

Mind
Over *Muffin*
by Leanne Lisbon

WEEK 5

MISS MOTIVATOR

Welcome to week five

Hey lovely welcome to week five of the program. This week we're looking at motivation and why you may find it hard at times to stick to the things you say you're going to do, for example go to the gym, cook at home instead of get takeout, stop the unnecessary snacking...or even this program, ha!

This week will be an eye opener and help you feel more in control.

Leanne ♥

Weekly Checklist

1. Watch this week's video and take notes.
2. Complete your workbook.
3. Pay attention to the direction of your motivation.
4. Share your wins and realisations in the Facebook Group.
5. Continue reading your book of choice from Month #2 of book club.
6. Do 3 more **Release It Process** Clearings (what you learned last week).
7. Use the **Release It Process** to clear the part of you that feels unmotivated.
8. Use this week's audios.
9. Have an awesome week.

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?

The Secret To Motivation

You're programmed to think that motivation is something you have, that you have to work at and hold on to, however motivation is actually a state of being or mind that can be accessed or created at any time and is simply a shift in thinking and refocus.

I prefer to call motivation, inspiration, when you're in this state you're naturally *moved* to take action as opposed to having to find the energy and effort to do it.

As humans we're only 'motivated' to do what is comfortable for us, what is safe, and essentially what is easy. Remember how the unconscious mind likes to run those autopilot responses where we don't even have to think about what we're doing. So when we attempt to add something new into our routine or change one of these conditioned responses then it has a freak out.

The mind is designed to protect you, so when you do something that means it needs to think differently, or create a new behaviour it sends a fear signal through the body to say 'hey something out of the ordinary is happening here and I don't like it, there's a threat, we're under attack'. So even though we know consciously that cooking a meal at home instead of having the takeaway is logically safe, the unconscious mind doesn't.

This fear, or perceived threat means that our natural response is to not carry out that action because it's 'safer not to.' Make sense?

What specific examples from your life can you see are being run by this response?

So the truth is motivation doesn't really exist in the way we think it does because we're only motivated to do the things we know we're able to do, the things that are safe for us and that are easy. You'll have more motivation to go and do something you know you can achieve than for something that is new, scary or out of your comfort zone. The same goes for the things you enjoy, you'll be way more motivated to get up at 4am to get to the airport when you're going on holiday than you would getting up at 4am to clean the house or work out. The truth is you can always access a motivated state if you choose, but some things you value and move easily towards and other things just don't excite you or light you up, so there's no drive to make them happen.

BUT the great thing is now you're aware of this then you can start to do something about it. There are a few key switches you can make that will help and that's what we're going to cover this week.

Opposing sides of motivation

There are two types of motivation positively driven and negatively driven. One will give you an inner drive, excitement and desire to do the things you know will support you and the other creates resistance and will only last so long.

So what's the difference?

NEGATIVELY DRIVEN MOTIVATION = being motivated by the desire to MOVE AWAY from the things causing you DISCOMFORT OR PAIN in your life.

e.g I want to lose weight because I feel awful when I look in the mirror, I hate my tummy, I feel so lethargic from all the bad food I'm eating, I have no energy and just feel horrible in my clothes, my jeans feel really tight.

Every one of these reasons is negative, it's focused on the DISCOMFORT and PAIN you're experiencing and is what you want to MOVE AWAY FROM, make sense?

This way of thinking is what creates the yo-yo in motivation (and diets). You start to take action to change because you're moving AWAY from discomfort, maybe you start exercising, eating well and your clothes start to fit better, you feel more energised and you feel good when you look in the mirror. So you're feeling more COMFORTABLE. BUT your motivation to continue starts to fade fast because you're feeling more positive (and the negatives that were motivating you before aren't existing anymore). So you decide to pass on the exercise a few times that week, 'I'll go tomorrow', you get a bit slack on the healthy eating, because 'the 2 takeaways won't hurt' and before you know it all those old habits have slowly crept back in, your jeans feel tight again, you feel rubbish, like you've let yourself down and you're right back where you started. Sound familiar? **And this happens because when your motivation is negatively driven you need the negatives to make you move, but when they disappear, there's nothing to drive you, so you stop.**

POSITIVELY DRIVEN MOTIVATION = being motivated by moving TOWARDS WHAT YOU WANT.

E.g. I want to lose weight because I want to feel confident when I look in the mirror, I want to feel energised and to feel comfortable in my clothes when I wear them. I want to wear a bikini on the beach and feel great in my body.

This is VERY different to the language used when you're NEGATIVELY motivated right?

Which one lights you up more? Which one makes you feel excited and inspired? Which one would you jump out of bed in the morning for?

This highlights the importance of the use of language. Remember your thoughts create things, it's that simple, so if your thoughts are focused on the negative that's what you're going to attract into your life.

So what's the trick to long lasting motivation? Connect with moving TOWARDS COMFORT, focus on what you WANT and you'll maintain it naturally into the future.

So how do you do this? It's really simple, watch your language and take charge of your thoughts.

Let's have a look at what you're currently running right now that's keeping you stuck in negatively driven motivation.

