

Your Beliefs Overhaul

Removing the 'Weeds' and Planting New Seeds



Your Beliefs (Self-Image) Garden



- ★ STEP 1: Identify the 'Weeds' (Old limiting beliefs, drama)
- ★ STEP 2: Lay down fertile soil for new Self-Image to Grow
- ★ STEP 3: Rip Out the Weeds + Plant New Seeds
- ★ **THIS LESSON = STEP 3**

QUICK REVIEW:

Step 1:

Become Aware of Weeds

Data Vs. Drama



THE DATA
(What ACTUALLY Happened)

THE DRAMA
(What got added, what you say about it)

Data vs. Drama

THE DATA

(What ACTUALLY Happened)

I ate a cookie

I weigh more now than I've ever weighed

My daughter got a C on her test.

"I'm feeling a little bit 'off' today"

THE DRAMA

(What got added, what you say about it)

"That was 'bad'! What's wrong with me?
I ruined everything!"

"What's wrong with me? I might as well give
up and eat anything. I hate my body!"

"I'm a bad mom! Why didn't I help
her study more? It's MY fault!"

"OMG! This isn't working?!?!" I'm a failure!



Here's Another Important Thing:
There is going to be DATA...that you DON'T like!

- ★ It might piss you off
- ★ Make you mad
- ★ You might outright HATE the data.

*“When you argue with
reality, you suffer.”*

-Byron Katie

Borrow This Belief:

(When you don't LIKE the data)

"I don't have to LIKE the data (or the feeling), but the sooner I can accept it, the sooner I can move on, because when I argue with reality I suffer"



Start Identifying Your Drama!

(We must start here.)

- ★ Notice the DRAMA
- ★ Bring yourself back to the DATA
- ★ Accepting the DATA that we DON'T like
- ★ Start engraining this as a HABIT!

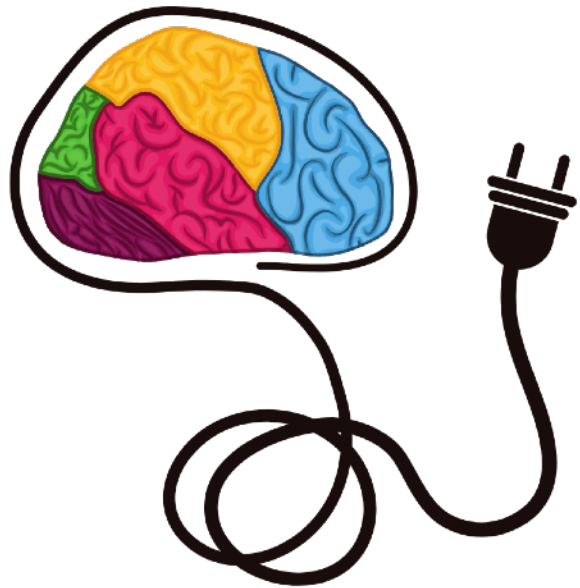
Step 2:

