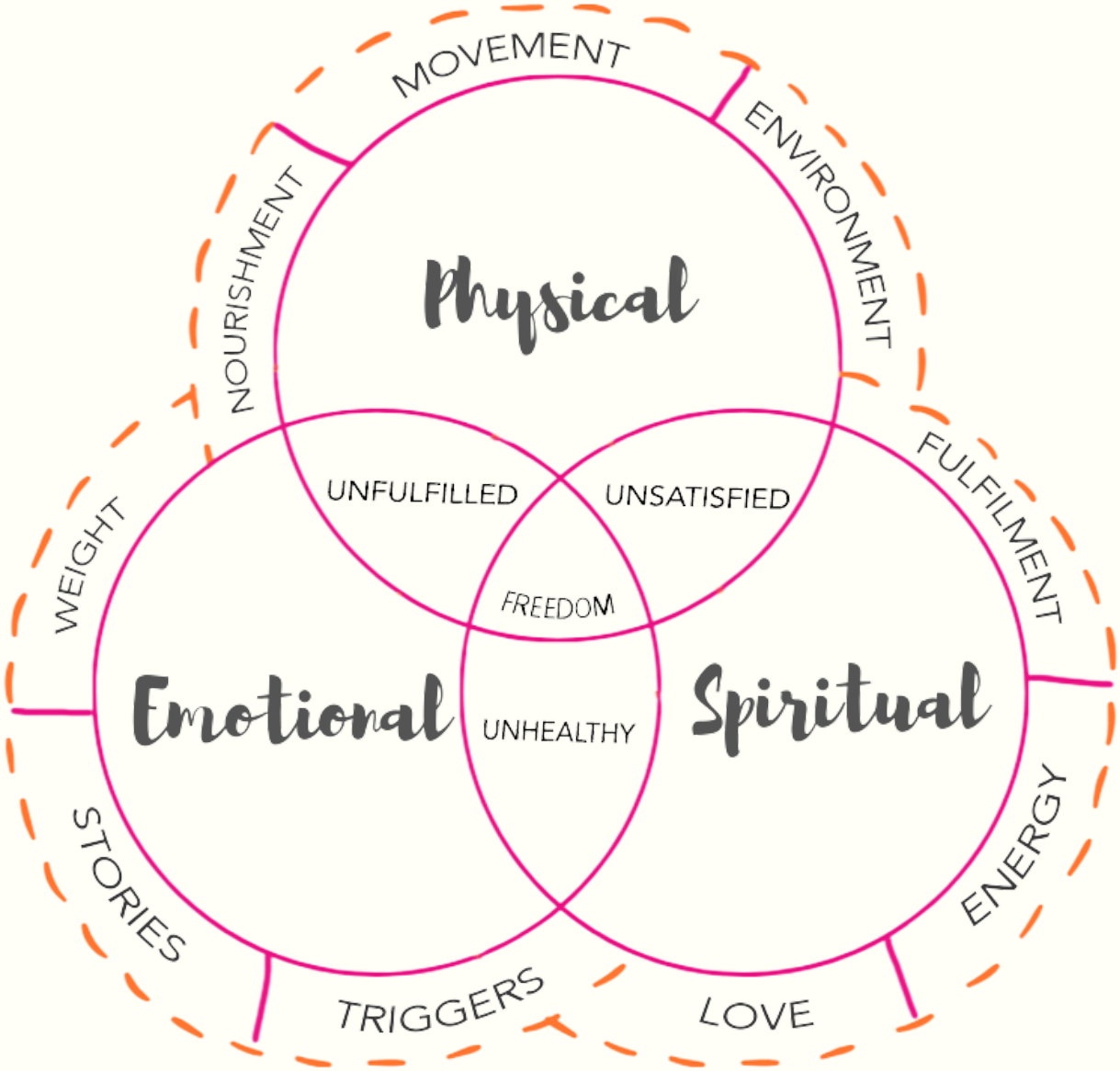
THE FREEDOM *Model*

TO ACHIEVE TOTAL FOOD & BODY FREEDOM YOU MUST ADDRESS ALL 3 ELEMENTS.

Each month when you set your 3 intentions in the facebook group, choose one intention from each element.



