

Module 7: WHAT'S WEIGHING YOU DOWN?



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Module Seven Workbook

WELCOME TO MODULE SEVEN.

This module is all about exploring the physical weight you're carrying, why it's there, what purpose it's serving and learning some techniques that will help to shift the weight.

A lot of this module will be about journaling and answering questions to help uncover some of the reasons why your body is holding weight.

TASKS FOR THE MONTH:

- Watch the videos in this module.
- Complete this workbook.
- Take your time answering the questions and really connect to your answers.
- Use the audio to release shame and guilt.
- use the audio to change the feelings you have around your size and shape.
- Share your biggest takeaways or realisations in the FB group.

WORK THROUGH THE CONTENT BELOW

After watching the video for this module, what realisations/ thoughts/ takeaways do you have? Write them below.



I want you to start thinking of your weight in a completely different way, instead of seeing it as a problem and as annoying we're going to start seeing it from the perspective of what it's trying to show you and what there is to learn from it.

I know this can feel like a strange concept but it will be the thing that helps you transform your relationship with your body powerfully.

ACKNOWLEDGE AND ACCEPT WHERE YOU ARE RIGHT NOW

It's really hard to move forwards when you're in a battle with your body. It's time to acknowledge and accept where you're at so you can soften the relationship.

What would be the benefit of ending the battle with your body?

What would accepting your body look and feel like?

ACKNOWLEDGE AND ACCEPT WHERE YOU ARE RIGHT NOW

Write a thank you letter to your body...

"Fill in the blanks, let the words keep flowing, dig deep and connect to the gratitude. Even if it feels tough, keep going. This is really important.

Body thank you for..."



Space continued. 'Body thank you for...'

I am grateful to you for...

MIRROR EXERCISE

Now I want you to take this list, stand in front of the mirror and say them out loud whilst looking at yourself. Talk to your body, send some love and kindness its way and notice how this feels.

It's ok if it feels weird, it's ok if it feels uncomfortable, keep going with it.



WHAT'S BEING CARRIED?

Lets take some time to explore what's being carried in your body and what the purpose of your weight is.

Stop thinking of your weight as a problem and instead think what it's trying to show you and what you can learn from it?



What is being mirrored and carried in your body? What are the first few things that come to mind?

Blank space for writing.

What is the purpose of your weight?

Blank space for writing.

Why are you holding on to in your body, emotionally, mentally, energetically?

Blank space for writing.

What are you protecting yourself from?

Does it feel safer to carry excess weight? If so why?

Is it ok for you to lose weight? What comes to mind around this question?

What will happen if you lose weight?

What won't happen if you lose weight?

What will happen if you don't lose weight?



What won't happen if you don't lose weight?

Is there something or someone you're trying to keep at a distance from you?

Is there a stand out past experience/experiences that you feel triggered your weight gain for a reason? If so what are they?

Is there anything you're trying to hide from? If so what?

Is there a secret you're keeping that you're holding inside that is so heavy? This can easily manifest as physical weight too. If so what is it and what would be the benefit of freeing yourself from it?



Tune into your body. Where does it feel heavy? Sit with that, what's underneath that?

Blank space for writing.

What is the POSITIVE intention of your weight?
I know this feels like a strange question but sit with it and notice what comes to mind.

Blank space for writing.

If you were to lose weight, inside and out, what would the benefit be?

Blank space for writing.

What will you GAIN when you shift the weight?

Blank space for writing.

