

Welcome to The Naked Truth, Your Naked Truth.

This may look like an empty, naked book, but really it is a treasure chest of all your hopes, dreams, successes and frustrations. It will chronicle your growth as you push yourself to become the best possible you. Your Naked Truth Journal will help you uncover amazing things about yourself that might otherwise have remained trapped in your subconscious, never to be exposed.

For years when I was younger I was encouraged by my parents to keep a diary. Dad gave us each a new diary every year. Maybe one time it had a small lock with a tiny key, as much good as that would do. Anyone with brothers or sisters knows what I mean. My family included 4 sisters and 1 brother. So nothing was sacred. As the oldest, "they" would have liked nothing better than to find my diary and read it. I was terrified to reveal any part of myself that could be used against me". I didn't want to be "discovered", but I didn't want to disappoint my parents either and they expected us to write. In self defense I resorted to writing the most mundane things.

Even as I became a young mother living without the constant fear only pack of siblings could bring, my entries consisted of my "To Do" list: "I went to the store today and bought chicken for dinner...." I recorded entire years, decades even, completely devoid of emotion because I was afraid of being caught feeling what I wasn't supposed to be feeling. I just went through the motions of writing to keep up the diary habit.

As I look back, I probably wanted to say, "I'm so sick of cooking dinner and no one appreciates what I do around here. I quit this whole wife/mother thing. It's feeling way too overwhelming today". But what good mother would ever think that, much less commit it to a journal? Now when I read my old diaries, I wish that I had been honest so that I could see what my life was like and how far I have come.

Being more "real" back then may have helped me dump some of those pent up feelings that showed up in excess weight and a screwy relationship with food. Food served a purpose of stuffing down the emotions that weren't coming out. Anyway, if you pick up one of my journals today, OH BABY! You'll get the real deal. I'd much rather have my "sh*t out there on the paper than hanging out in my body. That is one of the reasons that this journal is an important tool in building your healthiest, sexiest body.

I have noticed after caring for many clients, and talking to women that they are very afraid of the journaling process. Maybe it's fear of getting it wrong, fear of someone discovering it, fear of facing what you are really thinking, or not knowing where to start. That's the reason I created this journal for you. To make it easy for you to sit and color and let your thoughts run while prompted by challenging and sometimes seemingly silly questions. It's a simple fun process. Don't stress over it. Just have fun. Write it down. It's all RIGHT! And you'll be better for it.



WARNING:

Do not open this book unless you also open your mind and heart.

THE NAKED RULES FOR EFFECTIVELY USING YOUR JOURNAL:

- 1. You must claim this journal as your own, "right" all over it, and color it wild. Leave no "naked" spaces.
- 2. Set your timer for at least 15 minutes.
- 3. Let go and have fun.
- 4. There are no other rules (oops!! except that you must have your coloring pencils ready)

This journal is meant to support you in building, reinforcing and sustaining your healthy, sexy body. It is here to remind you of your greatness, your humanity and your possibility.

The goal is to invite you to:
Dine with Dignity.
Age with Grace.
Nourish with Love.
Participate in your Life with
Joy, Abundance & Gratitude.

In just 15 minutes a day you can change the way you think and feel and that will show up in how you look, feel and participate in your life.

Leave no stone unturned, no page undone, no white space.

Think of each page as you think of your plate of food. How colorful can you make your plate of food and your plate of life?

Enjoy the process.

You can't get this wrong.

It's your book. It's your journey.

Finally, it's all about you.

Let so!

Have fun!

Discover your beautiful, sexy, sorseous self

and

YOUR NAKED
TRUTH...

Write anywhere.
Write everywhere.

There are 1440 minutes in each day.



Take at least 15 of them for yourself.

15 minutes a day can change your life.

Take 15 minutes to complete a page a day.

You'll be amazed at your self discovery.

You'll be in awe of all that is you.

You'll fall in love with one of the most amazing awesome women that you have ever met:

YOU!

Feed your body. Feed your soul.

\$TOP TELLING YOURSELF THAT CREATIVITY IS A LUXURY...

