

Mind  
Over *Muffin*  
*by Leanne Lisbon*

WEEK 8

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THE LOVE BUG

## Hey Lovely

Welcome to week 8 of the program. Wow you've come so far and have so many tools and processes under your belt! I just want to take this opportunity to say you're doing such an amazing job, keep showing up and being the superstar that I know you are.

This week is all about falling in love with yourself, yep that's right, with yourself. You see when you can love yourself unconditionally, no matter who or what comes at you, you'll always have everything you need. Being able to love you is vital and at the end of the day you've got to spend a lot of time with yourself, so wouldn't it be wonderful to love you?

It took a little bit of work to learn to love and accept myself and to be able to connect with myself on the level I do now, but persevere with this because honestly it will change everything!

When you're in a state of love, gratitude and thanks, you're powerful. Remember you are energy, energy vibrates and when you're in this state, you emit positive, powerful energy and you attract that back to you. This is how you start a positive chain reaction in your life, it all starts within.

This week I want to share with you a few exercises and processes that will enable you to fall back in love with yourself again so you can not only feel amazing on the inside, but you can start to effect the other people in your life with your positive energy and start spreading the love.

Have an amazing week!

Leanne 

## *Weekly Checklist*

1. Watch this week's video and take notes
2. Complete your workbook and the exercises within
3. Do the burning ritual
4. Do the mirror exercise
5. Take on the #LoveBug challenge
6. Have a wonderful loving week
7. Put your audios into practice
8. Continue reading *The Big Leap* by Gay Hendricks.

## *Notes from this week's 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?

## *Loving you.*

I want you to fall in love with you again this week so let's start the process by listing out how you view and speak to yourself.

How do you view yourself? What comes to mind straight away?

In what ways is this positive?

In what ways is this negative?

In what ways would you love to change this?

### *Journaling Exercise.*

On a separate piece of paper I want you to list out all the ways you currently speak to yourself negatively. Consider the way you talk to yourself, the things you say about yourself and the way you put yourself down. Think of what you say on a day to day basis whether that be out loud or internally. Write them

ALL down on a piece of paper, take your time with this, get it all out and down.

Once you've done this I want you to add to this list all the negative things you realised from last week. All the beliefs or stories you tell yourself about who you think you are, all the conditioned beliefs, any comments from the past and anything else you want to let go of. Put it all on this piece of paper. Refer back to last week's workbook if you need to.

Once everything is down on this piece of paper it's time to commence the burning ritual.

### *Burning ritual*

Find a safe space outside where you can burn this piece of paper. As you burn the paper watch the words and everything it means to you dissolve away, watch the paper turn to ash and imagine you were letting this go from your mind and body. This is a powerful process so really connect to it.

Follow this with...

### *Journaling exercise*

Use the following journaling prompts to write a letter to your body.

Dear body...

Firstly express whatever comes to mind when you write these words. Imagine you were speaking to your body and you finally get to say what's on your mind (avoid over thinking this and just go with it) Then use the following prompts;

I forgive you for...

I'm proud of you for...

I'm happy I've let go of...

I'm grateful for...

I promise you that...

## *Journaling exercise #2.*

Write out 10 things you love about you.

Now go and stand in front of the mirror and I want you to say these things out loud. It might feel weird, you might feel embarrassed or you might even feel wonderful, either way do it. Look right into your eyes and say the 10 things you love about you out loud. Say it with meaning. "I love your....." Repeat this 5 times. Feel it. Connect with it. BE there.

How was that exercise?

How did it feel?

## *Self Love Challenge*

Everyday for 7 days I want you to do 1 thing that is loving for you. This could be as simple as lighting a candle, buying some flowers, having a bubble bath, going for a walk just for you, taking yourself on a coffee date, getting your hair done, nails done...anything. It doesn't have to cost money if that's an issue right now but if you want to splash out on a big spa day by all means go for it.

Each day I want you to post in the group #LOVEBUG Day 1 (whichever day it is) and tell us what you've done. Snap a photo if you wish too, this will help inspire the other ladies in the group with ideas.

At the end of the week I want you to take note of what felt the most loving for you and start to build these things into your week REGULARLY. These simple little things will make the world of difference.

Loving yourself, your body and everything you are is an amazing, powerful tool. So embrace this every single day. The more you fill up your days with loving things that set your soul on fire, the less you'll need food to fill that space.

I've also included a few self love audios that you can utilise this week.

You've got this! I believe in you. Have an amazing week.

*Leanne* ♥



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You are loved.  
MASSIVELY  
UNCONDITIONALLY  
FEROCIOUSLY  
The universe is totally  
freaking out about how  
awesome you are.

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Jan Sincero.

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