

Module 8: REMOVING TRIGGERS & BELIEFS



By Leanne Lisbon. Mind Over Muffin.

Module Eight Workbook

WELCOME TO MODULE EIGHT.

This module is all about becoming even more conscious of the deep rooted habits you're running around food. We want to find all the automatic food responses and release them. We will also be doing some work on your belief systems around food.

TASKS FOR THE MONTH:

- Watch the video in this module
- Complete this workbook.
- Take your time answering the questions and really connect to your answers - find your food triggers
- Use the audio process and follow along
- 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.



As explained in this module's video, the habits we run around food can easily become so engrained and unconscious that we don't even realise they're there. We're going to spend some time pulling them all to light.

You might find it helpful to refer back to your food journal for some inspiration if you need it.

Spend some time answering the following questions about your food habits, take your time with them, even close your eyes if you need to and let's aim to get as many written down as possible.

DISCOVERING YOUR TRIGGERS

You will have various triggers in your life firing off your desire to eat, for example it could be....

TRIGGER



- Cup of tea
- Pay for petrol
- College friend catch up
- Kids go to bed
- Watch a movie

HABITUAL ACTION

- Reach for a biscuit
- Buy chocolate
- Buy takeaway
- Eat chocolate on the sofa
- Have to eat popcorn

This is what we want to uncover for you.

What are the first few habits around food that come to mind? Write them below in terms of TRIGGER and HABITUAL ACTION that follows.

TRIGGER

HABITUAL ACTION



Consider people, places, times of day, certain reasons, emotions.
List out as many as you can think of below.

TRIGGER

HABITUAL ACTION

Now go and use the audio for releasing all of your triggers around food. This is a guided visualisation process that is really powerful.



Now let's list out all the beliefs around food that you can think of. Beliefs are the statements you catch yourself saying or thinking about food that are creating the reality you experience with it. YES your words are THAT powerful!

Examples of limiting beliefs you may be running around food...

Food makes me relax

Food gives me comfort

It's too expensive to eat healthily

I just can't stop eating chocolate

I'll never get my eating habits under control

Use these if they apply to you and also use them for inspiration...what do you catch yourself thinking about food that could be limiting your results with making changes?

List all the limiting beliefs you can think of, this time I want you to do it with pen and paper, take a page in your journal and write them all out. (preferably one you can tear out because we're going to do a burning ritual after).

BURNING RITUAL

Make sure you have written down ALL of the beliefs you can think of and then you're going to perform a burning ritual. I want you to find a safe space that you can burn this piece of paper, whether that be in an actual fire if you have one, with a match in a small pot or just outside (please make sure you do it safely).

Ensure you're undisturbed and able to focus. Connect to everything you've written on that page and set the intention of letting these go, let them burn away, release from your mind and body, this is a powerful exercise. Focus on the words burning and let them go as you watch the flames.

Take some time after to sit, be still, reflect and be quiet.

Journal, focus on what you WANT now you have made space and released those old beliefs.

Share your takeaways in the group.

If you're serious
about changing
your life, you'll find
a way. If not you'll
find an excuse.

Jen Scincero