IT IS THE PRECIOUS GIFT YOU GIVE YOURSELF.



FREEDOM AND CREATIVITY
WILL UNLEASH THE REAL YOU,

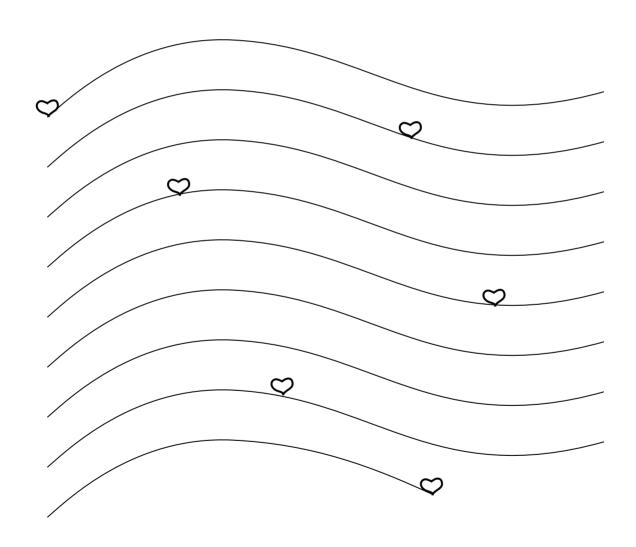
40 is not a 4 letter word!

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"The thing is to become a master and in your old age acquire the courage to do what children did when they knew nothing."

~ HENRY MILLER

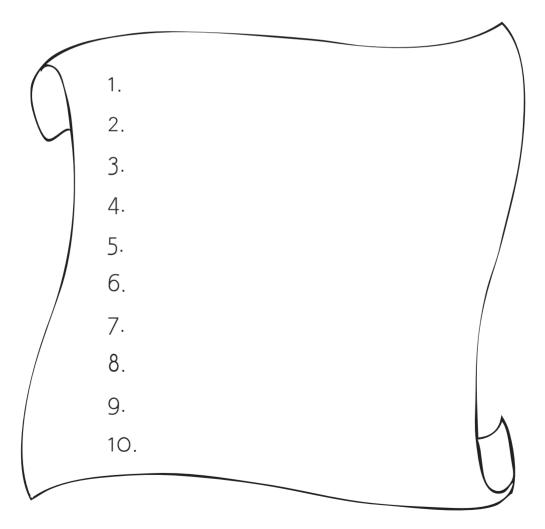
What is it that you want your loved ones to remember most about you?



BEFORE BEGINNING THIS EXERCISE, SET A TIMER FOR 2 MINUTES AND JUST BREATH.

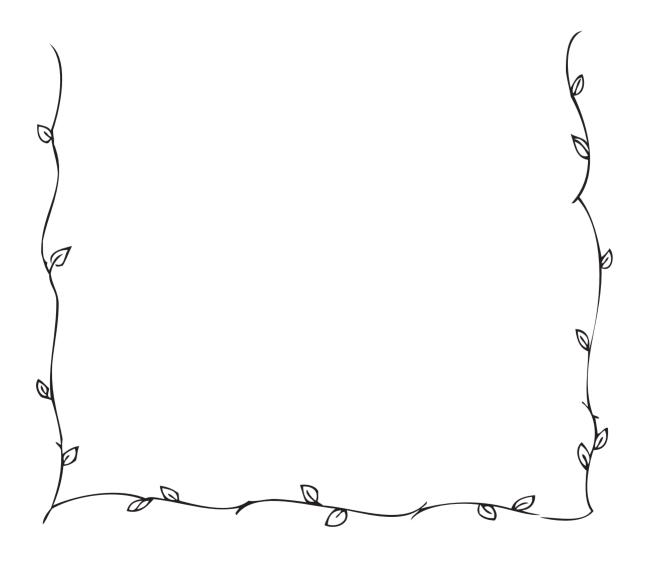
THEN TAKE ANOTHER 3 MINUTES AND WRITE DOWN 10 THINGS YOU LOVE ABOUT YOURSELF AS IT POPS INTO YOUR MIND.

