



10 STEPS TO BUSTING THROUGH THE POST-COMP BLUES! *By Kim Stevenson*

Thanks for downloading my eBook! Congrats on taking the first BRAVE step towards ending those sabotaging binge eating habits.

“If you give me just one hour a day for the next 14 days I will show how to crush your binge eating habits and get your magic back for good”

What you have in your hands is over a decade of knowledge and experience coaching female athletes with binge eating that, like you, have hit the downward spiral out of control.

The strategies you are about to discover will help you get back control of your life, socialise with friends without feeling anxious, create magic in the bedroom and catapult your confidence on stage when you return!

If there is just **ONE THING** you must take away from this eBook it's...

Perfection isn't everything. You don't need to be perfect 24/7 to be the best, get what you want and rock that stage again.

First things first, who the heck am I and why listen to me anyway?

Before you get started reading this guide you may be wondering who I am and what makes me qualified to give you this advice. So here is a bit about me and why I have decided to create this guide for you.

Firstly, I get it!

I've been there myself and experienced the emotional pain and barriers to stopping binge-eating after a comp. I nearly gave up on my career because I didn't feel I could train and teach when I myself was binge eating every night. I had spiraled so out of control that I was taking extreme measures to undo it, even regularly taking laxatives.

“I had gained 20 kilos before I finally decided to do something about it. And, it cost me over \$20,000 on long-term counselling to get my mindset back on track.”



After four years of constantly working on myself and investing into my mental and emotional health, I am now free from those demons and channel all I have learnt into teaching others. In front of officials I now happily step on the scales without any clothes on and I now hold six Australian bench records for powerlifting!

Now I'm on a journey to share my wealth of knowledge with other women who have similar struggles to what I had and so created this guide to help you!



The 10 Steps I am about to guide you through are just the beginning your own personal journey. Some you will read and revise, others will become new rituals. There are no right or wrong answers.

You are amazing.
You can do this.
I will help you every step of the way.

Kim xx

Now without further ado, let's do this!

Step 1. Halt the negative spirals and give thanks

You've had a crap day. This morning your work pants didn't fit and when you weighed yourself you've put on 800g. Your whole day has started negative and you start to spiral out of control. By mid-afternoon you've had a Lindt ball in the office. You have slipped up a few times so you feel you may as well just keep eating and restart your diet tomorrow.

Your gratitude journal

In the initial meeting with a new transformation client, the first thing I suggest is for them to purchase a nice writing journal and pen. It's the beginning of a new habit - a gratitude journal. A simple tool which helps stop the downward spiral.

One of my favourite Hausa proverbs reads:

"Give thanks for a little and you will find a lot"

When selecting a journal make it special, not just any old exercise book. It must feel nice to write in and mean something to you. Find one that reflects your personality. While you're there, pick up a nice pen. All my journals are written in purple, my favourite colour.



When and where

The next step is to figure out what part of the day you will write in your gratitude journal. Is it first thing in the morning, starting the day on a positive note, or in the evening, ending the day off on a high? For me, mine lives beside my bed and I write in it every night.

Activity: My challenge to you is to do it every day for 40 days.

Set a reminder on your phone to write in your journal. Creating a habit takes time - but stick with it and it will effortlessly become part of your routine.

Aim to write at least 3 things per day you are grateful for, like:

- The people in your life,
- Any situation or experience - like not paying for parking, or hearing your child laugh,
- Things like having a roof over your head or getting a pay rise,
- Any compliments you've received,
- What you've done well towards your goal; and what habits you've practiced.

Gratitude can have such a powerful impact on your life as it engages your brain in a virtuous cycle. Your brain only has so much power to focus its attention. It can't easily concentrate on both positive and negative things. On top of that, your brain loves to fall for confirmation bias - it looks for things that prove what it already believes to be true. So once you start seeing things to be grateful for, your brain starts looking for more things to be grateful for. That's how the virtuous cycle gets created.



Step 2: Let go of Little Miss Perfect & find Little Miss Sunshine

We slip up in life and always look for evidence that we have failed, aren't good, smart or worthy enough and are unlovable.

