

Mind  
Over *Muffin*  
*by Leanne Lisbon*

WEEK 12

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RE-WRITE YOUR STORY

*Hey Lovely,*

Welcome to week 12! Can you believe you're into the last week? What a journey!

You really have come so far and have made some incredible changes in your mindset, the way you're thinking and have so many tools and processes to take into the future to continue maintaining that success.

Remember working on your mindset is something that should be integrated into every day life, a few simple steps will keep your mindset in check and keep you moving towards those goals.

If you take one thing away from this program let it be, you hold the power to create anything you want in your life, you get to choose and you get to design the life you want. All you have to do is look internally, take charge of those thoughts and go for it! You have all the answers you need within you, and you've got this!

So this week we're going to spend some time reflecting on the last couple of months and setting some clear intentions for the future.

It sure has been a journey and you've done so well! Continue to apply the tools, use your daily practices to stay connected and in tune with you and your body, it's so important!

And also know that I'm not going to be throwing you out on your own, I value the community we're building here and I'd love for you to stay part of it. If you feel like you want to keep growing, evolving and developing your mindset and life then there are definitely options in place for you to do so and I'll be right there along side you!

P.s. There's the option to join us for a gorgeous retreat in Bali, think yoga, massage, sun, beach, mindset breakthroughs, delicious food, fresh juice and amazing friends....yes! (And of course a cocktail or two!)

*Leanne* 

## *Weekly Checklist*

1. Watch this week's video and take notes
2. Complete the workbook
3. Reflect on the last 12 weeks
4. Write your future vision
5. Research some new books that you can read or listen to.
6. Share your findings in the Facebook group. Let me know what you're biggest takeaway from the 12 weeks has been

## *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?

## *Re - writing Your Story*

This week is all about fully stepping into the future version of you that you want to be and rewriting those old stories. You have learned so much the last few months so it's time to bring it all together. But first...let's start with some reflection.

### *Reflection*

To notice how far we have come we often have to reflect on where we've come from. So often we're so busy looking forwards to the future that we forget to appreciate the journey we've been on. Let's begin by reflecting on the last 12 weeks.

Think back to where you began 12 weeks ago. Where were you? How were you feeling? What habits and behaviours were keeping you stuck? What thoughts occupied your mind the most? Really connect to where you were 12 weeks ago. What made you sign up for this program?

I'd encourage you to refer back to your week 1 workbook if you need to and take a look at what you wrote there. Write your answers below.

How does the above description compare to where you are now? What's changed?

What are you not doing now that you were doing before? Consider your food habits, thoughts about your body and appearance, the way you spoke to yourself.

What are you doing now that you weren't doing before?

What shifts have occurred in your mindset?

What shifts have occurred in the way you talk to yourself?

How have your thoughts transformed?

What has changed in your day to day life?

What has changed in terms of exercise and moving your body?

How do you feel about your relationship with food now?

What are you aware of that you didn't realise before this program?

How is this awareness going to allow you to transform your life moving into the future?

In what way will you continue to implement the tools you've learned and what will be the benefits of doing this?

What other mindset shifts do you want to make?

What do you know you could be doing more of right now to step it up?

Tune into where you're at right now and use the table below to score yourself out of 10. Scale: 0 being the lowest (not good/very low) and 10 the highest (awesome/really high)

	Scale of 0-10
How I feel about my relationship with food	
How I feel about my body	
How I feel in my clothes	
How I feel when I look in the mirror	
How I feel about going out for dinner	
How I feel in social situations	
How's my confidence	
How are my energy levels	
How I feel about my health	
How I feel day to day mentally	
How I feel day to day emotionally	
How motivated I am	

Refer back to your week 1 workbook and take a look at the table you completed there. What's changed? What are you proud of?

What has been your biggest achievement over the last 12 weeks?

In what ways could have done more throughout this program? Be kind to yourself here, you're so much further along this journey than you were 12 weeks ago and remember this is a new lifestyle, a way of being, so you'll continuously make positive changes now. You're in this for life!

How proud of yourself are you for taking the steps in this program? And how are you going to celebrate your achievements?



What realisations or light bulb moments have you had?

How has your relationship with yourself changed?

What other areas of your life have been effected positively over the last 12 weeks?

## *Facebook Flashback*

Head on over to the Facebook group and search your name, this will bring up your posts. Find your intro video and some of your early posts.

What's changed over the weeks?

Spend some time looking through the wins you posted too, connect with those. If you missed any on your success tracker write them down now, keep a track of them.