Lay Down Fertile Soil

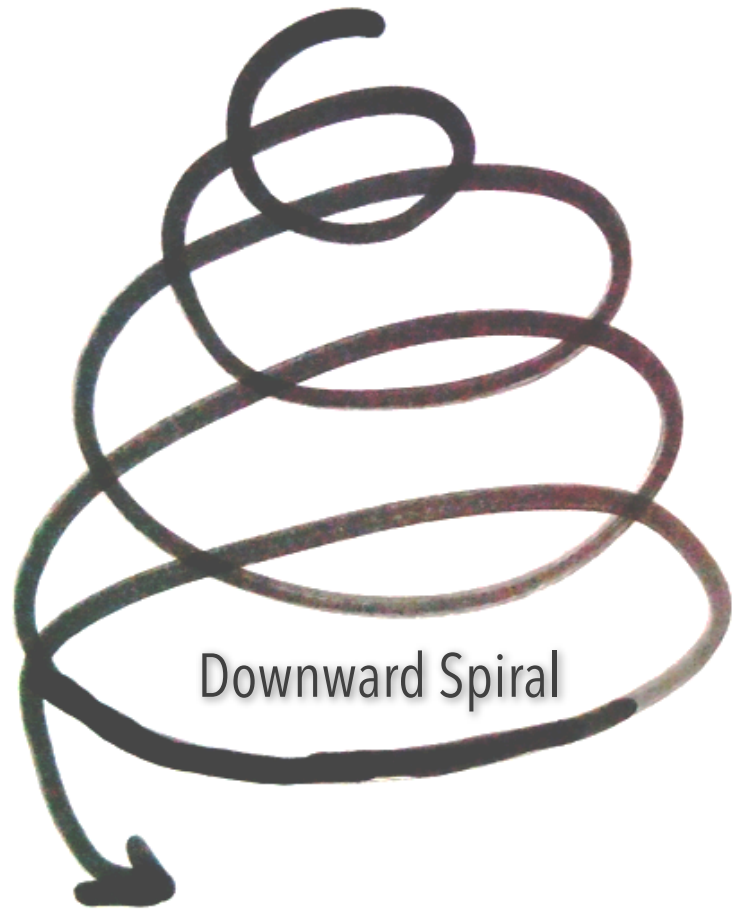
Un-Wiring AND *Re-Wiring*

YOUR **BRAIN**

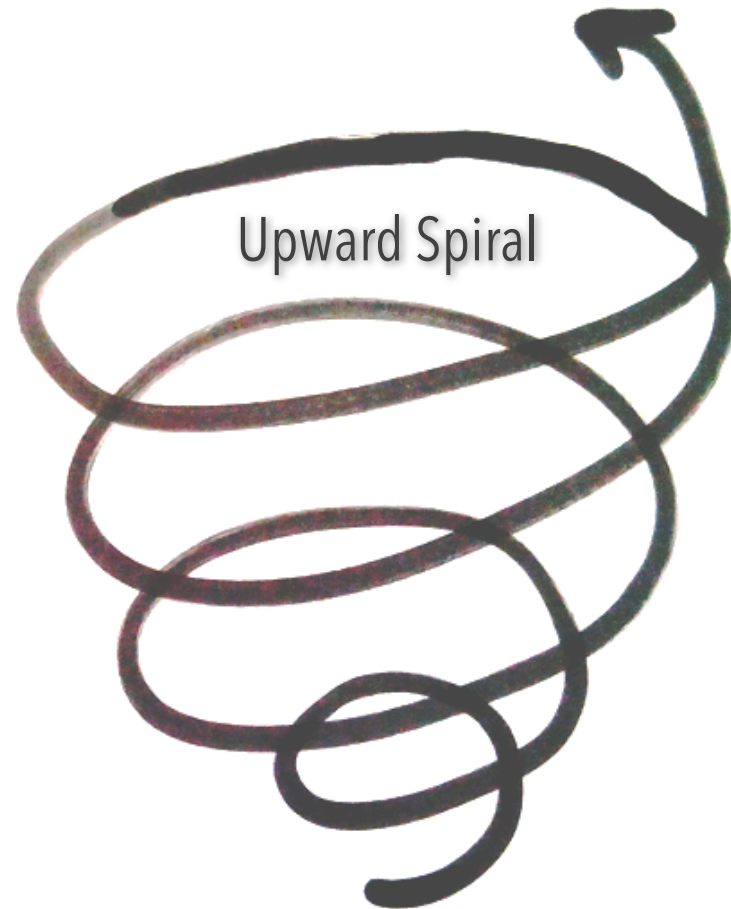
(Your New **Daily** Ritual)







Downward Spiral



Upward Spiral

Reciprocal Inhibition

The Purpose of the Journal:



The INTENT that shapes the CONTENT:

- ★ Teach your brain to have a default of appreciation and gratitude (vs. criticism, cynicism, rejection)
- ★ Teach your brain have the default of self-endorsement and self-worth (celebrating, and being PROUD of yourself vs. ashamed, critical, unworthy)



Warning:

*Do not underestimate the power of this!
(And don't be quick to write it off)*

A close-up photograph of two hands held palm-up against a dark, blurred background. The left hand holds a single, dark brown, round nut. The right hand holds a single, large, dried, orange-brown leaf. The hands are wearing yellow, ribbed sleeves. The text is overlaid on the image in a white and teal cursive font.

*It will transform your life (and
your brain) if you allow it to.*

Step 3:

Rip Out Weeds +

Plant New Seeds

(New Beliefs + Inner Compass)

Let's zoom out...



You Are A

Storyteller





The 'Weight of the Weight'



Bitch Story
Or
Ditch Story?