JUST LET IT RIP. WARNING: HOLD NOTHING BACK.



Use 5 words from the love list to write a poem to yourself.

ps. Ho rhyming is necessary.



Think about "Healthy, Sexy, Gorgeousness"

What does this person look like?

What is she doing?

What is she wearing? No

Who is she hanging out with?

What needs to change for you to be that person?

My BOOB's are:

I am grateful for my boobs because they... (hint, hint: Perhaps they fed your children)

My THIGH's are:

I am grateful for my thighs because they: (hint, hint: Perhaps they got you from here to there)

10 Things I love about myself today:

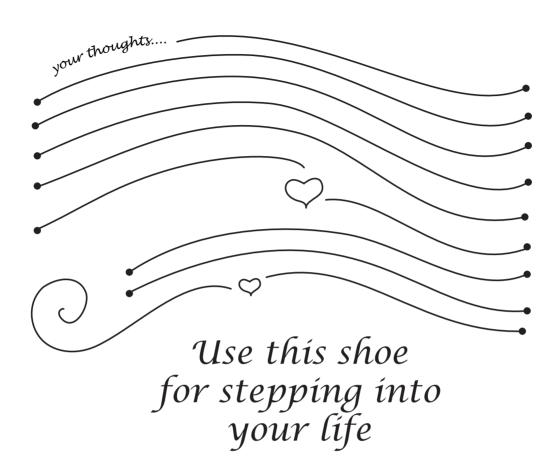
- \bigcirc
- (2)
- (3)
- (4)
- (5)
- 6
- (7)
- (8)
- 9
- 10

What's it like to be in your shoes?

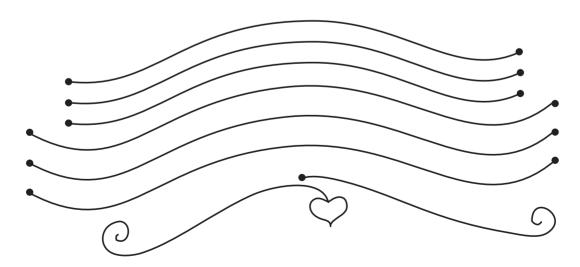


DRAW THE SHOES THAT YOU WOULD WEAR IF YOU WERE GOING TO A PARTY TO CELEBRATE YOUR LIFE.

"One shoe can change your life". ~ Cinderella



in a big way.



What's up?

What are your favorite foods?



What savory memories do they trigger?

Savor Every Bite.

"There's noplace like home" ~ Dorothy

Draw your home!

How do you feel in your home?

Explain. Discover.



comfy?



cozy?



content?



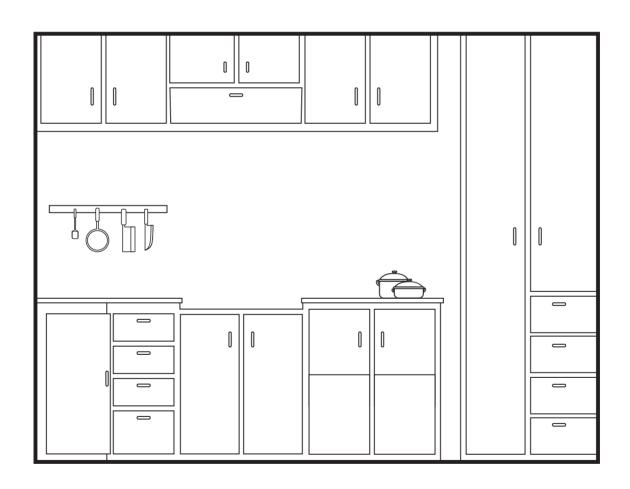
disconnected?

What color is your kitchen now?

What kind of knobs are on your cabinets?

What color are they?

Draw your dream kitchen in your dreamy color. (Detail, Ladies, Details)



Think about your dream HOME.



What does it look like?

Describe the outside of your dream home?

What color is the outside of your dream home?

What shape is the roof? The front door?

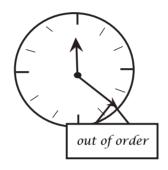
What appliances are you holding onto that no longer serve you?

