

Mind
Over *Muffin*
by Leanne Lisbon

WEEK 7

DISCOVER YOUR
BODY STORY

Welcome to week seven

Hey lovely welcome to week seven of the program. This week we are getting stuck into one of my favourite topics and delving deep into your body story.

You might be thinking 'well I don't have one of those' but trust me you do. You actually have a story for everything in your life, every single thing, we all do, and these stories have a huge effect on how you feel, your behaviours, your habits, your actions and therefore your reality.

In the words of our good friend Jen Sincero "Your thoughts become your words, your words become your beliefs, your beliefs become your actions, your actions become your habits and your habits become your reality." Therefore the way you think has a direct effect on your reality, so this means the way you think about your body, your weight and food is creating the reality you're currently experiencing. If you're not loving what you're experiencing now, then it's time to change up the way you think about it because this is keeping the problem alive.

So this week you're going to get clear with the story you've been running about your weight, your body and food and join the dots with how this has been keeping you trapped. Remember the first step of any change is awareness, so once you start to get clear with this you can make the desired changes.

This week is more of a digging deep and processing module, but it's vital in the journey, so take it steady and be kind to yourself.

Enjoy!

Leanne ♥

Weekly Checklist

1. Watch this week's video and take notes.
2. Complete your workbook. This one is a bit longer than usual so take your time and you can complete it at intervals throughout the week if you need to.
3. Share your wins and realisations in the Facebook Group.
4. Pay attention to where your Body Story is showing up throughout the week.
5. Start 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?

Your Body Story

When you're born into this world you're a pure conscious little being. Just as you learn to walk, talk, eat and read, you also learn how to feel emotion, form beliefs and create habits and behaviours. These things form the basis who you *think* you are and your view of the world.

You learn these things from the people around you, your parents, grandparents, siblings, teachers. As a child you absorb information like a sponge which can be great, but also detrimental depending on who you're learning this information from and what their views of the world are.

All of this information starts to form your *story* and becomes engrained in your neurology, and forms your personal reality or *personality*. It becomes who you *think* you are.

From the age of 0-8 you've formed 85% of your neurological pathways, meaning you've formed 85% of your beliefs, values and opinions about the world, yourself and life. That means that by the age of 8 you've essentially decided who you think you are and you only have 15% left to create new 'adult' beliefs.

So this might explain a few things. Do you know someone who acts childish even as an adult, maybe they get into an argument with their partner and refuse to talk to them for days, they throw a tantrum, or storm off, or they go running to a parent to get the other person in trouble, they act in a child like way? Or maybe you even catch yourself acting in a way that you can't really explain and afterwards you think 'why on earth did I react like that?'

This isn't conscious behaviour, this is actually all playing out unconsciously, the old patterns and programs of how you've learned to act in this situation as a child is playing out.

The unconscious mind always reverts back to what it knows, it fires and triggers old response patterns that have been stored, even from years ago.

For example if you were ever given food as child to 'cheer you up' or as a 'treat or reward if you were good', unconsciously the connection between food and feeling happy or deserving a reward was made. This connection will remain hard wired in your mind and will continue to play out as an adult.

The Problem

All of your past experiences both good and bad are creating your present moment and future, and will continue to do so until they're cleared. Now of course the happy positive events that have occurred in the past are great and allow you to experience more happiness in the future but the negative ones are not, they're allowing the past to replay unconsciously and keep you stuck.

Behaviours and habits get carried forward and used on repeat so you start to do them on auto pilot throughout the rest of your life and you don't even know you're running a story.

The more the pattern or behaviour is run (which is a neurological connection in the mind) it forms a habit that becomes your go-to response, it happens without you even having to think about it, like you're on autopilot.

For example as a kid being told you had to sit at the table until you emptied your plate, this pattern gets carried forward into adulthood where you still feel the same need to finish everything on your plate, (and might not know why) because it was conditioned into you. You were told by a person of influence in your life that this is what you needed to do, this formed your belief around having to finish your plate.

However it's just a habit your mind is running so it can be rewired and changed.

