

Mind
Over *Muffin*
by Leanne Lisbon

WEEK 1

JUST THINK
CHANGING YOUR PERCEPTIONS

Welcome to Week 1

Hey lovely welcome to week 1 of the program. This week is all about helping you to change your current perceptions of food, weight loss and the diet industry and becoming way more aware of what the actual problem is.

When you can start to understand that your relationship with food is simply a mirror of your relationship with yourself, you'll make some BIG progress with your eating habits.

When you can step out of the diet trap and break up with your scales you will feel way more free and lighter instantly! These changes all come from just being aware of this information and gaining a new perspective and that's what this week is all about.

We're taking it steady this week before we get into some big change work over the next few modules.

It's going to be an awesome week. Enjoy!

Weekly Checklist

1. Have an amazing week and enjoy yourself. Connect with the other amazing ladies on this journey, get to know each other, smile and laugh a lot!
2. If you still haven't done so post your intro video in the Facebook Group. Tell us who you are and why you're here. Watch the other ladies videos, get to know each other.
3. Watch this week's video.
4. Complete your workbook and any other material over the next 7 days.
5. Share your learnings and takeaways in the Facebook Group. Let us know how you're getting on.
6. Continue reading or listening to your book of choice from the list.

Takeaways from this week's video

Watch this week's video and then write down your learning's and biggest takeaways. What light bulb moments did you have? What created a shift in your way of thinking? What resonated with you?

Awareness is key

The first step of any change is awareness, you cannot change unless you are aware of what you're doing, this is going to be a big focus of the work we do here, helping you become more mindful because remember this is not about the food but about your relationship with you!

Throughout the program be kind to yourself as the results won't come instantly but they will happen. Think of it like going to a gym, you wouldn't expect to go once and walk out with popping abs, it's the same with training your mind it takes small consistent action and when you do this, you will get the result!

What are you ready to let go of now?

What have you had enough of in regards to food and your body?

The diet trap



Looking at the 'diet trap cycle' diagram how can you relate to it? What resonates with you?

What elements of this have shown up for you throughout life?

In what ways do guilt and shame show up for you around food and your body?

In what ways does this diagram and concept help you gain clarity around your weight loss and food journey so far?

What will be the benefit of leaving this cycle behind for good?

'Food is not the problem' is a statement I mentioned in the video. What thoughts do you have around this?

WHY do you think you're currently running the patterns you are around food? What are you using food for? What are you trying to get from food?

What have you learned about the root of your eating habits from watching this weeks video?

Break Up With Your Scales

As mentioned in this week's video, we get way too attached to the number on the scales and we allow it to determine our success and how we feel. It's time to break up with your scales lovely.

This might feel tough for some of you, but it's happening. Just give this program everything and give it a try.

Lock your scales away somewhere that you can't get to them and avoid weighing yourself for the duration of the program.

How do you feel about doing this?

What emotions come up for you when you think about doing this?

Why do you think that is?

How often are you using your scales and how does it make you feel?

What will the benefit be of being free from your scales?

The issue diagram



We will be diving into this in way more detail throughout the weeks, however for now I want you to just consider the initial things that come to mind when you look at this diagram because this is what it's really all about. Remember it's not the food but the reason WHY you want the food that's the problem.

What are the initial things that come to mind for you when you look at this diagram?

Which external things have you been using and for what purpose?

What do you think the issue could be for you underneath the behaviour?
(There could be more than one but go with what comes to mind)

What heaviness have you been carrying internally? (Trust the answer that comes to mind)

How do you think solving these real issues underlying the behaviour will set you free?

Mantra of the week

What's your mantra of the week going to be? Write it below and share it in the Facebook group. If you're stuck you can use 'everyday in every way I'm getting better'.

Your takeaways

Go ahead and share in the Facebook Group your biggest takeaways, realisations and learning's from this week.

My biggest takeaway is

--

You've got this! I believe in you.

Have an amazing week.

Leanne ♥

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“

The minute you
make peace with
your body...
is the minute you
open up space
for change

Leanne Lisbon.

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