Our self esteem plummets - leaving us staring into that empty jar of Nutella.

When we are in this kind of mood we can say some pretty nasty things about ourselves. Usually there's a common theme to the way we think and what we believe about ourselves. Most of the time those beliefs come from childhood - from an event that happened and meant something to us.

From there we formed a belief about ourselves which we added evidence to. Like saying, "I'm working on my perfectionism habit that comes from when I was 5 years old and I broke my shoes. My mum got very angry at me so I made a belief that I needed to be perfect so that I wouldn't make my mum angry and she would love me."

For me, bodybuilding was the perfect outlet for that. I could be perfect with my eating and be in control, but it got to the point where I was only eating chicken and broccoli.

Through coaching we can work past some of those stories and beliefs, but let's start rewriting some now.

Activity - Spend some time thinking about all the things you are good at. They could be:

- I'm a good mother
- I'm a good wife
- I make a mean curry
- I'm good at making model trains
- I'm good at running
- I'm good at lifting
- I'm a good personal assistant
- I'm a good nurse

Put them in your gratitude journal or stick a list on the fridge, somewhere you can read often. The first 10 will be easy! After doing this for a while you will see dramatic improvements in your self-esteem.



Step 3: Getting the balancing act down pat

In comp prep it's so easy to get wrapped up in everything related to health and fitness that you neglect other areas of your life.

When I was competing, I was just as guilty as the next person. The only friends I would see were the ones that trained with me. I hardly called or saw my family, I didn't make time for fun and laughter, my career even started to slip as I was only focused on my comp prep. Next minute I was a mess: I couldn't stick to my diet, I was lacking motivation and felt alone.

Eventually this all or nothing mentality shows up in your life unconsciously. By shining a torch into the dark areas of your life we can see where balance is out of kilter and take steps to change that for good!

Activity: Start by looking at the key areas of your life, which are broken down into eight areas:

Physical environment	Family /friends
Fun /recreation	Personal growth
Romance	Money
Career	Health

Exhausted yet? Yep, I know what you mean - it's hard to even imagine ALL eight of these areas being perfect right? Instead of letting that overwhelm you let's break things down further.

From the list above I simply want you to rate each area from 1 to 10 (with 1 being really crappy and 10 being really awesome). By doing this activity you will be able to identify what's holding you back and causing emotional unrest - the things that are more than likely leading to your ongoing binge eating habits!

NOW, I don't want you to "do" a single thing here except just be aware of the top two areas that are much lower than you'd like them to be. Yup that's right, I said do nothing.

Then come back to me in 14 days time and tell me how those areas are going for you!

Just by finding and bringing those things to the forefront of your mind you will begin to unconsciously start to make steps to improve those areas.



Step 4: Make a date with yourself and get into the funzone

Tell me, in the previous exercise, how did you score in the fun and recreation area?

We find that we get so caught up in competing and juggling other things like family, friends, meal prep and inspiring others that we forget about nurturing our soul.

Forgetting to nurture our soul will sometimes result in low moods and, especially now that you're not training for a comp, you may feel lost as to what to fill your time with.

Have a think about what activities you love that give you energy. Think back to a time when you were 10, there were so many things you wanted to do and a million things that you wanted to be. I wanted to be a ballerina, I wanted to be like Lara Croft from Tomb Raider, and then as a teenager I wanted to bungee jump and skydive. What about when you were older? I've always wanted to go to Paris or get my motorbike license.

Activity: I challenge you to write 100 activities you love and give you energy - your nurture list.

Who do you want to meet? Places you want to see? What about little things like learn to rollerblade? Camp on the beach and listen to the waves all night? Make a doona cave and watch movies all day? Spend some time brainstorming a list then work on ticking something off every week - like a date night, but with yourself! Not everything on your list may be achievable just yet but what can you dream about? What little steps can you take to get you there?

For example, because I want to go to Paris I started learning French and have taken up Burlesque dancing. I'm looking at a self-defense class so that I can be Lara Croft in my dreams. What can you do that creates the feeling of having it now?

