



The Procrastin Eater
WORKBOOK

from *Why Did I Just Eat That?* pages 139-146

Affirmation



Refer to page 142 in the book, Step One. Admit that you understand, for your highest good, that there needs to be a change in your style of thinking. Take some quiet time to acknowledge this, then record your thoughts in the note below. You might write down, "I am committed to disconnecting eating from procrastination and taking greater initiative in doing my tasks," then sign and date it. I also recommend finding a moment to look in the mirror and tell yourself of this intention, and why—in your own words—that this is important to you.

A large, hand-drawn rectangular area for writing, outlined in black. A pushpin is pinned to the top center edge. The bottom right corner is folded over. At the bottom left of the area, there are two lines for text: "Signature: _____" and "Date: _____".

Food vs Task Finishing List



Refer to page 143 in the book, Step Two. Observe the number of times this week that you use food in place of finishing a task. Observe it in a non-critical “just noticing” sort of way. Make a list of observations below.

A spiral-bound notebook with a black cover and a white page. The page has a spiral binding at the top. The text "Observation List" is written in the center and underlined. Below the title are 20 horizontal dotted lines for writing.

Reframing Exercise



Refer to page 143 in the book, Step Three. So first, let's ignore the procrastination aspect and simply separate food from the equation. Make a list of things below you could have done in place of eating; a list of distractions that you might do if you decide to take a break instead of using food. These things might include taking your dog for a fifteen-minute walk, or meditating for ten minutes, or putting on some music and dancing for ten minutes, or pleasure-reading a chapter in a book. Feel free to come up with your own non-food soothing activity!

A spiral-bound notebook with a grey cover and silver spiral binding. The word "Reframing" is written in the center of the page, underlined. Below it are 20 horizontal dotted lines for writing.

Task Completion Rewards



Refer to page 144 in the book, Step Four. If there are small activities that you can use as brief break respites during the completion of tasks, think of pleasant non-food rewards that you can enjoy after your task is finished. Examples of these might be taking a bubble bath, or getting a manicure, creating a fun craft or art project, or watching a good movie. Now write your ideas for your own Task Completion Rewards below.

A spiral-bound notebook with a black cover and silver spiral binding. The notebook is open to a page with the title "Task Completion Rewards" centered at the top. Below the title are approximately 20 horizontal dotted lines for writing. The notebook is positioned in the center of the page.

Affirm Who You Are

WHY
Did I Just
Eat That?

Refer to page 145 in the book, Step Five. Finally... take ownership of the following statement, by putting your name in the provided blank space. Cut it out and tape it somewhere you can see it every day, to your bathroom mirror for example. Try to repeat your new affirmation to yourself each day for at least a month. Repetition is key!

