

Mind  
Over *Muffin*  
*by Leanne Lisbon*

WEEK 11

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LIVE A FULL UP LIFE

## Hey Lovely

Welcome to week 11 of the program. This week we're looking at how to fill yourself up with life and love instead of food! As you've heard me say before, you don't have a food problem, but instead a personal problem showing up around food. It's time to fill that internal void so you can stop using food in that way.

I also just want to take a moment to say a massive well done for how you've been showing up and for still being here and sticking with it! Great work.

Have an amazing week!

Leanne ♥

## Weekly Checklist

1. Watch this week's video and take notes
2. Complete the workbook
3. Complete the gratitude exercise
4. Put the Release It process into action
5. Start reading *The Alchemist* by Paulo Coelho. This is a bit of a different book to the others you've been reading but one of my favourites. I LOVE it. Open your mind when you read it and take your own meanings, let the metaphors unfold.
6. Share your findings in the Facebook group

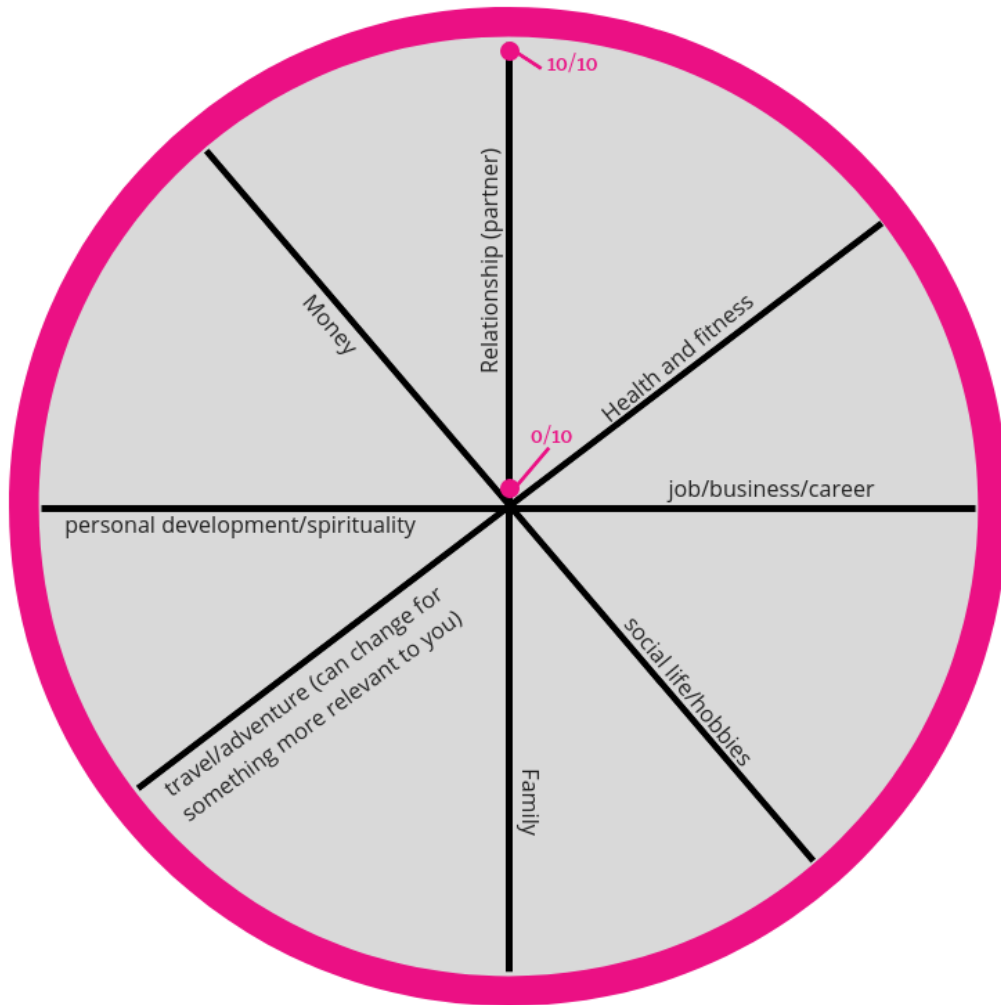
## *Notes from this week's video*

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?

## *Wheel of Life*

As I mentioned in this weeks video we're focusing on filling the void that you're experiencing internally by looking at all areas of life. Initially this might seem unrelated, but trust me it's not. When there are areas of life that are unfulfilled, this creates the sense of something being missing or out of alignment, like we're not living the life we want...the void. We then try to fill this with something like food. So in order to stop this cycle we need to ensure you're filled up with the real things that set your soul on fire and make you feel like you're living the life you desire.

Take a look at the wheel of life below. You can either print this page and draw on it or simply copy the wheel into your journal. For each category mark out of 10 your level of fulfilment. (0 being the lowest, 10 the highest) 0 is in the centre of the circle and 10 on the outside. Be honest with this process, this is for you only.



Once this is complete you will find a pattern appears and it gives you a great overview of your fulfilment in life.

What did you notice from doing this exercise?

What surprised you?

What upset you?

Viewing life in this way what has it made you realise?

What do you need more of?

For each area, what's one thing you could introduce that would help you feel more fulfilled? This doesn't have to be anything huge, it could be as simple as a bubble bath, more time for you, a yoga class, date night, anything, think of what you love and what makes you feel awesome!

Pick one thing from this list that you will introduce this week. It's important that you don't try and overhaul your whole life, remember this is a life long journey, there's no crazy rush. Pick one thing, implement that well and once you start to notice the changes in how you feel and how this positively impacts your eating habits then move on to adding another.

What's the one thing you will add this week?

What difference will it make?

Remember the more you fill up with the things you love in life you'll no longer need food to fill that space.

## *Gratitude Exercise*

I always find when we're focusing on 'the void' and what we perceive is missing in our life, it's really important to bring some attention to the things that are going well, that we're grateful for.

Every night when I lay in bed and close my eyes I go through 3 things in my mind that I'm grateful for that day. I feel the emotion of that in my body and really let it sink in. You can even write this in a gratitude journal if you prefer. When you truly connect with gratitude and abundance you open up space for more of this to flow to you.

I'm sure you've heard people mention gratitude before and maybe you already acknowledge what you're grateful for. However something that's really important is that you connect with the feeling of gratitude as you think it. Just reeling off surface level things isn't good enough, you've got to really think deep and feel the gratitude in your body for those amazing things you have in your life. This is how you'll manifest more of that!

Your challenge this week is to write a list of 50 things you're grateful for. The first few things you think of will be conscious, then you'll start to get into the unconscious heartfelt stuff where the emotion lies. Connect with it. Feel it. When you're focused on the amazing things in your life, energy will flow there and you'll create more of it, amazing!

If you hit a wall keep going, this is a good sign, you're about to have a breakthrough. Do this exercise all in one go. Write them out in your journal. Share how this experience was in the Facebook Group.

## *Release It Process*

This week I want you to pick one thing that you'll use the Release It Process for. If you haven't used this regularly since learning it in the program, this is your chance to start putting it into action. Head back to week 4 and refresh your memory if you need to and then use it. Maybe you pick an emotion, a belief or a craving to work on.

If you're unsure you can ask in the Facebook Group.

## *Mantra of the week*

*" I choose to fill up with life and love "*

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

*Leanne* 



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love and life  
and you'll no  
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in the same way

~ Leanne Lisbon ~