Your Beliefs (Self-Image) Garden

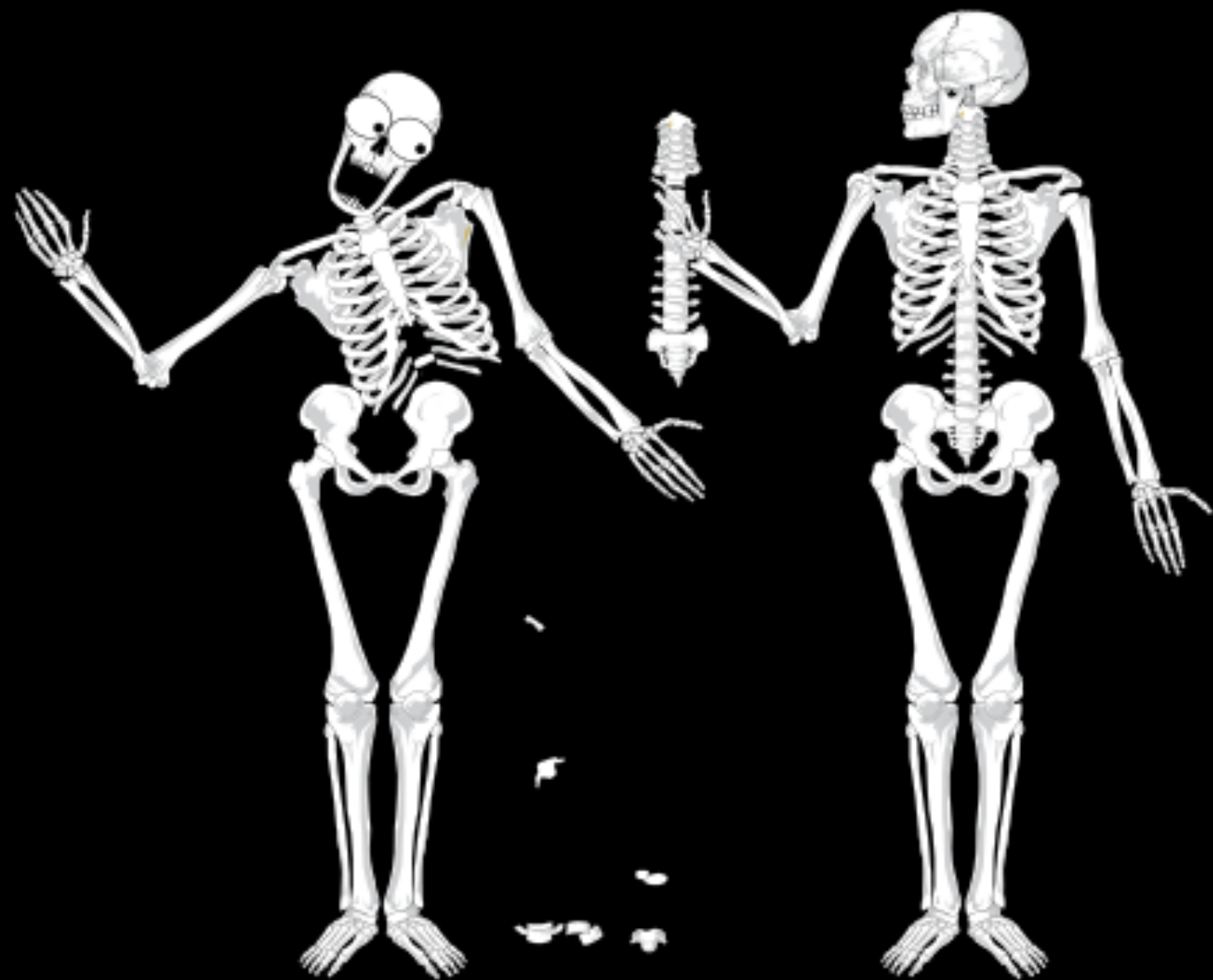


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You Are A Storyteller...

What are you feeding?



I'VE GOT YOUR BACK

Peeling back the curtain:

(Examples of Old Limiting Beliefs)

- That dieting is good – that I want to get good at it.
- That food has to be stressful, emotional, obsessive
- That there are good/bad, right/wrong, 'healthy'/'unhealthy' foods
- That I'm a sugar addict (game over/identity mentality)
- That food will make me feel better.
- That weight loss will solve all my problems.
- That I'm a fraud.
- That it is calories in, calories out
- That it is about harder, faster, more
- That I need more motivation, more willpower
- That food should be the focus (and that food is the problem)
- That I am too far gone hopeless helpless or a lost cause
- That I've already failed (game over mindset)
- That because of my body I am a failure

Peeling back the curtain:

(Examples of Old Limiting Beliefs)

- That I'm supposed to force or persuade or convince myself the whole time -- that that is how it's supposed to work
- That there is A way or THE way
- That mindset is about positive thinking or fake it till you make it
- That it is up to me to figure it out
- That I don't have enough time
- That the little things don't matter (go big or go home, 0-60 mindset)
- One "mess up" and it's deemed a failure
- That this is a right-now problem with a right-now solution
- That it has to overhaul my entire life
- That it's a carb, sugar, fat, calories conversation
- That I have to change your body to accept my body
- That this whole food and body freedom 'thing' is too good to be true, or that it's woo woo

Peeling back the curtain:

(Examples of Old Limiting Beliefs)

OLD BELIEF: That I'm a bad mom.

