense that my brain thinks \_\_\_\_\_ (Insert the thought from your thought download) because \_\_\_\_\_
- Of course it's normal for me to think \_\_\_\_\_ (Insert the thought from your thought download) because \_\_\_\_\_

## Intentional Thinking

To create the better, fuller and bolder life, I desire I will need to feel...

To feel \_\_\_\_\_, I need to think \_\_\_\_\_



## Knowing what you want

If you could have anything, what would you want?

If I could be anything, what would I want to be?

If I could do anything, what would I want to be?

In a perfect world what would you want?

What do you really want if you remove doubt and or the lack of confidence that you can do it, not knowing how to do it, what do you really want?

## Pause. Question. Decide.

### Pause.

Take a deep breath. Go in your body and quickly identify the sensations.

### Question.

Investigate your desire: Is this desire from a place of love or fear? Is this desire an attempt to fix something my human brain believes wrong with me?

### Decide.

Being compassionate with myself: What do I want?

I want \_\_\_\_\_

## Dirty Goal Checklist

- ☐ You think you'll feel better when you accomplish your goal.
- ☐ You believe you'll create safety for yourself by accomplishing your goal.
- ☐ You fantasize about how easier your life will be when you accomplish your goal.
- ☐ You see your goal achievement as the gateway to life being better.
- ☐ You have a deadline by when you need to achieve your goal.
- ☐ You are in a hurry to achieve your goal..
- ☐ The journey to your goal isn't worth it unless you achieve the actual goal.
- ☐ You feel "high" when creating your "grand plan:" with lots of to-do's & checklists.
- ☐ If you hit a roadblock in your "grand plan," you spiral down and start all over.
- ☐ You think failure at your goal means you as a person are a failure.
- ☐ You can't wait to tell everyone that you have achieved your goal.



## Formulating Your Goal

Make it specific.

Make it realistic.

Make it measurable.

Clean Goal

The HOW should be known.

**My goal is...**

**What is your goal and is it specific that the path of progress can be measured?**

How are you focusing on feeling great about yourself, body and life right now? What are the specific steps you are taking to feel good right now instead of when goal is achieved?

How will you be focusing on feeling “more than good enough” now and as you pursue the goal? What are the specific steps will you be taking to feel “more than good enough” now instead of when your goal will be achieved?



Is there pressure for your goal to be achieved: Time, financial, relationship, etc... If so, how can you alleviate this pressure in order to let your journey to goal unfold with ease and patience?

Which part of your identity, self-beliefs will you need to elevate in order to achieve your goal?

Are you willing to work at changing these beliefs and manage your thoughts every day in order to feel productive feeling and take action to create your result?