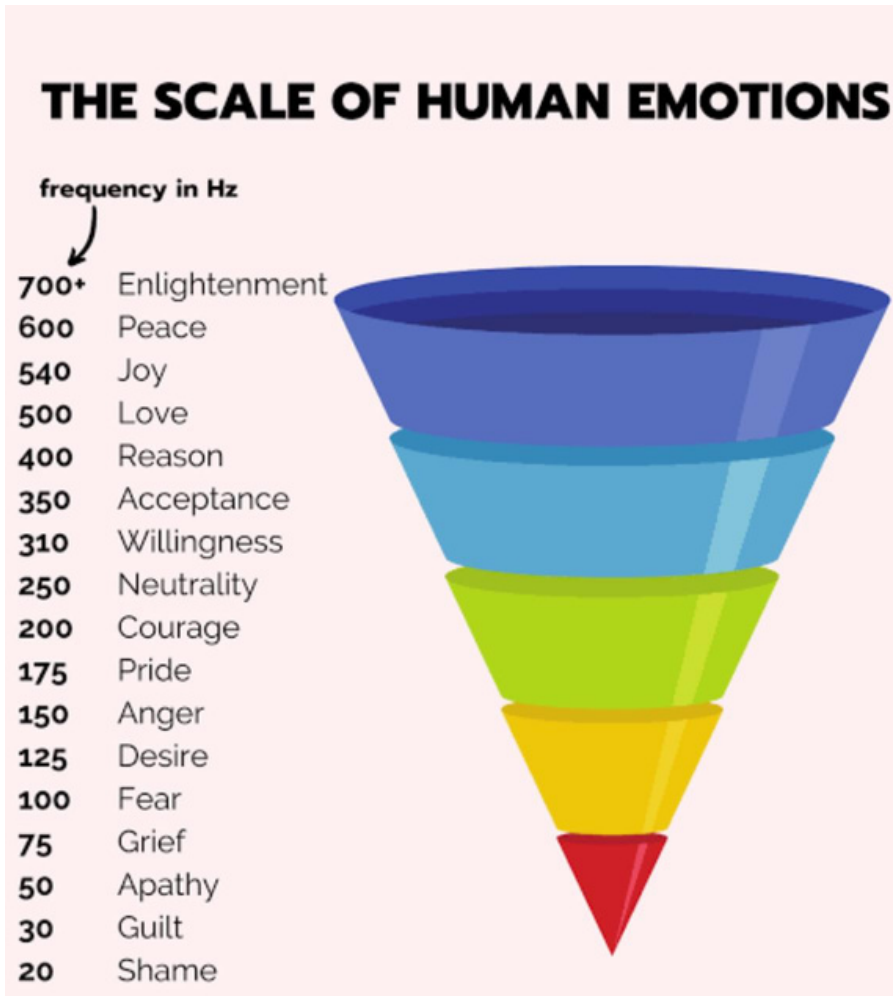
How will that feel for you?

Blank space for writing.



SHAME AND GUILT ARE HEAVY AND DENSE

Shame and guilt are two emotions that become very easily linked to our food choices, eating habits and body. They are both heavy, dense, low vibrational emotions that have a big impact on how you feel and also your ability to lose weight.



Every emotion has a different vibrational frequency, some are low and heavy, some are high and light. As you can see here the emotions that have a high frequency are the ones that feel great for us.

Shame and guilt are the lowest on this diagram and so they make us feel heavy, dense, low and it's hard to create what we want in life.

Let's start shifting this today!

How does shame show up for you around food and your body?

How does guilt show up for you around food and your body?

How often do you experience these emotions?

Do you have a stubborn area on your tummy that doesn't want to budge or some where else on your body? If so in what ways do you think it could be linked to shame and guilt?

Rest your attention on the 'stubborn' areas of your body or the areas holding most weight and ask:

What emotions are stored there? What past events come to mind? What thoughts show up when you tune into this area?

What would be the benefit of letting go of shame and guilt for you?

Use the audio recording to release shame and guilt.



HOW ARE YOU TALKING TO AND ABOUT YOURSELF?

The way you think and talk about yourself and to yourself will be massively impacting your results.

What phrases? What words? What do you tell yourself about your body your weight your shape your size? List it all out here.

Now list out some more beneficial and kind ways you could talk to yourself instead, even if you don't fully believe them yet, but what would feel much nicer?

Do you FEEL fat? Do you see yourself as a bigger person? Can you imagine yourself at your goal? And why?

Use the audio to change the internal representation of yourself.



What you think and
feel creates
EVERYTHING.

Leanne Lisbon.

