

WEIGHT ECOSYSTEM

Making the Connections

Connecting your weight and your life.

UNDERSTANDING
YOUR STORY



Making the Connections: How it works

- Over the first five weeks, you'll look at your weight from five different directions: Health, Body, Emotions, Weight Loss and Food. Each weekly email gives you questions to explore one area more closely.
- Record your answers wherever works best for you. Type your answers, write by hand, use a journal or keep a document on your computer. These answers are your working material, so there is no need to copy them into **Making the Connections**.
- At the end of each week, come to the matching page and compare how you saw that area before with what you can see now. Record anything that became clearer, changed your thinking or added something new to your weight picture.
- You are not being asked to reach a conclusion, make a plan or decide what to change. For now, simply notice what becomes visible and keep anything you want to carry forward.
- In Week 6, you'll bring what you've gathered across all five areas together to build your own Weight Ecosystem. You'll look at what sits alongside what, what appears in more than one area, what seems connected and what deserves a closer look.
- Here's how the pieces come together:
THE QUESTIONS → YOUR LEARNING → YOUR CONNECTIONS → YOUR WEIGHT ECOSYSTEM
- The blank Notes pages are there if you want a little more room to think. Use them for extra notes, a mind map, a flow diagram or any other way of capturing thoughts about that week's topic. They're **completely optional**. Record only what is useful to you.
- By the end of the six weeks, this document will hold the observations you chose to keep, the connections you noticed and your completed Weight Ecosystem. Keep it. You can return to it later as your understanding develops.

Health Notes



Week One: Health



WHEN I STARTED

What did I think about health and weight before this week?

NOW

What do I see differently about health and its place in my weight picture?

ONE THING THAT STOOD OUT...



Body Notes



Week Two: Body



WHEN I STARTED

What did I think about my body and weight before this week?

NOW

What do I now see differently about my body that isn't simply about what I weigh?

ONE THING THAT STOOD OUT...



Emotion Notes



Week Three: Emotions



WHEN I STARTED

What place did emotions have in the way I thought about my weight?

NOW

What do I now recognise about emotions that belongs in my weight picture?

ONE THING THAT STOOD OUT...



Weight Loss Notes



Week Four: Weight Loss



WHEN I STARTED

What was I expecting weight loss to do for me?

NOW

What do I now see differently about what I've been asking weight loss to deliver?

ONE THING THAT STOOD OUT...



Food Notes



Week Five: Food



WHEN I STARTED

How was I explaining the relationship between my eating and my weight?

NOW

What have I learnt about the different roles food and eating have in my life?

ONE THING THAT STOOD OUT...



Week Six: Your Weight Ecosystem



Skim your previous weeks' five weeks writing, and use this space to make any notes for your Weight Ecosystem model.

