

Week 6:

Intention: Finding your Limiting belief

Last week we determined who or what was stopping you from achieving your goal. What negative belief is linked to your goal and at what cost?

This week we will determine the limiting belief that doesn't serve you.

Ice exercise

In your non dominant hand place a piece of ice and squeeze it for 2min. With your dominant hand write down the thoughts that come to your mind. These thoughts are the something you tell yourself when you are feeling some type of fear or stress. When Cortisol is released into your body and you in fight/ flight or freeze.

Cortisol, or hydrocortisone, is the body's stress hormone. The **adrenal glands**, located on top of the kidneys, release cortisol to provide energy and increase alertness in response to stress. The hormone regulates metabolism and the immune response, among other bodily functions.

Write your finding down.

What is a belief?

Is an acceptance that something exists or is true, especially one without proof.

A belief is something that gets repeated and reinforced.

Beliefs can come from anywhere like your environment, education, past outcomes, events in your life and creative thinking. (We are not animals)

Failure equals failure/ Or success equals success.

Questions

1. What is something you would like to do or have and yet you feel that something is stopping you from doing or having it?
2. What is stopping you from getting what you want?
3. What is really stopping you?

What positive believe do I have that serve me in accordance with my goal?

Qigang Movement: I am not a professional in Qigang. I just enjoy doing the movements and would like to share.

Evernote:

1. Determine three areas you want to work in.
2. Things that need to happen for you to achieve them. Milestones
3. What action needs to be met for the next week on the above?

BODY:

Intake of food: Eilat Aviram book *If you loved yourself what would you do now?*

I love the way she looks at food. Her brilliant understanding of food and why we eat and how it impacts the body. She takes all common beliefs about food and throws them out the window. She suggests that you ask yourself. If I loved myself, what would I eat now? Not because it's good for me but because you know your body will love it. Take note that this is not a sign that if you eat well then you do love yourself. It doesn't quite work like that. It's a sign that if you listen to your body and love yourself your body will be grateful.

Your relationship with food is an indication to how you are feeling. So, by listening to your body, you become aware of your feeling. Next time you are craving something delicious ask yourself.

How am I feeling right now?

What non-food thing would I love to have right now?

If this food was magic, what would it make me feel?

Is there anything I can do for myself right now that will help me feel more like I want to feel?

Will eating this food bring me closer to take me further from feeling how I most want to feel?

If I loved myself, what would I choose to do now?

Questions from Eilate Aviram book.

Action steps for the week.

- Remember to put your self-critic in check.
- Hear yourself blaming, justifying and judging.
- Add an action with regards to your worry list.
- Morning pages.
- The artist dates.
- Say something nice about yourself as often as you remember.
- What food doesn't my body want to eat?
- Recognize when I am falling into a depressed state.