



WEEK 3

CHANGE YOUR RESPONSE

CREATE A DIFFERENT OUTCOME

Welcome to week three

Hey lovely welcome to week three of the program. This week you'll be focusing on changing your response to those habits that you tracked last week so you can start creating a different outcome.

Remember be kind to yourself as you start to make these changes, they won't all happen over night but they will happen, so stick with it, you've got this!

Have a great week.

Leanne ♥

Weekly Checklist

1. Watch this week's video and take notes.
2. Complete your workbook.
3. Use the audio at least 3 times this week.
4. Put your focus on changing your response to your current food habits.
5. Share your wins in the Facebook Group, this is really important this week.
6. If you've finished your book, make a start on the next one.
7. Have fun!

Notes from this weeks 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?

Changing your response

When it comes to the outcomes we get in life, we often expect different results without doing anything different. But your outcome is determined by the response you have to things. If you want to create a different outcome then you have to change your response.

OLD RESPONSE = OLD OUTCOME

NEW REPONSE = NEW OUTCOME

It's important that we start to teach your mind that there's a whole new way to respond to it's usual triggers around food. For example right now your mind might run the program of 'when it's afternoon tea at work I have to have a cake from the trolley' or 'when I watch TV then I need to have a snack.' This is just a programmed response that continues to get you the same outcome (eating more than you need when you're not hungry). So now we need to give your mind another option, another response so you can change the outcome. Make sense?

What's the real purpose?

Discovering the real purpose or reason why you use food in the way you do is a game changer and allows you to take back the power and control.

Here are some common examples of reasons why people use food. Procrastination. Distraction. Comfort. Love. Happiness. Stress release. Relaxation. Boredom. Loneliness. Sadness. Frustration. Something to do. Time out. 'You time.' As a reward. As a treat. To lessen anxiety. Now over time this original response to food becomes a habit and you'll find that your mind just runs this response without you really knowing why it happens, you'll feel as though 'you don't know why you eat' or as though 'it just happens out of your control' but there is still a reason underneath that, it's just become autopilot response that's all.

Look back at your tracking exercise from last week and for each time you have logged I want you to ask yourself what you were really searching for in that moment. If you weren't physically hungry then what was it really? You might be craving different things in different situations and different times of day so make sure you work through everything you tracked.

List your findings below.

What is it you're really craving?

What space is food filling for you?

What do you really need to be filled up with? (What do you need to be fulfilled)?

So taking all of this into account, what purpose is food really serving for you? What is it you're really searching for? What's that feeling? There might be more than one common theme that comes up here and that's ok.

With the answer you gave above, if you were to go deeper than that in terms of what you're really wanting, what would you say it is? (Trust the answer that comes to mind)

Remember this is not a food problem, if we took away food you'd find another outlet whether that be alcohol, cigarettes, shopping, social media, TV. This is about finding the reasons why you use food the way you do and ensure we fill that void or release those triggers so you can wave that habit goodbye.

Changing your response

So let's work on changing the current response you have to food so you can get a different outcome. This begins with giving your mind some other options and teaching it what you want it to do instead. So it's important to consider how you can get that thing you're searching for in food but from a source that truly gives you what you want.

For example if you're searching for comfort, then you'll never truly find that in food because you eat the food, you feel bad about it, carry around a ton of guilt and it moves you further away from your goal. Sound familiar?

However if you were to instead in that moment get outside in nature, sit and read a book, meditate, listen to some nice music, have a bath, walk the dog, sit with a cup of tea and just be, you'd find these things would give you the true comfort that nourishes your soul which is what you're really searching for. When we break it down, underneath it all as humans we're all searching for love and connection and this will never be found in food.

So let's find the things that give you that sense of love and connection and whatever it is you're searching for in food but in more positive and soul nourishing way .

What really fulfils you? Think of the day to day things in life that you enjoy? If you're struggling to find something, consider what you don't do enough of because this could be part of the problem too.

What do you wish you could do more of?

What's your favourite thing to do just for you?

When do you feel most connected, calm and happy?

When do you feel most loved?

Considering all of the above, how will you start changing your response to cravings and urges for food so you get what you're searching for but in a more positive way?

How will you commit to changing your response this week?

What will be the benefit to doing this?

Challenge the thoughts

When you get a craving, urge or thought for food I want you to challenge it by using what I call the STOP. LOOK. LISTEN method.

- #1. **STOP** – before you act and eat the food stop, take a breath and tune in.
- #2. **LOOK** – Turn your focus inwards, look internally and ask the question, what's the real purpose of me wanting this food? What's it really for?
- #3. **LISTEN** – Trust the answer that comes to mind and listen to what you're really needing, then act positively based on this. Remember you want true connection, love and something that sets your soul on fire and this is not found in food.

Something that really helped me with this was having the long term vision rather than being focused on short term gain. When you're focused on short term gain you'll think about the instant reward e.g 'this chocolate bar will make me happy for a minute so I'll eat it'. When you have long term vision it's being focused on the bigger picture and the goal you're working towards. When you connect to this it's easier to make the decision that will really support you. E.g 'I might want the chocolate bar, but I know it's not supporting me in reaching my 6 month goal and that's what I want to achieve.'

*" Make your decisions based on who you want to be not
who you are now "*

Throughout this week I want you to celebrate every time you change your response to food, every time you create a different outcome and every time you think or feel differently. Share these wins in the Facebook group, they deserve to be celebrated!

Leanne ♥

Mind
Over *Muffin*
by Leanne Lisbon

“

You must learn
a new way to think
before you can
master a new
way to be.

Marianne Williamson.

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