

Day Four:

CRUSH EMOTIONAL
EATING CHALLENGE



Mind
Over *Muffin*
by Leanne Lisbon

By Leanne Lisbon. Mind Over Muffin.

Day #4: What Are You Really Hungry For?

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

Today is about looking at life as a whole and addressing the voids so you can start filling yourself up with the things that truly matter instead of food.

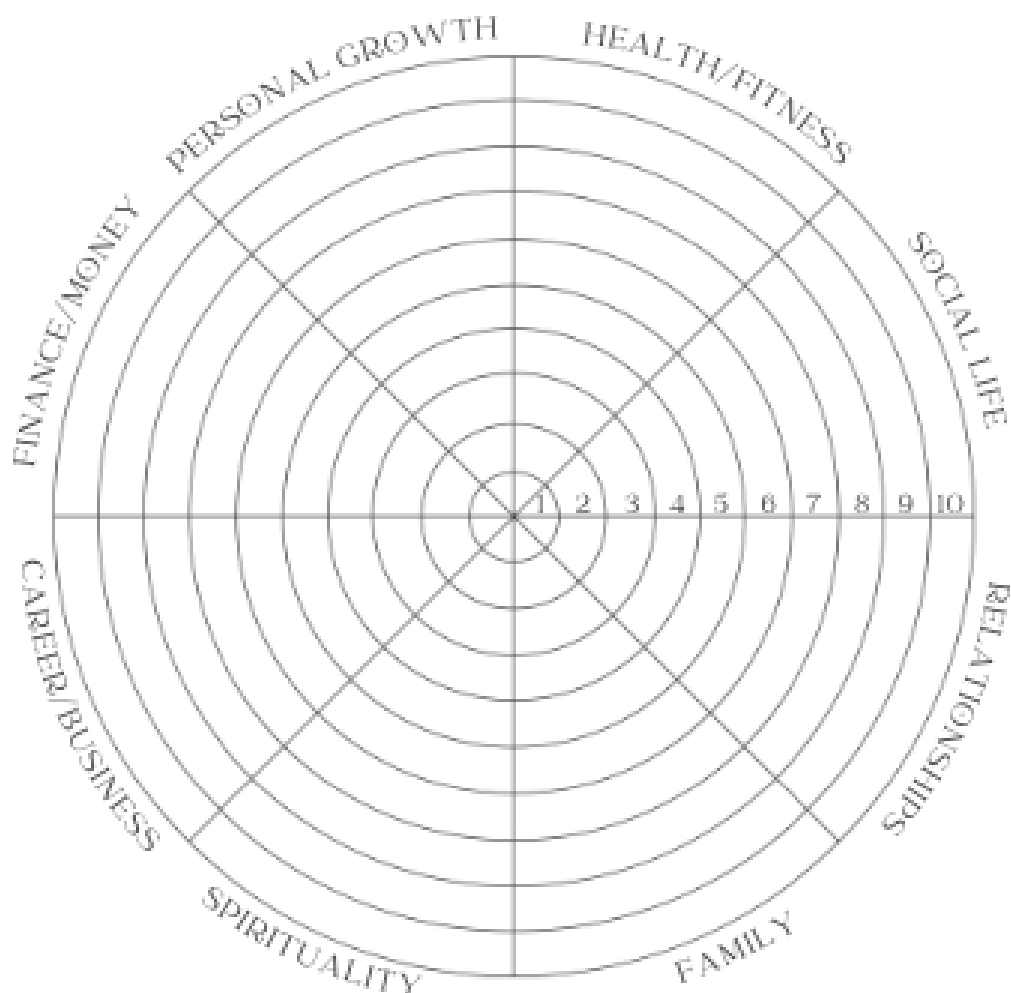
Use the Wheel Of Life diagram below to mark out of 10 how fulfilled you are in each area of life. You can print this sheet or simply draw it in your journal.

Mark along each line the score you would give yourself out of 10.

10 being the most fulfilled, 0 being unfulfilled.

Once you have a score for each area of life you can join the dots and you'll get an overview of how 'up and down' life might be, how 'low' it might be or how inconsistent. This will highlight the areas that need some love and attention.

It's really beneficial to do this exercise every couple of month as it shows where there has been improvements or which areas still need some work.



After completing the Wheel Of Life which areas in life are you not fulfilled in right now?

Why do you think this is?

What needs to change?

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

What is something you always say you'd love to do but never do?

What do you love doing so much that it sets your soul on fire? It's your happy space?

How could you do more of what you love each day?

What is one thing you could do for yourself this week that would make you feel amazing? Schedule it in and make it happen.

Share in the Facebook Group what the act of self love is for you, and when you will be doing it. I'm going to hold you accountable to this!

Meditation

Today I want you to do the candle meditation. It's really simple. Find a quiet spot where you'll be undisturbed. Light your candle, turn out the lights, set a timer on your phone for 10 minutes, then sit, breathe and focus on the candle flame. If your mind wanders, bring it back to focusing on the flame. View the flame as though it's the fire in your soul relighting.

This is a simple but powerful meditation that will quieten your mind, help you be more present, more mindful and to reconnect with your inner power.

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

“

Fill yourself up

WITH LOVE FOR
LIFE AND YOU'LL
NO LONGER NEED
FOOD TO FILL THAT
SPACE

Leanne Lisbon

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