

Mind
Over *Muffin*
by Leanne Lisbon

WEEK 10

MINDFUL EATING

Hey Lovely

Welcome to week 10 of the program. This week we're focusing on mindful eating practices that will help you become more consciously aware when you are eating, so you can eat slower, eat less and enjoy your food even more.

This week is going to be more about implementation, so be sure to put it into practice right away.

Have an amazing week!

Leanne ♥

Weekly Checklist

1. Watch this week's video and take notes
2. Complete the workbook
3. Put the mindful eating tools into practice
4. Track how you feel when using the tools
5. Continue the book *Breaking The Habit Of Being Yourself* by Dr Joe Dispenza.
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?

Mindful Eating

Mindful eating is about slowing things down, being aware so you can eat slower, eat less and enjoy your food.

When you give yourself time and space to eat, to enjoy your food, you'll feel more connected to your body, more in control and nourished by your meal as well as make better choices.

Environment

Where do you currently eat your meals when at home? Think through each meal of the day.

Where do you eat your meals at work?

What distractions are around when you eat?

What effect do you think this has on the way you eat?

How do you usually feel when you're eating? Close your eyes and imagine it now, are you relaxed and calm or are you internally busy?

In regards to your current environment when you eat, internally (your thoughts and feelings) and externally, which elements of this ARE serving you positively?

In regards to your current environment when you eat, internally and externally, which elements of this ARE NOT serving you positively?

What changes can you make as of now to help you with this?

The WAY You Eat

Let's look at how you're currently eating.

Describe how you currently eat? Is it fast, slow, mindfully, in a distracted way. Do you eat too much? Go back for seconds? Do you realise you're eating?

Why do you think this is? And where does it come from?

In what way is this serving you positively?

In what way is this NOT serving you?

In an ideal world how would you like to eat your meals? Answer in detail, how you want to feel, what that would look like, how much time you would have etc.

What could you do this week to take one step towards this outcome?

Your new eating ritual

It's time to make meal times special and create you a new ritual around food. What can you do to make meal times feel enjoyable, slow paced, exciting.

Where will you eat and how will you eat. List it below.

Challenge...

I have a challenge for you this week to help you become more mindful and present when you're eating. To help you bring more awareness to every mouthful so you can enjoy your food.

When you eat, put your knife and fork down in between EVERY bite. You cannot pick them back up until you have completely finished the mouthful. Only then can you continue eating. If you're eating something with your hands you can't pick it back up until you've finished the mouthful.

Do this exercise and then write your findings below.

How was that experience?

What did you notice about your eating habits?

What did you learn and realise?

In what ways will you continue to bring this awareness to how you're eating?
And what will be the benefit?

Chew 30 times

Another great challenge is to do the above (put your knife and fork down) but then aim to chew each mouthful 30 times. This means you have to go slow. You have to taste the food. And you have to just BE. It's a great way to retrain your mind to slow everything down.

Give this a go as well. Then write your findings below.

How did you find that exercise?

What did you learn?

You won't have to eat like this forever this is simply a way to retrain your mind so you can be more mindful and present and build a new habit around food.

Mantra of the week

" I deserve the time to nourish my body from a place of love"

Use this mantra to remind you to create space in your day for eating your meals and enjoying the process.

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

Leanne ♥

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BE.
HERE.
NOW.