

What's Holding You Back From Releasing The Weight?

A belief is simply a thought we keep thinking. Our beliefs about food, health, abundance, work and spirituality are thoughts we keep thinking. Many of our thoughts have been programmed in our mind since we were kids from our parents and the media. (Think about some of food jingles from when you were a kid. Remember the Oscar Mayer Weiner?)

When you recognize some of the beliefs and how they drive your behaviors, you can change your beliefs, your behavior, your outcome and your life.



Our thoughts create emotion.....Our emotions create belief.....Our belief drive our behaviors.....

They literally shape our lives!

What are your beliefs about food, money, love, life, happiness, and health?

How are they affecting you right now?

Your beliefs affect you in how you act, subconsciously, and energetically. They are being mirrored back to you through your reality.

Thoughts are language of the MIND & EMOTIONS are language to the body

That's why it's so easy to continue believing your beliefs, they are constantly being affirmed through your experiences. That isn't because the beliefs are unequivocally true, but instead because they are your beliefs, and that's how beliefs work.

We create experiences in our life based on what we believe. Our beliefs create a lens through that we experience the world through.

So if your beliefs are negative, they are literally limiting you. It doesn't matter how big or small.

If you think that "getting healthy is hard work", it will continue to be, through both your actions, your body's reactions, and everything that comes your way!

If you believe "love is easy to find", it will be... and probably already is. If you believe it is not easy to find, it won't be, and it will continue to be hard to find through your own actions, your subconscious responses, and everything that comes your way!

This applies to **everything**, but if we're going to talk about your relationship to food... there are certainly limiting beliefs about food, eating, and weight.

And those beliefs are affecting your life and your happiness.

Need some examples?

- I can't trust my body
- If I lose weight I will be too attractive and get unwanted attention
- Nobody will take me seriously if I gain weight
- Most food is bad for me
- I gain weight just looking at food
- I LOVE Food & Can't stop eating
- I am an emotional eater
- I should never eat carbs
- I can't eat a lot
- Being fat means _____
- Being skinny will make me happy

These are common beliefs that lots of dieters say.

Let us look at this.....

If you believe that skinny will make you happy, your entire life will begin to revolve around this belief. In fact, it probably already does. But because the belief is fundamentally untrue, (because NOTHING external makes us truly happy) chasing that high will not actually yield what you are looking for: happiness.

The negative beliefs you have about weight, fat, eating, and health are keeping you stuck in the "never good enough" cycle, and keeping you anxious around eating. Which biologically keeps you in the always on a diet cycle, and no amount of exercise will pull you out of it.

Exercise #1

Sit down and write out a list of all the negative, limiting beliefs about food and weight you can think of. The list will probably be a long one and bring you an awareness.

When the beliefs surface in our conscious and subconscious mind they can get a hold on us and control us and we don't even realize it. Imagine as you see that belief and be aware of it and say "thanks for bringing that to my attention, you can leave now."

When you become aware of your thoughts you can choose to think on something that brings you joy. Think of your puppy, your vacations, births, weddings, favorite songs.

But for now, be mindful because a belief is simply a thought we keep thinking.

Exercise #2

1. List all your mom's beliefs about food
2. List all your father's beliefs about food
3. List all your beliefs about food
4. Do you see a connection?
5. What do you remember about your beliefs about food as a child?
6. What did you learn from your parents about food?
7. What if anything did you enjoy about eating food?
8. Is there a belief about food from your childhood that you are still acting on today?
9. How have you contributed to your current belief and relationship with food?
10. Would you like your belief and relationship with food to change? If so, in what way?
11. When I eat my favorite food it makes me feel? When do you eat your favorite foods? When you are happy, depressed, stressed, or sad?
12. When I don't eat the foods I really want to eat that are not that great for me it makes me feel?
13. My greatest feat about food is that.....