

Mind
Over *Muffin*
by Leanne Lisbon

WEEK 9

MIND-FULL-NESS

Hey Lovely

Welcome to week 9 of the program. This week is all about mindfulness practices that will help you be more calm, present and connected in every day life so you can be this way around food too. It's so important that you start to fill yourself up with the things that really fulfil you so you don't need food to fill that space anymore.

We're going to be focusing on setting you up with a simple morning and evening ritual that will ensure you put YOU first, slow things down and connect to what truly matters.

Have an amazing week!

Leanne ♥

Weekly Checklist

1. Watch this week's video and take notes
2. Complete your workbook and the exercises within
3. Set up your morning and evening ritual
4. Use your tracker sheet for the week
5. Start the book *Breaking The Habit Of Being Yourself* by Dr Joe Dispenza. Just as a little warning, this book is a bit 'heavier' than some of the others we've been reading but it's brilliant. I find reading this one is a bit easier than listening on audio but go with your personal preference.
6. Share your findings in the Facebook group

Notes from this week's video

Write your notes and takeaways from the video here. What realisations did you have? What resonated with you? What light bulb moments did you have?

Mindfulness

Most people are caught up in the fast pace of life and the busyness around them, never stopping to slow down, take a breath and connect to what truly matters. This busyness allows no space internally and instead fuels behaviours that don't serve us, such as mindless eating. Remember when it comes to your eating habits, food is a mirror of your relationship with yourself and this is what we really need to address.

If you find yourself eating when you're stressed, it's not the food we need to work on but the stress.

If you eat too quickly, it's not the food we need to work on but why you're not present when you're eating and why you're rushing around in life.

If you eat when you're lonely, we need to work on your fulfilment from life and why you're feeling that way. Filling yourself up with the things that set your soul on fire and ensuring you have amazing people around you is how you'll really solve that problem.

Making sense?

This week is all about working on your general state of being so you can create a calm and more connected feeling every day and you can be this way around food as well.

How mindful were you currently?

When does mindless behaviour show up for you?

Why do you think this is?

In what ways would you love to change this?

What 'standards' are you currently living by that allow the mindless behaviour to play out?

How will being more mindful and present everyday support you positively?

Morning ritual

What's the first thing you think or feel when you wake up in the morning? Be honest.

Do you snooze your alarm?

What's your current morning ritual? What do you do when you first wake up? (You actually already have a ritual, something you do everyday)

How does this make you feel?

Let's come up with some new ideas that could go into your morning ritual that would set you up more positively for the day. List them out below. Remember this doesn't have to take hours, this could be 20 minutes just for you before you think about anyone else. Start the day the way you mean to go on.

Here are some examples; meditation, journaling, yoga, Pilates, the gym, a walk, a run, sit in the garden undisturbed, read a book, visualisation, positive audios, qi-gong, the release it process, fresh smoothie, hot water and lemon, herbal tea, a bath, goal setting, intentions for the week.

Write your ideas below.

Now pick 1 or 2 things that you will build into your week this week. Write them below.

When will you do them? What time each day?

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There's no point thinking 'right I'm going to add 10 new things into my morning' because that's only going to last a few days, so let's take it steady. Build 1 or 2 things in for the next week then you can add another once that has become a habit.

I recommend putting a post it note next to your bed for when you wake up in the morning to jog your memory of the new ritual you are going to do. Remember we're creatures of habit so the mind easily reverts to what it's always done, so help it out. Another great tip is to label the alarm on your phone so when it goes off in the morning it will say 'meditate' or 'ritual time'.

Evening ritual

As mentioned in the video it's really important that you wind yourself down before bed. Here are a few check points to cover 30-60 minutes before going to sleep;

- Turn off the tv
- Put your phone on aeroplane mode
- Put your laptop/ipad away
- Do a practice that helps clear your mind and connect to you. E.g meditation/journaling
- Turn off the main light in your room and just use lamps or candles. If you have a salt lamp put that on
- You could have a bath or something relaxing

All of these suggestions will help you to wind down and prepare yourself for sleep. You will sleep better, have a more peaceful rest and wake up feeling more energised.

7 Day Challenge

This week I want you to aim to build 1-2 things into your morning and evening ritual and do this every day. I'm challenging you to 7 consecutive days. Remember consistency is the key!

I'd recommend building in some meditation and journaling as these are such powerful tools to help you be more mindful. You can utilise the 'mini meditation tab' on the membership site for some audios, or hop onto YouTube for other guided meditations. When it comes to journaling, just let the words flow from you, there is no right or wrong, it just is.

You'll find a tracker sheet that you can use to track your progress this week.

You've got this! I believe in you. Have an amazing week.

Leanne ♥

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“

You are a
human BE-ing
not a
human DO-ing.

Dr Wayne Dyer.

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