

Week 5:

Intention: Understanding beliefs

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 beliefs do I have that serve me in accordance with my goal?

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.

- What do you believe? Remember: Fear is keeping you back but if you do nothing there can only be fear.
- Spend some time on Evernote to formulating your action plan 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.
- Find tension in your body to release that part of your body. Listen to your body its talking to you