NEW BELIEF: "That being a mom is friggen hard, and I'm doing an amazing job, AND I'm working on becoming the best ME that I can be, so I can become the best mom I can be"

OLD BELIEF: That my husband doesn't find me attractive

NEW BELIEF: "No I don't find myself attractive, and my own perception is being thrown on to him. When I find my own worth and my own beauty, that's when I'll be able to actually receive it from others"

Peeling back the curtain:

(Examples of Old Limiting Beliefs)

OLD BELIEF : This isn't working!

NEW BELIEF : "Yes it is, you're just used to looking at the scale or a food log. How do you feel? Do you feel differently? Then it's working. Do you know how to reverse-engineer and get yourself feeling better and better? Then it's working. What are you measuring XXXX?"

OLD BELIEF : What if this doesn't work again?

NEW BELIEF : "First off there is no again. This is the first time you've taken the gentler, more loving approach. Secondly it will work because you are committed to this forever conversation,. And you know it works, it's working for others too, when you're actually 'working it' it works for you too! So just stay committed to the forever conversation. This is the first 9 weeks of FOREVER! You have the rest of your life to master these skills, and this time you're not just INTERESTED, you're COMMITTED"

Peeling back the curtain:

(Examples of Old Limiting Beliefs)

OLD BELIEF: Not being healthy gives me a good reason not to show up for others

NEW BELIEF: "I am my number one priority. Serving myself first, loving myself first and radically taking ownership of myself first is the only path to serving and supporting others"

OLD BELIEF: I get more attention when I'm sick/not healthy

NEW BELIEF: "It's not anyone else's job to take care of me or fix me, It's my job. I am responsible for myself; my thoughts, actions and positive self-care obsession."

The Lessons:

OLD BELIEF : It's just a story. It's drama. It doesn't HAVE to be true – it just feels true because it's been practiced for a long time. But just as quickly as you learned the old, non-serving, lie-of-a story....you can learn a new one.

NEW BELIEF : It's got to be YOUR truth, and a new belief that can/does actually feel true to you. It's got to be your words, your language, your intentions, or your brain will call B.S. on it. (Think: positive neuro-associations come from RESONANCE)

WHAT HAPPENED IN BETWEEN (What you didn't see): We had to call B.S. on the old belief. Why is it NOT true? Why is it NOT serving you? Why is it a flat-out lie or fairytale? Why is it B.S.?

Plus...a splash of forgiveness ("I didn't know what I didn't know. I couldn't see what I couldn't see")

A black and white photograph of two dogs, one black and one white, looking at each other. The black dog is on the left, and the white dog is on the right. They are both looking towards the center. The background is a soft, out-of-focus landscape.

We Are All

Storytellers

What story are you feeding?

Step 3:

*Rip Out Weeds +
Plant New Seeds*

(New Beliefs + Inner Compass)

Storytelling

OLD BELIEFS

Darkness

Drama

Lies (That don't serve you)

Shame, blame, guilt, comparison,
perfectionism

Control, stress, unhappiness, dis-ease

NEW BELIEFS

Light

Data

Truths (That do serve you)

Acceptance, connection, care, love,
compassion

Freedom, peace of mind, happiness, health

The Process:

OLD BELIEF : What's the old, non-serving belief? What's the drama belief? (The Bitch story, limiting belief, disempowering self-judgement, self rejection)? **Identify the old belief

THE IN-BETWEEN (Discount it, Tear it down): Call B.S. on the old belief. Why is it NOT true? Why is it NOT serving you? Why is it a flat-out lie or fairytale? Why is it B.S.?

****Add in a splash of forgiveness** ("I didn't know what I didn't know. I couldn't see what I couldn't see")

NEW BELIEF: What's the new empowering (yet believable) belief that you know you want to step into? Before you write it down, mentally come up with reasons/evidence that the new belief is 1) true (or you're 'on it' and it's becoming true) 2) is better/serves you more and 3) is more loving, patient, and kind.

****Remember**: It's got to be YOUR truth, and a new belief that can/does actually feel true to you. It's got to be your words, your language, your intentions, or your brain will call B.S. on it. (Think: positive neuro-associations come from RESONANCE)

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What To Do Next:

- Use the 3-Step Belief Overhaul Cheat Sheet Worksheet
- Pick 1-3 **Top Beliefs** to overhaul for yourself
- **Bonus "Borrow My Beliefs" Video





That's It!