

Worksheet: All-or-Nothing—Finding The Middle Ground

For clients

It can often feel like we only have two options: Be “perfect” or do nothing at all. We think to ourselves, ‘I can do a challenge and eat 100 percent ‘clean’ OR I can eat whatever I want and enjoy my life.’

In reality, there are many options between these two extremes. Pick one habit or practice from the challenge/diet you’re currently doing, which you feel you can’t keep up with for the long-term.

Use the questions below to help you see the many possibilities between “doing it perfectly” and “complete failure.”



Consider the above continuum and how it relates to your chosen habit. Use the following questions to help you.

1. First, what would you say is the absolute WORST choice when it comes to this habit?

The worst choice I could make might be...

2. What would be a slightly better choice?

A slightly better choice I could make might be...

3. The absolute BEST choice?

The absolute BEST choice I could make would probably be...

4. What would be 'slightly worse' than the absolute best option?

A slightly worse choice (i.e. one step down) from the absolute best choice would probably be...

5. Of the options you've listed above, which feels the most reasonable, sane, and likely to fit into your lifestyle?

The most reasonable and doable choice for me is...