Every single thing you do right now is a learned process, remember you were brought into this world as a pure, whole being, you learned to do everything, so therefore you can also unlearn it with the right tools.

The Story (or movie) Concept

So I like to call this your story or movie, I find the movie metaphor is a great way to explain how this concept is works.

So basically imagine you have a movie projector in your head, everything that's ever happened to you, every experience good and bad, every event, every memory (even the ones you don't consciously remember) has formed the story you call your life, your personality, who you are.



This movie is on constant replay in your head (unconsciously) and is projecting out of your eyes. It's projecting on to everything you do in the present moment and future.

For example take my story, in the past I was in a relationship, got cheated on, decided I wasn't good enough, I wasn't pretty enough, attractive enough, smart enough etc. That got written into my movie.

When it came to the opportunity of being in a new relationship I would automatically back away or consider all the potential ways it could go wrong. If I made it to the point of being in a new relationship then I'd be worrying where they were, who they were with, what I'd done wrong, because the movie that was being projected out and onto everything I experienced was 'I got cheated on in a relationship before, so it's going to happen again, I can't trust them' and 'I'm not good enough'.

This actually went a step further in the way that not only did I think I wasn't good enough when it came to relationships but this started to show up everywhere, in my work, in my study, in my social circles. I never went for the promotion, I never put myself out there, I started to feel uncomfortable around my friends as though people didn't want me there, it was crazy. And it all stemmed from this one belief I had created, 'I'm not good enough.'

This was the story, this was what I was projecting out on to everything and so therefore what I saw, what I experienced and ultimately what I was actually attracting and creating in my life. Remember what you think about is what you bring about.

You're actually responsible for everything in your life, the good, the bad, everything. I know that can be hard to process, but it's true, you are constantly creating your reality and it's all based on that internal movie you're running. Making sense? I was continuing to create this reality because there was a lesson I needed to learn. In everything we experience there is always a positive and always something good to learn. I know now that I don't need anyone to make me feel good enough or worthy enough, that comes from within and only I can create those feelings. This lesson took me a while to see but I got there and now I'm thankful for what I went through because it made me stronger, more resilient and taught me lessons that will serve me for life.

It's important to know that the majority of beliefs you have about yourself and emotions you have towards your body (and every other area of your life) are not even your own but instead are a story you've essentially created based on someone else's opinion, something they said or experiences that happened in the past.

All it takes for a belief to stick or for you to make a decision about who you are is for you to have someone who you love, look up to, a person in authority, a bully, or even a total stranger in a shop, to make one comment that can change your life forever (if you allow it). People don't realise the power that their words have on another person (and themselves). So become conscious of what you say to people, especially children as they are what I call an impressionable sponge. But also yourself, if you're running negative thoughts over and over all day long it's going to take its toll on you.

Most people go through life living with these beliefs and stories that are not even their own and they think it's who they are and have no idea that they actually have the power to change these things and to re write the story that's playing. That they actually get to be the writer of the story or the producer of the movie, they get to choose how they feel, what they believe and how their life plays out.

Everything you're experiencing right now in your life is a result of past experiences, events and a lot of other people's beliefs, values and their own story that has been placed upon you.

So now it's time to pull this apart and get back to what you actually believe and what you want for your life, because you get to choose, you get to create whatever masterpiece you want your life to be.

Your Story

Now it's time to get personal and dive into your story (or movie).

It's important to recognise you're where you are right now because of your past experiences and the patterns and programs that have been created based on those.

This isn't about making yourself wrong because you can't help the unconscious programming that's taken place. So go into this section with openness to change and a kindness towards yourself.

When you initially read the term 'body story' what did you think it was and how did you feel about approaching it?

What's the first thing that comes to mind when you think about the story or movie you're running?

What's the first few things that come to mind when I mention the word 'weight', 'body' or 'food'? Address each individually.

What words or phrases do you currently use internally or externally to describe yourself when it comes to your body, weight, size or relationship with food?

How would you describe your current relationship with your body?

How would you describe your current relationship with food?

What did you learn from your parents about weight, body image, health, food? This can be directly said to you or indirectly what you witnessed and experienced. Some of the most powerful lessons are unspoken.