Who can you lovingly pass these onto so that they get loved from someone who needs them?

Name one thing you can do NOW to help make your current home "dreamier".

(Hint: My Grandma Violet used to lovingly say, "A can of paint will make it what it ain't". It can be as simple as that)

Does anybody have the time?



If time were no object and you decided you didn't need to work to pay the bills, what would you be doing with your time?

Are you currently doing these things?

Um?? If not, why not?

TIC TOC ... you only have this moment.

will you do it?

Does anyone have the "right" time?



List some activities that could be eating up your time (computer, tv, doing too many things for others). How could you reorganize your life so that you spend more time on what is important to you?

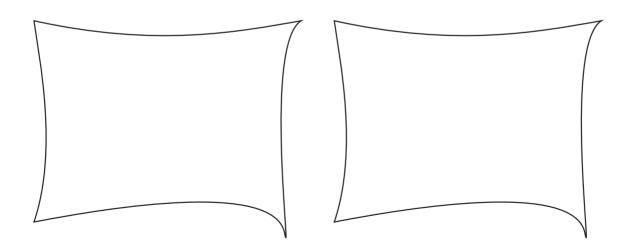
There is no "right" time, there is only NOW.

Make a list of the things you love: things that remind you of happiness...

ΘX;

- a freshly baked loaf of crusty italian bread
- a photo of a happy special event in your life
- that favorite dress you wore on an important (and that made you feel good when you wore it)

DRAW 2 ITEMS THAT GIVES YOU THIS FEELING OF HAPPINESS WHEN YOU THINK OF IT.



Hint: Is there something you need to tell yourself? Is there something you need to forgive yourself for?

Do what you love, Love what you do.



What was your favorite activity as a kid?

What is your favorite thing to do for FUN now?

What do you do that brings you joy and makes you feel inspired?

What things (when you do them) get you excited and pumped up? So much so that you lose track of the time?

What is that thing you would be doing if money did not

matter?

"Take care of your body.... It's the only place you have to live."

List 10 things you LOVE about your body:

List 10 things your BODY does for you:

You Gotta Love it...

what person, place or thing has taught you the most about love?

Write a letter to that person, (place or thing) describing what you have learned. Oh, and while you are at it, appreciate and thank them for your lesson.

COLORMEAMAZING

What is your favorite color?

Describe yourself in first person as this color. (ex. "I am red... I am passion, sunset, blood, wine, roses.")

Where in your life do you find this color?

What items do you own in this color?

Where can you add this color to your life?

(ex. If purple is your color, can you purchase a dress, find a scarf, a pair of gloves, a handbag, dishes, tablecloth? Can you add bluberries, purple cabbage or grapes to your plate?)



GRATITUDE ROCKS



ROCK ON ROCK II YOU ROCK

What in your life are you grateful for?

Find 3 rocks in your yard and a sharpie marker.

Write your gratitude on your rocks

because having gratitude

ROCKS your world.

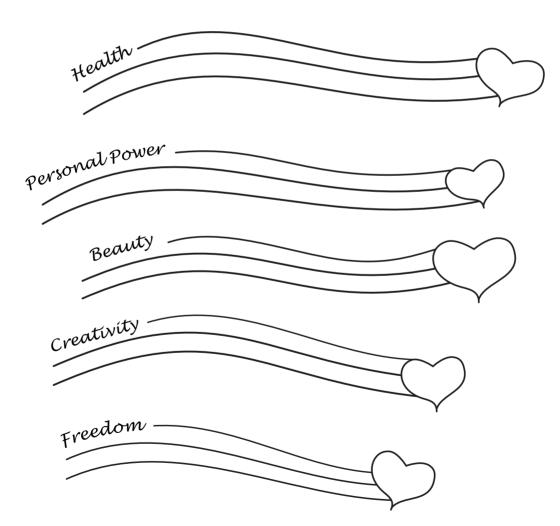
PERSONAL POWER



If you could say only one thing and be remembered for this saying, what one thing or piece of advice would you leave for others?

DISCOVER AND UNLEASH ALL THAT IS YOURS...