So when you think about your initial reasons for wanting to lose weight, exercise, eat healthy and work on your mindset what comes to mind?

In what ways do you think your motivation is NEGATIVELY driven when it comes to losing weight? What DISCOMFORT are you moving AWAY from? Get clear with this now?

In what ways do you think your motivation is NEGATIVELY driven when it comes to exercise? What DISCOMFORT are you moving AWAY from?

In what ways do you think your motivation is NEGATIVELY driven when it comes to eating healthily? What DISCOMFORT are you moving AWAY from?

In what ways do you think your motivation is NEGATIVELY driven when it comes to working on your mindset? What DISCOMFORT are you moving AWAY from?

Ok so now let's help your mind get associated with what COMFORT it's moving TOWARDS. So get focused on what you WANT.

In what ways could you be moved TOWARDS COMFORT when it comes to exercise? What is it you really WANT from doing this? Really think about it, what do you WANT? What will you gain? What is a positive? Write them here. Make sure they're all positive.

In what ways can you be moved TOWARDS COMFORT when it comes to healthy eating? What is it you really WANT from doing this? Really think about it, what do you WANT? What will you gain? What is a positive?

In what ways can you be moved TOWARDS COMFORT when it comes to working on your mindset? What is it you really WANT from doing this? What will you gain? What is a positive?

So how does that feel different compared to focusing on what you don't want?

What difference will this make for you in the future now having this on hand to switch up your thoughts when you need to?

Please note even when your motivation is for the most part positively driven, you can still have days where you're 'not feeling the workout', we're human, I still have days where I don't feel like doing things, sometimes I honour that and listen to what my body needs, ensuring I'm not just making excuses, and the other times I change the way I'm thinking and take the action.

It's also really important to help yourself out when it comes to motivation as well, don't force yourself to do things you just don't love or value. If you don't like the gym, it doesn't excite you, don't go, choose something else. Try a yoga class, F45, swimming, walking, anything that feels good for you. The same with food, don't force yourself to eat salad if it doesn't light you up, find what you love. You'll be way more motivated to eat well if it's something you enjoy.

What exercise do you LOVE doing that doesn't feel like effort?

What foods do you love to eat that you know FEEL good in your body too?

Focus on incorporating the above into your day to day life.

What Do You Want?

CONNECTING TO THE BIGGER PICTURE.

Lets get really focused on what you WANT so we can ensure you start being more positively motivated.

The easiest way to stay connected to the future and where you're heading is by helping the mind to see and experience the goal clearly. The mind is usually focused on where you are right now, a.k.a. 'the problem', the things you don't want. Now it's time to connect to where you're heading and all the things you want.

I do this regularly. If I'm faced with a choice; healthy food or take out, I connect to the bigger picture, the long term vision. Is this choice going to slow me down or help me get to my goal? Is this choice moving towards comfort or way from discomfort? Is it moving me in the direction of where I want to go?

I connect to how I'm going to feel after. For example, I wake up one morning and even after promising myself that I'll go to yoga that little voice creeps in 'it doesn't matter if I don't go today, I probably don't need it anyway, my muscles need time to recover from last session, I'm too busy, I think more sleep will help me', all the usual excuses.

Instead of giving into this I remind myself that it's just that little voice that's trying to keep me safe and that I'M in control and I 'flip that thought', I change it to something else. I connect to how I will feel afterwards, refreshed, energised, present, calm, grounded, healthy and I connect to my future vision of me at my goals with everything I want. I feel the emotion of my future vision and I take action based on that, on me getting to my goals and feeling amazing. I get up, get out of bed, continue to quieten that little voice and I get my butt

to yoga, then I feel amazing! Sometimes I will even speak out loud and say 'this isn't helpful right now, what do I WANT to focus on instead'.

The difference between people who reach their goals and who don't is that the people who do have learned to push past the drama, the voice, the negativity, the sabotage and they keep going. They stay out of victim mode and take action.

When do you give into that voice?

In what ways does it show up in your life right now?

How will you quieten it down when you need to and stay connected to your goals?

Let's create your internal motivating image of everything you want. This is an amazing process used to motivate the mind and get it connected with what you want.

Write below everything you WANT to feel, be or do. What does that future you at your goal have? What does she look and feel like? How does she go about her day? What clothes does she wear? What's her body like? How do

people respond to her? How does she carry herself? How confident is she?
What do you love about her?

We will be using the above answers to go alongside the audio with this week. Head to the membership site and use the audio called 'Positively Driven Motivational Audio.' This will help you get even more connected to this vision and help your unconscious mind start moving towards it.

Watch your language

The language you use has a MASSIVE impact on the reality you create. Your thoughts impact your feelings, your feelings impact your belief systems, your belief systems create your actions which become your habits and these habits form the things you do each day that create your reality. **So therefore your thoughts are creating your reality.**

Below are a few language tips to help you feel more inspired too.

#1. Remove The Word DON'T.