THE PHYSICAL *Element*

THIS ELEMENT IS ALL ABOUT THE PHYSICAL THINGS YOU CAN DO TO ACHIEVE FOOD AND BODY FREEDOM. SOME OF THE PAST SYSTEMS YOU'VE USED SUCH AS DIETS MAY HAVE NEGATIVELY IMPACTED THE WAY YOU DO THINGS IN TERMS OF FOOD AND EXERCISE SO WE MAY NEED TO MAKE A FEW TWEAKS.

MOVEMENT

HOW WILL YOU MOVE YOUR BODY WITH INTENTION FROM A PLACE OF LOVE AND KINDNESS? MOVE YOUR BODY TO SHIFT YOUR ENERGY, CHANGE HOW YOU FEEL AND TAKE CARE OF HER. SHE'S YOUR HOME IN THIS LIFETIME.

NOURISHMENT

WHAT WILL YOU EAT THAT WILL NOURISH YOUR BODY AND MAKE YOU FEEL GOOD? THIS IS ALL ABOUT FEELING. WHAT FOODS FEEL NOURISHING AND GOOD FOR YOUR BODY AND ENERGY AND WHICH ONES MAKE YOU FEEL LETHARGIC AND LOW ENERGY. USE THE 80/20 RULE. 80% NOURISH YOUR BODY AND 20% NOURISH YOUR SOUL.

ENVIRONMENT

WHAT ARE YOU SURROUNDING YOURSELF WITH? THE ENVIRONMENT IN WHICH YOU LIVE, THE INFORMATION YOU CONSUME, THE PEOPLE YOU SURROUND YOURSELF WITH ARE ALL CREATING YOUR ENVIRONMENT. WHAT FEELS GOOD AND WHAT DOESN'T?

THE EMOTIONAL *Element*

THIS ELEMENT IS ALL ABOUT ADDRESSING THE EMOTIONAL ATTACHMENTS TO FOOD, EMOTIONAL WEIGHT AND BAGGAGE YOUR'RE CARRYING AND REWRITING YOUR STORIES AROUND FOOD AND BODY.

WEIGHT

WE ALL CARRY EMOTIONAL WEIGHT FROM THE PAST AND IT WEIGHS US DOWN INTERNALLY AND EXTERNALLY. DISCOVERING WHAT'S HEAVY IN YOUR LIFE AND SETTING IT FREE WILL COMPLETELY CHANGE HOW YOU FEEL DAY TO DAY AS WELL AS HELP YOU LOSE WEIGHT AND STOP CRAVINGS. A VERY HIGH PERCENTAGE OF YOUR EATING HABITS WILL BE LINKED TO EMOTION.

STORIES

YOU RUN AN INTERNAL STORY FOR EVERYTHING IN YOUR LIFE INCLUDING WITH FOOD AND YOUR BODY. YOU'VE BEEN CONDITIONED SINCE CHILDHOOD TO VIEW FOOD AND YOUR BODY A CERTAIN WAY, UNCOVERING WHERE THESE THINGS HAVE COME FROM IS VITAL IN HEALING. LEARNING HOW TO REWRITE YOUR STORY IS A GAME CHANGER.

TRIGGERS

YOUR DAY WILL BE MADE UP OF VARIOUS TRIGGERS WHETHER THEY BE EMOTIONAL, PHYSICAL, LINKED TO CERTAIN PEOPLE OR PLACES BUT THEY'RE CREATING THE DESRIE TO EAT. UNDERSTANDING YOUR TRIGGERS AROUND FOOD IS SO IMPORTANT SO YOU CAN TAKE CHARGE OF THEM. YOU'LL UNCOVER ALL THE BELEIF SYSTEMS YOU'RE RUNNING AROUND FOOD TOO.

THE SPIRITUAL *Element*

THIS ELEMENT IS ALL ABOUT YOUR LEVEL OF FULFILMENT IN LIFE, YOUR SELF LOVE AND FOLLOWS THE PRINCIPLE THAT EVERYTHING IS ENERGY.

FULFILMENT

YOUR LIFE AS A WHOLE IS IMPACTING YOUR RELATIONSHIP WITH FOOD. ANY AREAS THAT YOU'RE UNFULFILLED IN CREATE A VOID IN YOUR LIFE, THIS VOID YOU TRY TO FILL WITH SOMETHING THAT WILL MAKE YOU FEEL BETTER, HELLO FOOD.LOOKING AT YOUR LIFE AND FINDING WHAT'S MISSING IS A HUGE PAR TOF HEALING YOUR RELATIONSHIP WITH FOOD.

