

Mind
Over *Muffin*
by Leanne Lisbon

WEEK 2

AWARNESS IS KEY

Welcome to week two

Hey lovely welcome to week two of the program. This week is all about becoming aware of your unconscious habits and moving them into your conscious awareness so you can make some powerful changes over the next months.

Give yourself the space to implement the awareness task from the workbook. I'd love you to put this into practice each day, it's not going to take any extra time out of your day because you'll be tracking your food habits, and you'll do this when you're already eating or thinking about eating (so you're already doing something with that time right?)

This week is simple in terms of implementation but can be a little tricky in ensuring you remember to implement it so I've given you some ways to help kick your mind into gear.

Have a great week.

Leanne ♥

Weekly Checklist

1. Post your intro video or intro post in the Facebook Group if you haven't already. Tell us who you are and why you're here.
2. Watch this week's video and take notes.
3. Familiarise yourself with the awareness process in the workbook and put it into practice.
4. Share your learnings and takeaways in the Facebook Group. Let us know how you're getting on.
5. Continue reading your book of choice from the reading list. If you've finished that one move onto the next.

Notes from this weeks video

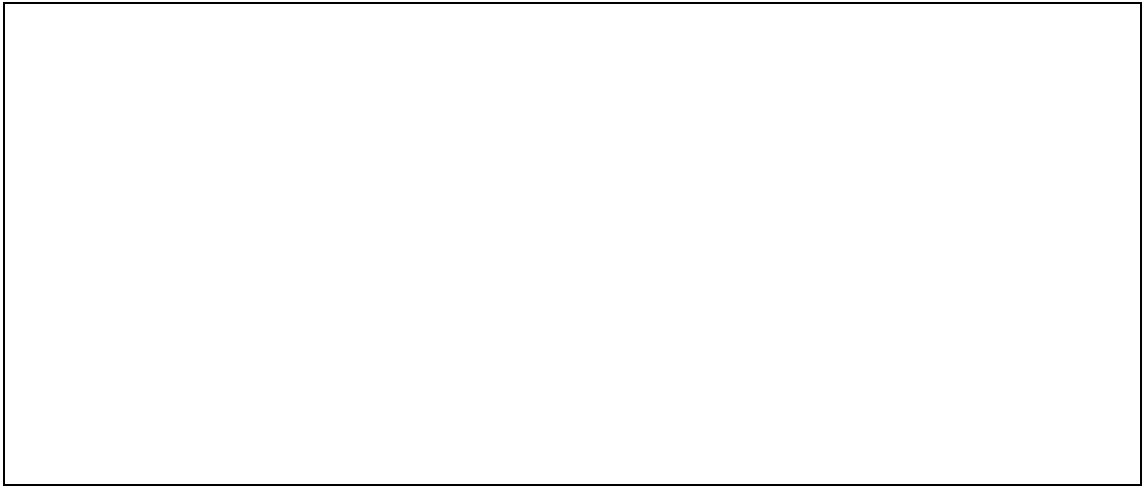
Write your notes and takeaways from the video here. What realisations did you have? What resonated with you? What light bulb moments did you have? What have you learned about the importance of awareness?