WHAT DO THESE WORDS MEAN TO YOU?



When you are hungry it may not always be for the **FOOD** on your plate. You may be hungry for **Soul FOOD**.

Create your own nourishment menu with options for feeding your body and your soul.

What is the #1 food that makes you feel happy when you eat it?

What kind of memories does it conjure up for your?

List 5 favorite healthy snacks that satisfy you that you love eating and that satisfy you.

List 5 things you love to do. These are things that get you so absorbed that you forget about time when you are doing them.

2 3 4

List your 3 favorite tea flavors:

2

Who are 3 "long lost" friends that you would love to have time to talk to but haven't yet created an opportunity for that to happen?

2 3

If you could do something crazy and unexpected, what would that be?

One crazy, unexpected thing that I could/would/will do is....

What kind of project(s) have you been wanting to start, but never seem to get to?

What is your favorite and fun form of exercise?

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List your 5 top favorite movies of all time?

2

3

4

5
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(When was the last time you watched it?)
List 5 steamy, exciting, juicy or sexy novels you have been wanting to sink your teeth into?

2

3
4
5

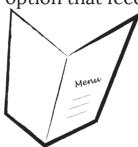
(When was the last time you bit into a juicy book?)

Let's pretend you are building a menu for a gorgeous fancy restaurant where you will be given delectibe choices and options for a satisfying, sensual experience. Nourishing your soul is as important to your health as nourishing your body. Create your own nourishment menu so that you have yummy, delish options for filling yourself up with something other than food.

Take your answers and fill them in on your menu so that you can always come back and look at what will satisfy your needs at any given moment when you are looking at food to fill you up. Use it as you would a restaurant menu. Let this menu offer something more. Something more exciting, something more satisfying.

Nourishment Menu

Choose the option that feeds your soul.



Appetizers: Things so yummy, you may not need to eat. (suggestion: a pedicure)

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Main Meal: Things needed to "build" a healthy, sexy body. (suggestion: yoga, nia, zumba, dance music)

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Desserts:

Things so sweet you can pass up the sugar. (Suggestion: A cup of steaming blueberry cheesecake tea)



Extra Special Once-In-A-While-Treats. (Suggestion: Toasted Peanut Butter, banana & honey sandwich.

FINISH THE FOLLOWING.

Take only60 seconds to answer.

Don't think, just write.

"When you wish upon a star, makes no difference where you are".

I wish...

I most especially wish...

What would have to happen to make your wish come true?



Lose the Weight of unsaid, unresolved, unproductive issues.

Is there someone you need to say something to?

THIS WON'T BE MAILED, SO THERE ARE NO WORRIES. IT'S SAFE TO DUMP WHAT YOU'VE BEEN CARRYING AROUND ON YOUR SHOULDERS FOR FAR TOO LONG.

YOU are a friggin'mazing!

How have you amazed yourself?

List 10 things that you have done that you are proud of, impressed with and/or excited about.

You are amazing, just the way you are.

YOU are a PRINCESS, You are a FAIRY)...

What is your Goddess name?

What power, strength and gifts to do possess?

Who do you help?

What color do you wear?

What do you look like?

Draw your avatar here: (hint: do you have wings to fly, a wand, flowers in your hair, or an extra large heart?)

Sexy Questions

Write something about yourself that no one else knows:

In a perfect world I would secretly like to be...

Draw yourself...be free.

What do you look like when you are totally feeling healthy, sexy, loved and free?

Your picture

"Every child is an artist.
The problem is how to remain an artist once he grows up." - Pablo Picasso

When you freely express yourself with Creativity and without (self) Criticism, you are feeding the spirit within you.

Take this opportunity to express yourself.

Unleash your "inner child", that little girl longing to be free, to play, to have fun and to create.

Draw something.
Draw anything.
Create.

Be free. Be proud. Be bold. Let her out.

Your drawing

What if at the end of the day, you took a sigh and said:

"Wow, that was an amazing day! The best day ever! Whoo Hoo!"

What does that day look like?