Write a nurture list and find an hour this weekend to do just ONE thing on that list! Need some inspiration? Here are a few more ideas:

- Going to the beach
- Playing with my dog
- Walking in nature
- Playing mini day spa with a mud mask and coffee/salt scrub
- Going roller-blading
- Listening to music
- Reading
- Painting your nails
- Calling an old friend



Step 5: Enter the right headspace to let the magic happen

Your nurture list can be used to create rituals that enhance the feeling of being in flow - allowing the magic to happen.

These rituals get you in the right state. State is that way of being where everything is amazing. We can flip in between states all the time. This can be the state of being tired and exhausted, the state of being flat or the positive state where everything flows. I'll give a few examples from my life.

Going to Coogee is on my nurture list. What state does this give? It allows me time out to be creative and problem solve. I always come back with brilliant ideas for my own development or business. This ritual of leaving early on Saturday morning, listening to an audio book on the drive, going to a café to eat raw food cake then spending 4-8 hours on the beach is my life giving ritual - listening to the waves, smelling the salt air and watching the seagulls.

Another example is my coffee/salt scrub in the shower followed by lathering myself in coconut oil. I love the smell of coffee and coconut oil! What does this give back to me? It shows that I love, value and respect myself enough to nurture my body.

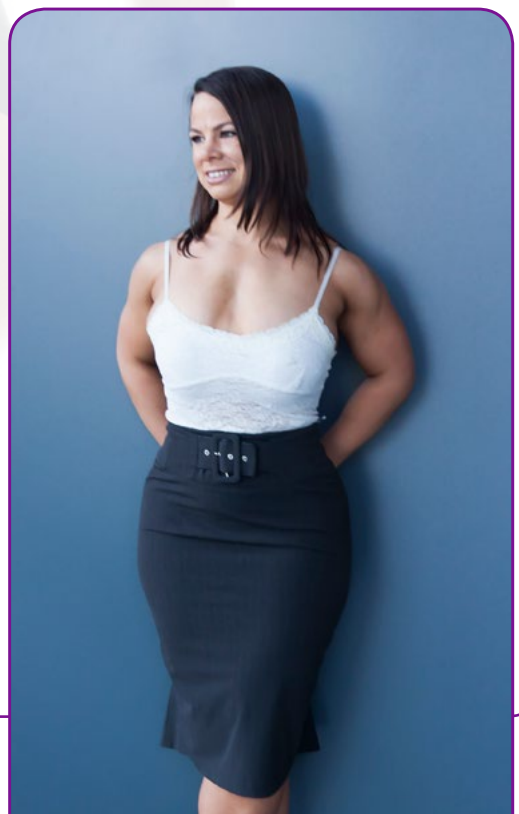
At the end of every day I go across to the park, play ball with my pup and listen to music. This is how I sign off my day and know I've finished work. This puts me into a relaxed state. I get to laugh at my pup bouncing around and being over excited by an orange ball. State can be explained as those times where everything flows. Even something as simple as a piece of music can create that state.

If you know what type of state you need to create then you can use things to create this, and they are usually tied to memories. Smells, music, tastes, feel - anything that involves the senses. I think about the state I was in when I went through a funk with my comps where I failed easy bench lifts that I've got 100 times in the gym. I was stressed out and had been placing so much pressure on myself to succeed - and I was listening to heavy metal music in between lifts. I had to look at what I was doing and try to create a state that would work - because what I was doing wasn't.

So, how did I change my state and go on to break records? I realised it needed to be calm. So my new comp rituals include meditation, leaving plenty of time to get to the venue, not over thinking my lifts, chatting to others and listening to Miley Cyrus. Those who know me know that is not my usual style but her song creates calm in me and that's the state I need to be in. I walked into the gym with my shoulders held back. You'd be surprised what body language does for your physiology.

Activity: Now look back at your nurture list and think about those activities and what state you're in when you do them.

When can you use these activities to change a state? If I've had a long stressful day, playing with my pup will put me in a happy state. It will change my current state to one that will bring me more of what I want in life - happiness. Once you do this activity a few times you will see how easy it is to flick the switch.



Step 6: Say goodbye to your Tim Tam friends!

Your friends can be divided into two groups. There are those that lift you higher and those that will try and drag you down with them.