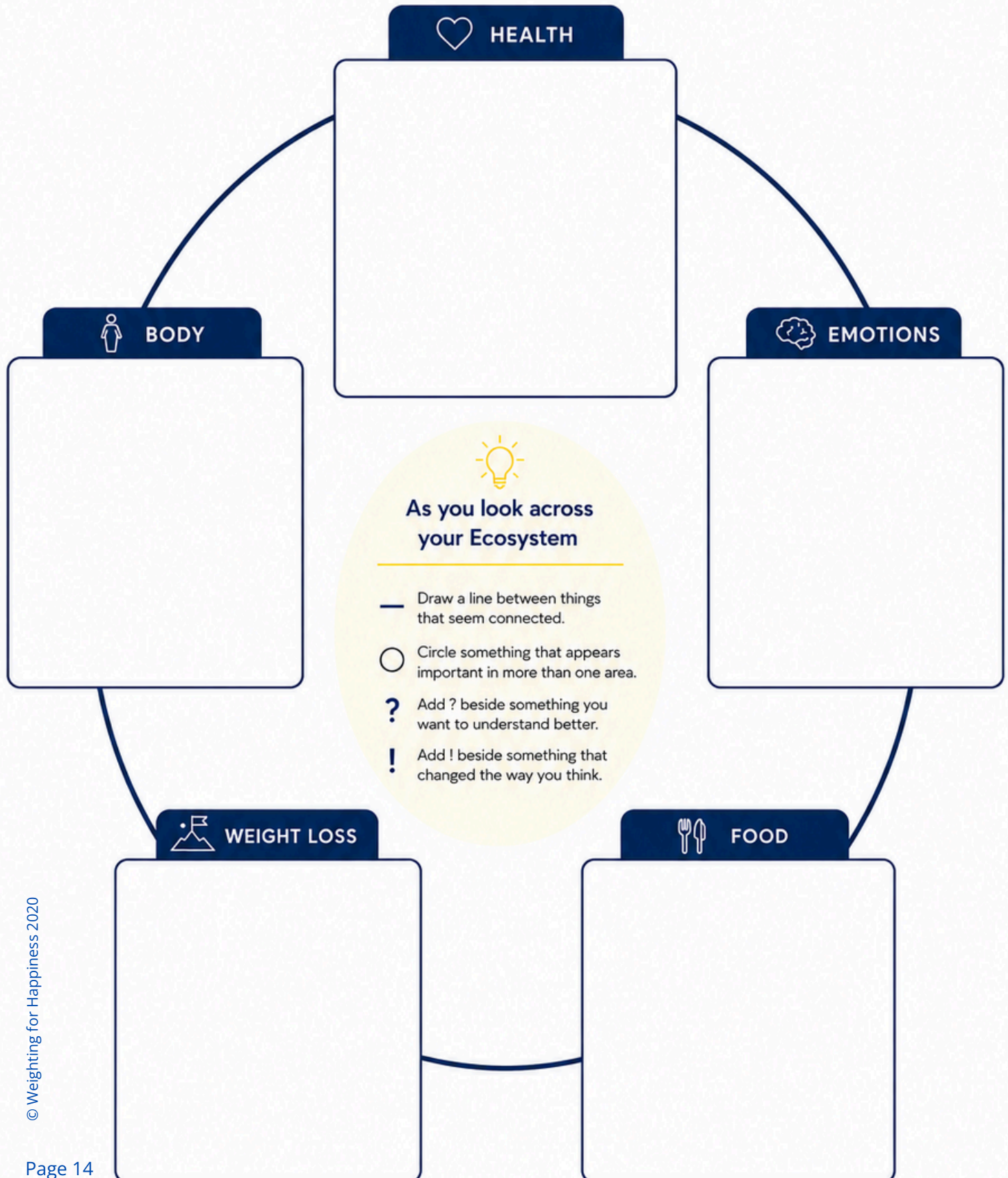
Health	
Body	
Weight loss	
Diet	
Food	



Your Weight Ecosystem

Connecting your weight and your life.

Transfer the findings you most want to keep from each weekly page onto the matching area below.



Before you finish



Take one last look at your WHEN I STARTED responses for each of the five areas and your completed Weight Ecosystem.

Use the three questions below to do a final distillation of what has changed over the six weeks and what you need to you next.

What has changed in the way I think about my weight?	
What belongs in my weight picture now that wasn't there six weeks ago?	
What do I want to understand more deeply?	

Your Weight Ecosystem is complete.

We brought the questions. You brought the experience that made this yours.

We hope seeing your weight in a broader context gives you more self-understanding and less of the blame and shame that is so often attached to weight regain.



READY TO LOOK DEEPER?



You now have your Weight Ecosystem.

When you're ready for more detailed answers and insights about your weight regain, our Diagnostics take your investigation deeper. Each one uncovers a different body of evidence from your own experience.



WEIGHT & DIETING HISTORY

Look across your whole history, not one diet at a time. Bring your weight changes, dieting attempts and what happened afterwards together to see the patterns that have repeated across time.



FAMILY FOOD CULTURE

Go back to where your experience with food began. Examine the choices, mealtimes, routines and rules that surrounded food as you were growing up, and build a clearer picture of how eating operated in your family.



FOOD CHOICES & EATING PATTERNS

Take a closer look at how your eating operates now. Examine the circumstances in which you eat, what initiates eating and the different functions it serves to uncover patterns that aren't visible when you look only at what you eat.

FIND THE RIGHT PLACE TO GO DEEPER

Explore all three diagnostics, see what each investigates and decide which part of your experience you want to understand next.

EXPLORE THE DIAGNOSTICS → www.weightingforhappiness.com.au

