



Summer
INNANEN

You
ON FIRE

WITH SUMMER INNANEN

**PRE-SHOW
PLAYSHEET**

**BECAUSE SELF-WORTH
DOESN'T HAVE A SIZE.**

SUMMERINNANEN.COM

You, On *fire*: Benchmark Quiz

Step #1: Score the following:

1. How do you feel about your body right now?
(1 = terrible 10 = love it)
2. How often do you *think* negative things about yourself (body and other aspects of yourself)?
(1 = always 10 = never)
3. How often do you *say* negative things about yourself in front of others? i.e. I feel so gross today or I'm so stupid.
(1 = always 10 = never)
4. How often do you criticize *other* people to friends? i.e.: OMG, I can't believe she is wearing that.
(1 = always 10 = never)
5. How do you feel when you look at yourself in the mirror?
(1 = terrible 10 = love it)
6. Do you wear clothes to hide certain parts of your body?
(1 = always 10 = never)
7. Has your confidence (or lack thereof) prevented you from doing certain things?
(1 = so many things 10 = no way!)
8. How often do you apologize to other people?
(1 = always 10 = never)
9. How often do you feel guilty for your actions?
(1 = always 10 = never)
10. How often do you strive for perfection?
(1 = always 10 = never)
11. I have a fear of gaining weight.
(1 = YES 10 = no)
12. I feel frustrated/sad/angry when my weight won't go down.
(1 = always 10 = never)

You, On *fire*: Benchmark Quiz

13. I constantly compare myself to other women.
(1 = always 10 = never)

14. I let tangible things, like my jean size, how much money I make etc, dictate my worth.
(1 = always 10 = never)

15. I can easily tap into a voice of self-kindness to help me when I'm having a rough day.
(1 = never 10 = always)

16. Overall, I feel good enough.
(1 = never 10 = always)

17. I judge myself and am super critical of my imperfections.
(1 = always 10 = never)

18. I have an all or nothing mentality and can't find a happy balance.
(1 = always 10 = never)

19. I'm reliant on other people's opinions of me to feel good about myself.
(1 = always 10 = never)

20. I believe that my appearance dictates my happiness in life.
(1 = always 10 = never)

Step #2: Add up your score. _____

You are amazing.... *regardless of your score.*

Save this score because we'll revisit it at the end to celebrate your success!

Mission: What is your “why?”

Step #1: Make a list of all the reasons why you are doing this program. Why are you done with societal expectations and diet culture?

Perhaps it's to free up your mental space so you can explore a new career or truly abandon dieting or be a role model for your kids. Let it all out.

Step #2: How do you want this experience to go down? Do you need to remember to go all in? To be playful with it? To remember that there are no shortcuts? Take note of a couple of things you want to remember as we embark on this ride together.

Step #3: Share your mission experience with in the Facebook group! Why are you done with societal expectations and diet culture? Is there anything you need to remember as you start this program?

Mission *Break-Up* With Conditions

Step #1: Cross off each of these to confirm that you've purged those nasty conditions you've put on yourself!

I destroyed my scale! YES!

I cleansed my media feed & other devices (FitBit, magazines, books etc).
More YES!

I purged my closet. Hell yeah!

I bought myself a few things that make me feel comfortable and fabulous.
Yeah you did!

Step #2: Do a final sweep of any of the tangible things that are kicking your self-esteem around and get rid of them!

This might include things like: doing a "stomach check" when you see yourself in the mirror, noting whether or not someone compliments your appearance or checking your Instagram feed 10 times a day to see who has "liked" your picture.

I want to know how this feels! Share your mission experiences in the Facebook group:

Did you get rid of your scale? How did it feel?

Did you realize you were carrying a whole lot of negative internet baggage?
How did it feel to purge it?

How did it feel to get rid of these clothes? Did you go out and get yourself something new?

How does it feel to be free of these conditions? Terrifying? Empowering?