I like to call these groups Tim Tam friends and Strawberry friends. The strawberry friends are encouraging and supportive of your comp journey and your choice to compete or lift and train hard. The Tim Tam friends are the ones who say: "C'mon, missing one session at the gym won't hurt."

The more you surround yourself with strawberry friends the more supported you will be. These are the friends that will catch up with you for a walk or a workout session at the gym and not disregard your choices to live a healthy lifestyle.

I strongly suggest you join my ['Stepping off Stage Shame Free'](#) Facebook group - people in this group are on the same journey as you. They may not be in the same town but they are the ones you can message when you're feeling low or when you have something to brag about. Strong people lift each other up.

Tim Tam friends are always found in your family. The mother-in-law that says: "Can't you forget your diet today", or the partner that says: "Do you really need to go to the gym? Stay and cuddle." Going out and socialising will pair you with more Tim Tam friends because it's human nature to want our peers to justify our choices. If your friend is indulging in cocktails they will want you to join so they don't feel guilty.

My tip for socialising:

Stay strong, plan your food and drinks before going out and don't have as much at other meals so you can enjoy treats. I'm going to coffee with my clients this weekend and I will be enjoying raw food cake with over 30g of fat. This means no eggs, chia seeds or yogurt that day but it's the price I pay for indulging in raw food cake. Make it fit and enjoy it!



Activity: Take a look at your friends list and see which category they fit into. You are the sum of the five people you spend time with!

If you hang out with a group of successful, positive-minded strawberry friends who believe in taking responsibility for their lives, you will move to become a more proactive individual.

If you hang out with a bunch of pessimists (Tim Tam friends) who believe the world is out to get them and there is nothing worthwhile, despite how positive you think you are you will start descending into the negative whirlpool at some point.



Take the time to reflect on your list and take a deeper look at the strawberry friends. What is it about them that you like? What qualities do they have that you have or would like to have? How do they lift you up? What are their positive attributes and values?

Of course, this does not mean you should sever relationships or cut away every single person who does not contribute to your goals. It just means you should reduce the amount of contact you are having with people who do not enable you to become a better person. Only in the event that the person is seriously dragging you down should you resort to cutting him/her completely away.

Remember, if you are entrenching yourself in relationships which are not elevating you or bringing yourself forward, you are not helping yourself or anyone else. You are not being the best you can be and subsequently, not being the best you can be to them.

Step 7: Be one of the 8% who take action and live above average

This step is going to be challenging and ask you to be honest with yourself so that you can be part of the 8% that actually change their life by facing their fears and live an exceptional life.

I'm talking about the fears in our unconscious that we continue to accept and follow even though there doesn't seem to be any real gain from it. Some coaches like to call this secondary gain.

These are fears we hold on to that create behaviours which produce undesirable outcomes. Most fears come back to the following:

- Feeling like a fraud
- Fear of success
- Fear of failure
- Fear of being unsafe
- Fear of responsibility
- Fear of rejection
- Fear of loss of love
- Fear of loss of income
- Fear of judgement
- Fear of missing out
- Needing to look good
- Needing to be right
- Needing to feel significant
- Needing to be comfortable

Take emotional eating for example. This comes up a lot in coaching as the number one habit for holding someone back from achieving their goals - to the point of self-sabotaging.

What if you let go of emotional eating? Who would you need to be? Sometimes when we unpack it, it comes down to a fear of success or a need to feel comfortable.

Success can be daunting: you don't know what doors may open up or what pressure you may place on yourself to live up to the expectations of others. There's so many unknowns. It's safer, more comfortable and easier to stay average.

OK, it's time to go start living beyond average now lovely. GO....!

Step 8: You don't need to be cruel to be kind

We can say some really nasty things to ourselves and this can be the real reason you can't stop bingeing. Now it's the time to start rewriting those nasty things with new mantras.

Where attention goes, energy flows

By repeating your mantras you are helping unlock subconscious beliefs. Repeating a positive statement to yourself reinforces positive actions. Repeat your statement when you are driving to work, brushing your teeth, walking the dog or any other daily mindless activity. One of my beautiful clients writes hers on steam that forms on the screen in her bathroom! Best idea ever!