How did your parents (or people who raised you) act around food? Consider them both separately.

How did they treat their body? What has this taught you?

In what ways did your parents value or not value exercise and clean eating? What has this taught you?

What were meal times like? Relaxed, fun, stressful, uncomfortable? And what has this taught you?

Did you eat together as a family? What did this teach you?

Was there much food growing up or was it scarce? What did this teach you?

Was there competition with siblings for food? How did it make you feel?

Were you allowed second helpings, and what did this teach you?

What types of foods did you eat as kid? What habits have stuck with you?

What did your grandparents teach you about your body, weight, food, health? Spoken or unspoken.

What conversations do you remember being made about food. Body, shape, size or exercise as a kid?

What's the earliest memory you have of being aware of your body, your shape, your size or your food?

What was your body, weight or food story as a child? (How did you think and feel about your body as a child under the age of 8?)

What was your body story towards the end of school? Around the age of 15 to 18?

Were there any comments made in your child hood about your size, shape, food and weight, if so what were they and what effect did this have on you? In what ways have they stayed with you?

What did people at school say about your size, shape, weight or food habits?

At what point in your life did your body story take a turn for the negative? What changed?

What did past relationships or partners teach you in regards to your body and relationship with food?

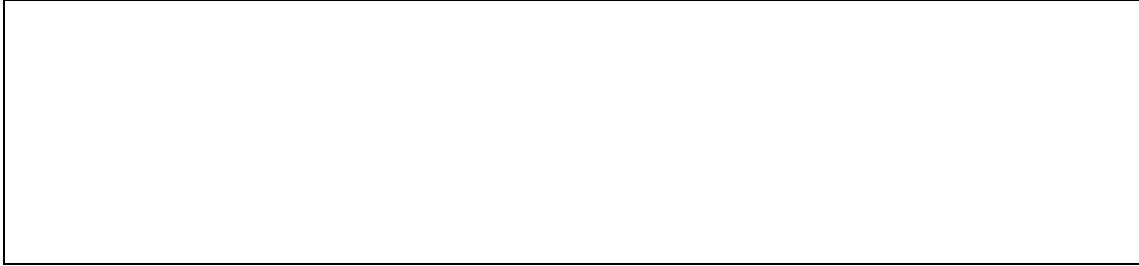
When did you feel at your best in your body? When was it and why did you feel so good? How often do you think about it?

When did you feel at your worst with your body? When was it? Why? And how often do you think about it?

What's your biggest pain point when it comes to your body and relationship with food?

What comes to mind or how do you react when you see yourself in the mirror, shop windows or photos?

What are your doubts and worries about your body image and relationship with food?



How do you feel when you think about your body and food? What sensations do you experience in your body? Why do you think this is?



What have you not forgiven yourself for in terms of your body and food?



What do you feel most shame about?



What do you feel most guilt about?



How do you feel when other people bring up the topic of food, weight, exercise in conversation?

How do you feel about meal times or going out for food now?

From answering some of the questions so far, in what ways are you playing out other people's beliefs and stories?

Where has your body story really come from?

If you were to let go of the things that have been conditioned into you from other people and past experiences, what would change for you?

Considering all of the above, write your biggest takeaways below. What have you learned? What have you realised?

How do you feel knowing this now?

Share you biggest takeaways in the Facebook group.

Amazing job. You've really dug deep and made a brilliant start on uncovering your body story. Every event, comment, experience that you've mentioned here will have had some kind of impact on the way you think and feel about yourself right now, it all forms a piece of the puzzle. The great thing is you already hold the key to changing the way you think so you can change your reality.

Moving forwards I want you to pay close attention to when you're allowing this old story to play out. Catch yourself when you're running patterns from the past and change it in that moment, think about what you want to believe instead. Remember you're the writer, you're the movie producer, you get to choose what you want to believe. Utilise your journal this week whenever you need to, use it to help get clarity on the patterns that show up and to empty your head of busyness. Have a great week!

Leanne 

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“

With the right programs
in place, doing the
right thing is easy.
With the wrong programs
running your mind,
it's virtually impossible.

Paul McKenna.

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