Tracking your unconscious habits

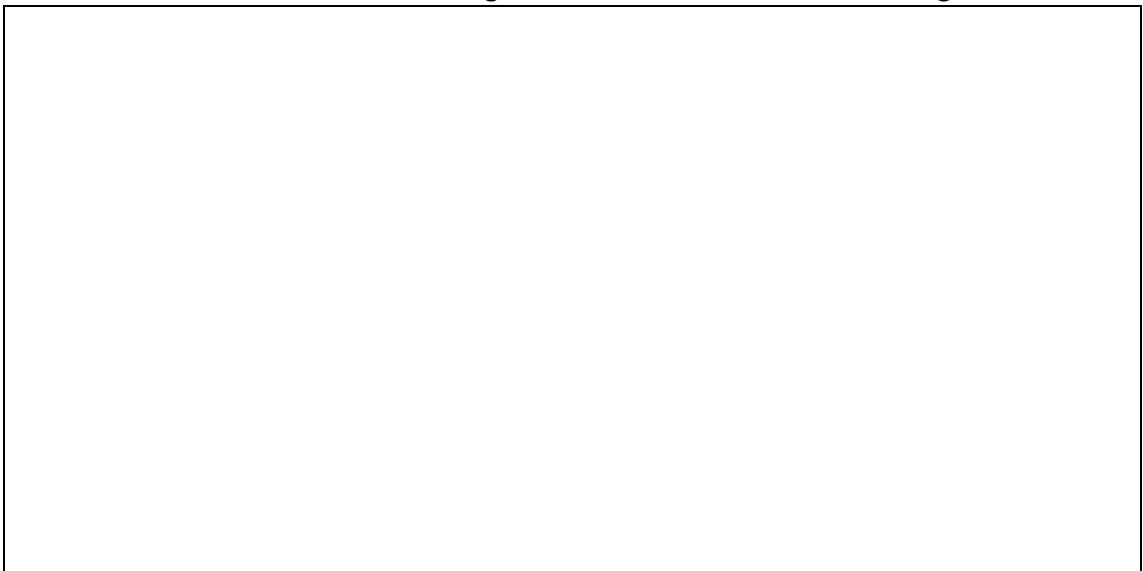
So as the video explained, right now the majority of your eating habits are unconscious, meaning they just seem to happen without you really thinking about it, they're on auto pilot. Maybe you find yourself at the kitchen cupboard when you're not hungry or get through a big bag of crisps when you only meant to eat half, these are all habits that your mind has learned to run. We need to make these habits more conscious so you can work on changing them and we do this by simply bringing some attention to them in the moment.

Write down all the current habits you know you run around food.

Write down all the repeat thoughts you have around food.



Write down all the repeat negative thoughts you have about your body. (This is also a habit) We will be working more with this over the coming weeks.



Over the next 7 days I want you to start to track the way you THINK and FEEL around food and your body so you can find the habits that are running. We're focusing specifically on all times you want to eat when you know you're not actually physically hungry, so you're emotionally eating, binge eating or mindless eating. If you feel like you genuinely are constantly physically hungry then track this feeling that you have. A lot of the time the mind and body have got so stuck in a habit of eating and wanting food that it can feel as though you're hungry all the time, but you'll start to see that this isn't physical hunger but emotional hunger instead.

Eating habits

Every time you experience a craving, an urge for food or want to eat, I want you to check in and ask am I physically hungry or emotionally hungry? (Is my body needing fuel or am I craving something else?)

If it's emotional/craving/sudden urge for food then note down how you THINK and how you FEEL at the following points in time.

#1. When you get the thought or feeling that you want to eat.

(what are you thinking and feeling?)

#2. Whilst you eat (what are you thinking and feeling?)

#3. After you eat (what are you thinking and feeling?)

A few other things I want you to consider when you track the above things.

WHERE - I also want you to note down your environment. Where are you? Are you at home (which room), at work, in the car, picking the kids up from school.

WHAT - What are you doing at the time of having the thought of wanting food.

WHO - Who else is there? Are you on your own?

Use a little notebook or the notes app on your phone to keep a note of what you discover. The hardest part will be remembering to do this (because a lot of it happens on autopilot) so pay attention to your thoughts and be present when you're eating. I'd recommend setting alarms on your phone to go off a few times a day that say 'be aware' or 'track my habits' so it reminds you.

Post it notes also work really well, put them on your fridge, a cupboard, your bathroom mirror, somewhere you'll see them. Again it's just something to remind you to be aware and track your food habits.

Do this for at least 3 or 4 days and then continue on with the workbook.

What did you find?

Take a look back through the notes you took this week and write a summary of the most common or stand out patterns.

What have you realised from tracking your food habits?

How are you going to continue to be more consciously aware now?

Share your takeaways

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

My biggest takeaway is...

Remember this week has been all about awareness, not change, we will be moving onto working with and changing these habits and trigger points soon.

Leanne ♥

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“

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have all the
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