

Mind
Over *Muffin*
by *Leanne Lisbon*

Rewrite Your Story

Reframing Your Beliefs

Hi lovely, below you will find a chart to help you identify and reframe the belief systems (stories) that are currently holding you back from the success you deserve.

Spend some time thinking about all the things you've been conditioned to believe over the years surrounding food, your body, weight and health. Think back to the things your parents, teachers, friends, siblings or people of influence said. E.g 'you can't leave the table until you finish everything on your plate' 'you'll have to watch what you eat when you're older', 'if you're good you can go for ice cream'.

Consider the things you saw them doing, for example I grew up seeing my mum use diet books and measure our her food etc, she never told me to go on a diet but it enabled me to create the story of 'you go on a diet to improve your body'.

Think about the most common excuses you use too as this will give you an insight into what your current belief systems are. Also think of all the ways you speak to yourself internally, 'I'll never be slim' 'weight loss is hard' 'eating healthy is boring' 'I'm not motivated enough'. Get it all down on the sheet below. If you need more space or if you prefer, take out your journal and write this down in there.

Belief/story I am running	Where did this come from? And is it mine?	New belief/story I choose now
Example: Being slim is hard	Seeing my mum struggle with her weight	Being slim is easy and natural for me

Belief/story I am running	Where did this come from? And is it mine?	New belief/story I choose now

Remember the first step of any change is awareness so being aware of what you're currently running is vital. Next time you catch yourself thinking or running this old story, I want you to stop and think of the new belief instead. Run that new statement through your mind and choose to identify as this version of you instead. Sounds simple but it's powerful!