SELF LOVE

SELF CARE, SELF LOVE AND DAILY PRACTICES THAT MAKE YOU FEEL YOUR BEST ARE IMPORTANT TO CREATE THE LIFE YOU WANT. WHEN YOU'RE SO IN LOVE WITH YOURSELF AND YOUR LIFE YOU'LL NO LONGER NEED FOOD TO MAKE YOU FEEL A CERTAIN WAY. THE WAY YOU TALK TO YOURSELF AND OTHERS, THE WAY YOU THINK ARE ALL IMPORTANT ASPECTS TO CONSIDER HERE TOO.

ENERGY

EVERYTHING IS ENERGY. YOUR THOUGHTS, YOUR FEELINGS, THE FOOD YOU EAT, EVERYTHING. AND IT ALL HAS A CERTAIN VIBRATIONAL FREQUENCY THAT DRAMATICALLY IMPACTS HOW YOU FEEL AND THE THINGS YOU CREATE IN YOUR LIFE. EXPLORING TOOLS TO HELP RAISE YOUR VIBRATION AND SHIFT YOUR ENERGY WILL HELP YOU CEATE THE FUTURE YOU DESIRE.

INTENTION SETTING

Ideas

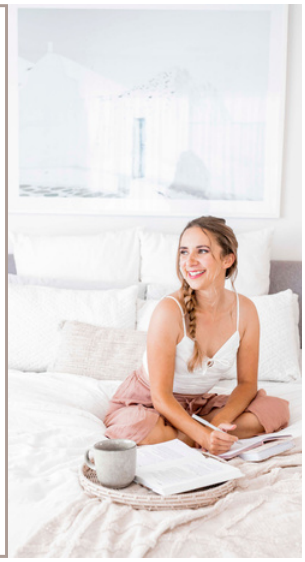
Every month in the Facebook Group we will set 3 intentions for the month ahead. Choose 1 intention for each of the elements. Below are some examples/suggestions/questions to ask to help you set your intentions.

PHYSICAL ELEMENT

HOW WILL YOU MOVE YOUR BODY FROM A PLACE OF LOVE?
HOW WILL YOU NOURISH YOUR BODY WITH FOODS THAT FEEL GOOD?
WHAT COULD YOU CLEAR OUT OF YOUR ENVIRONMENT TO DECLUTTER?
HOW COULD YOU FOLLOW THE 80/20 RULE FOR EATING?
WHAT FOODS COULD YOU CLEAR OUT OF YOUR CUPBOARD THAT ARE TAKING UP SPACE?
WHAT FOODS COULD YOU SUBSTITUTE FOR A HEALTHIER OPTION E.G CADBURYS CHOCOLATE FOR A DARK PURE CHOCOLATE.
WHAT ARE YOU CONSUMING THAT'S NOT MAKING YOU FEEL GOOD? NEWS, SOCIAL MEDIA, CERTAIN PEOPLE ETC.

EMOTIONAL ELEMENT

WHAT IS WEIGHING YOU DOWN? HOW COULD YOU LET SOME OF THIS GO?
WHAT PRACTICES/TOOLS COULD YOU IMPLEMENT TO HELP YOU EMOTIONALLY THIS MONTH?
IN WHAT WAY COULD YOU BE MORE PRESENT WITH YOUR EMOTIONS?
HOW WILL YOU WORK THROUGH THEM WHEN THEY ARRISE?
WHAT STORIES ARE CURRENTLY RUNNING IN YOUR LIFE?
WHAT BELEIF SYSTEMS, E.G FOOD = COMFORT ARE PLAYING OUT DAY TO DAY?
HOW WILL YOU BE MORE CONSCIOUS OF YOUR EMOTIONS, STORIES AND TRIGGERS?



SPIRITUAL ELEMENT

WHAT IS A STEP YOU COULD TAKE TO FILLING YOUR LIFE UP WITH THINGS THAT YOU LOVE?
WHAT WOULD A SELF CARE OR SELF LOVE ACT BE LIKE?
WHAT WOULD FEEL REALLY LOVING AND NOURISHING TO DO FOR YOURSELF?
WHAT'S ONE AREA OF LIFE YOU NEED TO MAKE A CHANGE IN TO HELP YOUR LEVEL OF FULFILMENT?
HOW COULD YOU RAISE YOUR VIBRATION? LIFT YOUR MOOD? FEEL LIGHTER AND BRIGHTER?
WHAT FOODS GIVE YOU A GOOD HEALTHY VIBE AND WHICH ONES DON'T?