How does it feel to read through the wins now?

## *Re-Writing Your Story & Future You*

As I mentioned in this week's video connecting to future you and stepping into her is vital if you want to stay connected to your goals and continue growing. It's time to get super connected to what you want so you can start creating it.

First we need to get clear with the old story you've been running and what patterns and habits have kept you stuck.

OLD STORY: Old you who is running the old story, how did she think, walk, talk, what habits did she have? Let's get clear with this so you know what's ready to be let go of.

NEW STORY: List out all the things that future version of you does. Consider the way she talks to herself, the way she thinks, the way she acts, walks, talks, the things she does day to day. Who is she?

## *Journaling exercise*

Take out your journal, get comfy, light a candle, put on some nice music or whatever makes you feel most relaxed and connected and write out your future vision (no limitations). This is all about getting super clear with future version of you and what she wants. Let the words flow. I encourage you to use pen and paper so the words can flow through you.

What do you want, 3, 6 or 12 months in the future? (you pick a time frame) Describe it in detail. Write out a day in your dream life, what do you do? What time do you get up? What do you eat? How many hours a day do you work? How do you exercise and how often? What clothes do you wear? How do you feel about your body? Who do you spend time with? Go in to as much detail as possible, get really clear with it. Dream big.

The key thing here is that you write as though this HAS ALREADY HAPPENED. I want you to date your journal entry 3, 6 or 12 months in the future. And write as though everything you want is already happening. I tend to start my vision exercise with...

"It's (the date in the future) and I'm so unbelievably grateful for... (fill in with everything I want). This is a powerful exercise. Pay attention to the language you use throughout and ensure it stays in the present or past tense. This helps your mind connect to the fact that this has already happened and it's already a reality.

Keep writing until you can't think of anything else. As you're writing FEEL the excitement, joy or gratitude you experience. Once you've done this answer the following questions.

What's one way you could start FEELING like future version of you right now?

What's one way you could start THINKING like future version of you right now?

What's one way you could start ACTING like future version of you right now?

*You have everything it takes to be the version of you, you want to be!*

Every day when you wake up I want you to connect with that future vision of you, be her, walk like her, talk like her, breathe like her, be her now.

When you have a goal, you chase the feeling of how you think you're going to feel when you get there. 'When I'm slimmer then I'll feel confident', 'When I have more money, then I'll feel relaxed.' The key is to feel that way right now.

So everyday tune into that future version of you, you at your goal and how she feels, choose to be her today, feel how she feels, talk how she talks, because my lovely, you're already her! You've just got to start believing it.

Everything you want is already within you, you just have to tap into it!

One of the most powerful questions to ask yourself every day is...

## *Am I making this decision based on who I am now or who I want to be?*

I use this question regularly to help me tune into the version of me I want to be, so I can step outside of the current version and keep moving towards my goals. So use this question too, it's powerful!

For example does future you stop being active for a few weeks because 'she can't be bothered' or does she value her health and happiness so much that she gets up early to work on her mindset and get that body moving?

Exactly...she takes action!!

## *Let's break it down*

Let's make it simple and non-negotiable for you to hit your goals over the next 4 weeks by breaking it down into actionable steps!

First summarise your goal here.

MONTH	GOAL

Now let's break that down into steps. What steps will you take each week to move towards your goal? If you want to you can take it further to daily steps also.

	GOAL	STEPS
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

How do you feel about your goals and steps for the next 4 weeks?

Ensure you plan out the steps of your monthly goals regularly to keep you on track and so you know exactly where you're heading! Your mind loves clear direction, make it easy for yourself! And then all you have to do is take it step by step.

## *What a journey*

I just want to say how grateful I am to have spent the last 12 weeks with you supporting you on this journey. You really have come so far and it's so important that you put some time aside this week to congratulate yourself on the time, energy and heart you've put into this over the last few months and to show yourself some gratitude for what you've done.

Thank you for being here, for showing up and being part of this group, it's been an amazing journey!

Go back to your declaration from week 1 and review and reflect on what you wrote. Take it in.

How did you say you were going to celebrate when you completed the program? When will you do this?

Share your celebration in the Facebook group and then go and do it, you deserve it!

*You have everything it takes to achieve your dreams!*  
*Mantra of the week*

*" I get to choose and create the future I want"*

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

*Leanne* ♥

P.s. Want to chat about the next level? You can [click here](#)

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“

It's not important  
where we stand  
but the direction  
in which we  
are moving.

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Goethe.

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