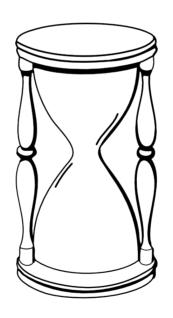
Describe your day in detail; what time it was, what you wore, where you went, who you met, what if felt like.

This is bun, isn't it?

Now that you've begun playing.

Let's dig a little deeper.

Set your timer (on your stove, counter or phone)
and start writing.



Write anything that comes to mind.

(hint: there are no rules except to be totally NAKED with yourself. Don't hold back. Write it down)

I'd love to

...but I don't have the time...

What if this were not the whole truth?

What if you did have the time?

HOW WOULD IT FEEL TO DO THIS THING THAT YOU' D LOVE TO DO?

If money didn't matter what would you be doing today?

It's that time of the week again...

To breathe.
To sit.
To go inward.
To ask.

For 7 days....
ask yourself...

How to do this.

First thing in the morning.

When all is quite.

When you just wake.

Take 5 minutes and ask for guidance.

What do I need to know today?

Day 1: What do I need to know today?

Day 2: What do I need to know today?

Day 3: What do I need to know today?

Day 4: What do I need to know today?

Day 5: What do I need to know today?

Day 6: What do I need to know today?

Day 7: What do I need to know today?

Day 8: What felt different about this week?

What did I learn?

If I could choose

one super power

what would that be?

What would I choose?

Why would I choose it?

What would I do with this power?

What if you pretended that you were TOTALLY POWERFUL and could do anything...

What is that ANYTHING?

Write a love poem.

Who is the recipient?

Why?

Spill the beans.

What's on your mind?

What does your body FEEL like?

Draw it.

Your body

Where are the curves?

Where do you feel tightness?

Where is your softness?

Access your situation...

List the 3 amazing things that happened today:

1			
2			
3			

Let the pen go.

Let it go.

What magic happened for you today?

YOU'RE A ROCK STAR.

The final pages of this book are free.

Free for you to be free with your self.

To let your thought flow freely.

Have FUN and ROCK IT...

What happens after you discover the "real" you?

Once you meet the "real" you, you need to nourish your healthy, sexy body with "real", pure and naked food. After you finish coloring your Naked Truth Journal, color your plate with "real" food while experiencing "Cooking Naked After 40". This create, concoct and cook book compiled of simple tips, ideas and recipes will help you cook naked. Naked food will transform your body and feed your soul, helping you build your healthiest, sexiest body. Find it on line at www.sleepingnakedafter40.com/shop.



Once you ace cooking "naked", it's time to start sleeping naked.

"Sleeping Naked After 40": A Women's Guide to Extreme Self Care and Love" will take you deeper into building healthy eating habits and rituals as spiritual connection to food and eating. It will support you in connecting not only to your food but to your body and your life. Find it on line at www.sleepingnakedafter40.com/shop.



Who is Rosie Battista?

There remains the remote possibility, and I am always open to possibility, that you will be asking, "who the heck is this Rosie Battista that cooks naked after 40, sleeps naked after 40 and reveals the naked truth?"

I am just like you. I struggled for years with food, self image and confidence. I took care of everyone else but me. When I started to really love myself for who I was, and take extreme care of me, that all changed. Discovering the naked truth about myself, who I am and what I really wanted was the catalyst that set in motion my passion for helping others discover and build their healthiest, sexiest self.

Eating better, looking better and feeling better inside and out is what happens when you embrace the practices of cooking and sleeping naked.

Other Naked Discoveries

For free recipes check out <u>www.cookingnakedafter40.com</u>.

For food talk, self care tips, ideas and inspirations for women over 40, check out www.sleepingnakedafter40.com.

For cooking video's, Sleeping Naked After 40 Lessons and how to's, check out www.youtube.com/rosiebattista.

For irresistible, decadent, delicious healthy sweet treats you've got to have that you just can't make yourself and you just can't live without shop at: www.onesmartnakedcookie.com.

For other books of this nature, shop at: www.sleepingnakedafter40.com/shop

Rosie Battista is Sleeping Naked After 40

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www.youtube.com/rosiebattista