

*Day Three:* CRUSH EMOTIONAL  
EATING CHALLENGE



Mind  
Over *Muffin*  
*by Leanne Lisbon*

By Leanne Lisbon. Mind Over Muffin.

## *Day #3: Mindfulness Is The Key.*

Hey lovely, here are your journaling prompts for today. You can complete this sheet or use your journal whichever you prefer.

Today is about training your mind to be more present, mindful and in the moment. When you're in this state of mind you will be more in control of those eating habits, kinder to yourself and it will benefit you in all areas of life.

### *Mindful Eating Exercise*

The problem for a lot of people is they're not present when they're eating, they're busy checking their emails, watching tv, working at the same time, on the run which means half the time they're not even aware that they're eating and it doesn't register in the body. Another downfall is they eat much faster than necessary and therefore eat more than they actually need. They miss the signals that the body sends to the mind to say it's full because they're on autopilot and unaware. It's time to change this and become more consciously aware of when you're eating, how much and slow the whole process down so you can get back in tune with your body.

Today when you eat I want you to put your knife and fork down in between every mouthful. Sounds easy right? Just give it a go and see what happens. Finish each mouthful before you pick your knife and fork up again. This will start to bring conscious attention to how fast you might be eating and how much more you might be eating than you actually need.

Give it a go for the next few meals and let me know how you get on.

Also if you usually eat in front of the tv or a screen of some sort, phone, laptop, ipad, stop this too. Be as present and as connected to eating as you possibly can. Taste the food, enjoy the flavours and listen to your body when it starts to get full. You should be able to love and enjoy food without the self sabotage.

### *How Do You Speak To Yourself?*

How do you speak to yourself internally?

In what ways do you put yourself down?

Write the most common things down that you say to yourself that are mean. Consider in relation to your body, your eating habits, your abilities.

How does it make you feel seeing these things written down?

Would you speak to a friend like this? Why?

In what ways will you change the way you speak to yourself?

## *Mindfulness of mind and body*

In which areas of life do you feel most busy, overwhelmed or stressed?

In what ways could you slow down and be more mindful and present?

When do you feel most present and calm?

When it comes to food, what foods FEEL good in your body?

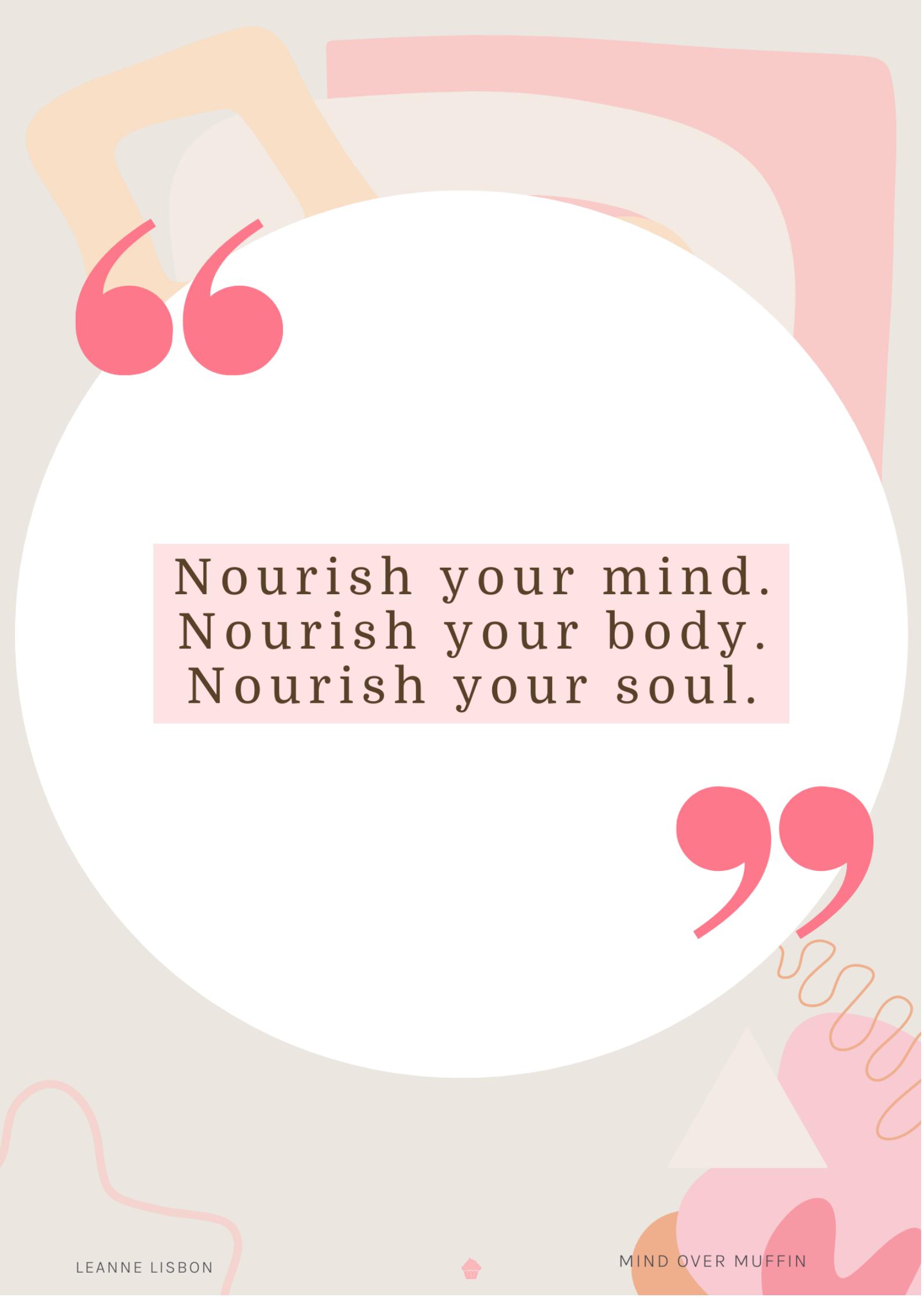
What foods FEEL rubbish in your body. Be honest here, let's get conscious.

In what ways will being more mindful impact your food choices?

Great work lovely! Be sure to download your meditation and have a listen. Find a quiet place where you'll be undisturbed. If you want to journal after your meditation on any of your realisations or how you're feeling, go for it!

See you tomorrow

*Leanne xx*



Nourish your mind.  
Nourish your body.  
Nourish your soul.