Why is this important? Because it keeps you focused on what you don't want. For example if I say to you don't think of a blue kangaroo, what happens? You think of it right? Because the unconscious mind doesn't process the negative. So when you start your new diet and say to yourself 'don't eat chocolate, no cake, no crisps' etc, then guess what's on your mind even more, the chocolate, cake and crisps because your mind has to focus on the thing it doesn't want.

So in this moment, change your language. Instead of saying 'I don't want to eat chocolate this month' change it to 'I want to focus on eating healthy, nutritious food that makes me feel good'. See the difference?

It seems so simple but it's a really powerful shift.

#2. Remove The Word TRY.

We're told as kids 'it's ok as long as you try' and 'just try your best'. These phrases are said with the best intention and are true however when it comes to the unconscious mind if it's told to TRY it puts all the energy into TRYING and not DOING.

For example "I'm going to try and get up early and exercise tomorrow". You won't get up early because your language is focused on trying and is already giving you a back out option, 'well I only said I would try so it doesn't matter if I don't go anyway'.

Scrap the word TRY and instead commit and focus on DOING. This creates a different energy too. When you catch yourself using it, change the thought or phrase.

#3. Keep Your Language Focused On What You WANT.

Think of it like this, you wouldn't go into the restaurant and tell the waitress everything you don't want on the menu, you'd tell her exactly what you DO want and this is the same direction that the mind needs. It needs to know exactly what it's heading towards and why. When you do this it has a tangible result to focus on and it feels more positive.

For example if you're saying 'I don't want to worry about my weight anymore' all the unconscious mind hears is 'worry about my weight' so focus on what you WANT. 'I want to feel calm, relaxed and confident'. When you run this language your mind and body will adopt this and take it on.

#4. Swap 'I have to', 'I need to', 'I should' FOR 'I'm excited to' or 'I get to'.

Notice the difference in energy when you tell yourself you're excited to do something. Even if you don't totally feel it initially, keep running this phrase and it will change your state.

'Have to, need to and should' have a heavy energy and are usually things you feel obligated to do based on someone else's opinions or beliefs. Find what feels good for you and what excites you!

**#5. Swap 'I'm nervous to', or 'I'm scared to' FOR 'I'm excited to
'Or ' I love to'.**

Tell yourself how you want to feel, tell your mind, you're in control!

**#6. Swap 'Why can't I?' or 'I can't be bothered to' or 'I'll never
be able to do that FOR 'how can I?'**

When you ask 'how can I?' it allows the unconscious mind to get to work on finding solutions to the problem and to come up with ideas instead of being stuck in the problem.

Test out each of these phrases. Notice the difference when you run one set of language and then swap it to what I've suggested. Feel the difference in energy in your body.

Language is powerful. When you catch yourself running a 'negatively focused phrase' switch it for what you WANT to focus on instead.

I use this technique all the time. Does it mean I have days where I wake up and 'don't feel like going to the gym or to yoga'? Absolutely, I'm human, but the difference is I quickly connect with what I WANT and why I'm doing this and I talk myself into it instead of out.

The 5 Second Rule

Mel Robbins has a great concept that will help you start taking action fast which she talks about in her book and videos 'The 5 Second Rule'. (look her up on YouTube she's awesome) She talks about how you have 5 seconds before your mind will talk you out of something. For example, you wake up and think 'yep I'm going to the gym' a few seconds later the voice creeps in, 'oh I've got so much else to do today' 'maybe I'm too sore,' 'it's too dark and cold out' and before you know it, you've talked yourself out of it anyway, even though deep down you know you'd benefit from going!

Mel Robbins would say this is where your mind is wanting to keep you in that comfort zone that it knows is safe. Any straying outside of that zone is a red flag to the mind. Even though you know consciously going to the gym is actually going to benefit you, the mind can have other ideas, it's designed to protect you.

So that internal unconscious programming that gets fired off in a nanosecond talks you out of going and you stay in bed. **The trick is you have to act within the 5 seconds of having the thought so you can get**

moving, take action and get the result you deserve. I've also found committing to going to the gym the night before really helps, set it in stone and set your intention, write it in your journal, visualise yourself getting up and going and feeling great after. This is how we train the mind and teach it to create the reality we want. Plan out the steps of your next day from getting up to going to bed, so your mind has clear direction.

And when that alarm goes off in the morning you need something on hand to help you act within those 5 seconds, maybe a mantra, maybe just a 'get up', 'you can do this' type of statement and connecting to how awesome you'll feel after is really helpful. You can even create this as an alarm label so it pops up when your alarm goes off. I also find a little post it note next to the bed with your mantra on works a treat.

In what ways do you think you've been keeping yourself in your comfort zone?

What will you do to move yourself out of this when it arises?

Use the audios on the membership site this week to help you switch up your motivation and to stay on track!

Create some post it notes or alarms on your phone as reminders of why you want to get up and get moving, eat well or work on your mindset.

Remember to take charge of your thoughts, when you catch yourself focused on the negative, switch it up to the positive, stay focused on what you WANT.

You've got this, I believe in you!

Have an amazing week, see you in the Facebook group!

Leanne ♡

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“

Don't be
pushed by your
problems
be led by your
dreams.

Ralph Waldo Emerson.

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