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It's Not About the Food

Please watch the video before reading or using this handout.

This week we are looking at the 'why' behind your eating & drinking habits.

In the past two weeks you've looked at the habits you've formed, the times of day, the emotion you feel and the types of foods and drinks you rely on.

You've learnt that what you focus on expands. More about this later!

And you've been given you the tools you need to STOP the habits and cravings in their tracks!

Originally this week's content was going to be week 2 and the tools to stop the habits and cravings was going to be week 3.

However, I felt it needed to be switched!

By now you would have been practising your habit breaking technique and everything so far has been relatively easy. A structured plan. Step 1 do this, step 2 do that etc.

But now we HAVE to look at you! And more particularly how YOU feel about YOURSELF!

This is going to be emotional for many of you.



It's not about the food. Your eating/drinking is about your self-worth!

Are you in acceptance or are you hating on yourself?

Your weight, habit, appearance etc is JUST A SYMPTOM!

Your habits are all made up stories you have about yourself.

You are hard-wired for comfort and along the way you've made up a habit that food and drink somehow makes you happy when in fact it does the complete OPPOSITE!

And because of this, making changes can be uncomfortable.

This is normal!

At the end of this course:

YOU WILL NO LONGER BE AVAILABLE FOR THIS BEHAVIOUR

The reasons we end up eating and eating and eating or drinking and drinking and drinking is this!

You are crying out for HELP!

H – hungry. You are hungry because your body is screaming at you for food, nutrients or simply water.

E – motions. You are angry, anxious or any other emotion you don't want to be in.

L – onley. You are lonely because you have disconnected from yourself.

P – ain. You are in pain because of something in the past or present.

M – iserable. You are miserable because you've forgotten what makes you happy. You need to play.

E – xhausted. You are exhausted because you are not getting enough rest and recovery.

This week we are going to find your truth about the stories you've told yourself that have formed these sabotaging habits and we are going to change them – FORVER!!!

It starts with loving yourself. Yep, I just said that and I saw you roll your eyes!!!

Until you LOVE YOURSELF you are going to struggle to get the results you want!

You do not have to believe that you love yourself.

Remember that what you focus on expands.

Now think about all the hideous things you say to yourself – constantly!

Now imagine how that would play out if you said those words to your child, day in day out?

What a terrible image that is!

Do you say to yourself, ‘when I lose weight, I’ll be happy?’

No, no, no!!!

You have to be happy first and THEN you will lose weight!

When we say all the negative things to ourselves and continually focus on the bad stuff, we lower our energy and when we lower our energy, we play out our self-sabotaging programmes.

So, here’s what we are going to do to change these programmes.

1. More tapping [as explained in the video]
2. Say to yourself as often as possible – I love myself. Read out your I AM statements.
3. Focus on all the things you are grateful for, what is happiness to you?

It’s time to work from the inside out!



What is happiness to you?