One of my old behaviours was to self-sabotage. The moment things were going well I would do something to sabotage my result. I needed to reprogram my subconscious mind! It took practice but my mantra: 'I deserve success' is repeated to this day. I can now feel when I am going to slip up and I sternly repeat my mantra.

Some others that clients have used include:

- Get shit done
- I am enough
- Just do it
- I'm worthy

Activity: What phrase resonates with you that can help rewrite that negative story that you tell yourself? Write it down and turn it into your mantra - it should always be positive words. Try and say it at least once a day!

In the words of well known change coach Tony Robbins:

"Incantations are powerful! You can't just get rid of a negative belief; you have to replace it. Try incanting your new beliefs, saying them again and again, changing the emphasis and changing your state. By changing the emotion, you change the impact you feel and you begin to condition yourself for even more action.

A belief is nothing more than a feeling of absolute certainty about what something means. Beliefs control our behaviour. They can be unconscious or conscious, and they often stem from things we've heard or seen, felt a lot of emotion about, and then repeated to ourselves again and again until we felt certain."



Step 9: The BS stories you tell yourself are holding you back

We often find ourselves wrapped up in some sort of BS story and it needs to stop.

Activity: Read the below story and shout out at the end what you want to be!

A CAR is driving down a mountain creating huge momentum. This is you as you head towards being shame-free post comp ... but watch out.

A situation has thrown you off course and a big STONE has become stuck in your wheel.

Before you know it you are frozen, indulging in stories and excuses as to why you can't get it out. But in reality, the stone isn't that big. It's certainly not enough to make you stop your journey. **So:**

Do you take action to change the outcome?

Do you take responsibility for your response?

Do you fix it and keep driving?

Or, do you let the STONE stop you in your tracks by:

Making stories about what happened?

Telling yourself it's too hard to fix?

Believing that you have no choice?



If you keep driving you are still the **CAR** - in control of your own destiny. If you let something small disrupt your journey you are the **STONE** - letting others drive all over you and being your own worst enemy.

You Have a Choice
WHAT DO YOU CHOOSE TO BE?

Step 10: Use visualisation to win at life

Now it's time to dare to dream and use the power of visualisation.

Activity: I want you to fast forward to six or more months down the track to a day or event where you are feeling confident and happy.

See yourself as you choose to be and now write about it:

- What are you feeling?
- What are you wearing?
- What are you doing?
- What are people around you saying to you?
- Who are you choosing to be?
- What words describe who you are?
- What are your loved ones saying?

Be as descriptive as possible: the more thought and emotion you can put into this the more attachment you will have to it (which makes it easier to realise).

Be creative! What will you wear? What emotions will you feel? How confident are you? What are you doing? Are you playing with the kids? Do you smile at the guy at the coffee shop that takes your fancy? Are you feeling sexy? Do you wear that hot black dress that makes you flirtatious?

This is your life! Read this daily and if you have a song that makes you feel invincible then have that playing in the background!

This visualisation is a powerful tool to use on the occasions when you feel like you are on the edge of a binge. By flashing this image in your mind you're more likely to stay motivated and stick to your goals.



Woo Hoo!

You Made It!

I'm so proud of you for getting through this guide. I truly hope that you have found it transformational for you.

For some of you there will be immediate results and you will take action right away. For others you may find that you are still struggling to get your butt moving and you feel like you'd like a bit more of a push.

Those of us who binge eat continue to get in our own way. Over and over again we get close to change, but we feel too unsafe to stay there.

Even my most committed transformation clients at one point have shut down communication with me for those reasons listed above. I don't judge because I used to be the same - I just tell them to trust me, I know how to coach them back to their best.

YOU are the only person who is responsible for taking the first step and starting the journey back to being your best. But, after that - you won't be doing it alone.

Now is the time to step out of your comfort zone and take action!

I would like to offer you a FREE consultation with me to see what plan we can come up with for you, together.

Remember that the definition of insanity is doing the same thing over and over and expecting different results. Nip it in the butt now and banish those post-comp binge-eating blues for good.

Yes Kim, let's chat!



Kim x/x

