

Mind
Over *Muffin*
by Leanne Lisbon

WEEK FOUR

RELEASE IT

TIME TO BREAK THE HABIT

Welcome to week four

Hey lovely welcome to week four of the program. You're doing great, lets keep up the momentum and keep moving. This week is fun because you will start to learn some tools that actually help you break the habit on an unconscious level...yay!!

This is where the real change work begins!

Have a great week.

Leanne ♥

Weekly Checklist

1. Watch this week's video and take notes.
2. Complete your workbook.
3. Watch the Release It Video Tutorial.
4. Familiarise yourself with the cheat sheet so you can learn the process.
5. Use the guided audio if you prefer.
6. Share your wins in the Facebook Group, let us know how you're getting on.
7. If you've finished the last 2 book suggestions, it's time to move onto the next one. Head to the book club tab and check out the 2 book suggestions under month #2, choose one to start with for the next 2 weeks.
8. 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?

Identifying the limiting beliefs you're running around food

So this week is all about actually breaking down the habits that you run around food on an unconscious so you can start to release the neural pathways that are firing in the mind and make some really BIG changes.

So first things first before you get stuck into the process you need to know exactly what you're working on when you use the technique.

The reason why I love this process so much is that you can use it for anything, it's quick, it's powerful and it breaks the problem down instantly.

This week's workbook is short and designed to help you simply identify the unconscious connections you have to food. So firstly I want you to revisit your workbook or journal from week 2 and 3 and find all the reasons WHY you were using food. For example, comfort, happiness, stress release etc and list them below.

Next think about all the times you catch yourself thinking or saying...

" Part of me wants to (eat the chocolate) but part of me wants to be healthy and lose weight". That inner conflict that feels like the angel vs the devil!

Write down all the PARTS and what they want. E.g The part that wants to eat chocolate even when you're not hungry. Or the part that wants to eat when you're alone at night on the sofa etc.

List them all below.

What limiting beliefs do you think you have inherited around food? Just go with any first things that come to mind. Maybe from what you saw your parents or guardians do or say.

Fill in the blanks....

When I'm stressed food gives me.....

When I'm lonely food gives me.....

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When I'm bored food gives me....

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When I'm sad food gives me...

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When I'm happy food gives me....

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Food = (.....) to me....

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Rounding up

After doing the above exercises I want you to conclude below ALL the reasons WHY you're using food so we can use this week's process to release it for good.

Below I want you to think about what is food REALLY giving you? What are you trying to get from it? Then next to this I want you to write down the PART of you that you will work on for the process. I have given you an example in the table below.

* Example* If you're using food for comfort, it means that part of you on an unconscious level feels that it is lacking comfort and so is seeking it from food. If you had all the comfort you needed internally you wouldn't try and get it from food. Make sense? So the lack of comfort is what we need to heal and to work on.

If you're using food to release stress, then we need to work on releasing the stress on a core level so that the food isn't needed to try and fix that anymore. It's the stress that's the real problem and when you can learn to control that then the stress eating stops. This is all about getting to the root of the problem. Identify the WHY and then we can work on that!

WHY I WANT TO EAT	THE PART OF ME I WILL WORK ON
Comfort	The part of me that is lacking comfort.
Stress release	The part of me that is stressed.
When I'm tired	The part of me that is tired or lacking energy.

Now the next step is to start working through the right hand side of this table one by one using the Release It (Part Process) which you can find on the membership site alongside where you found this workbook. You can use the guided video, the cheat sheet or the audio recording to help you learn the technique.

Ideally you want to work on each and every one of the above Parts of you because these unhealed parts are currently creating the triggers that make you use food. By working on each one it will start to break down all the reasons why you emotionally eat, yay!

You don't have to do them all in one go, just start with one, do the process, feel the difference and then you can move to another one after or the next day. Aim to do a minimum of 3 clearings this week.

Any questions or if you get stuck head over to the Facebook group and let us know. Have an awesome week.

Leanne ♥

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