



# 1. MINDSET MASTERY



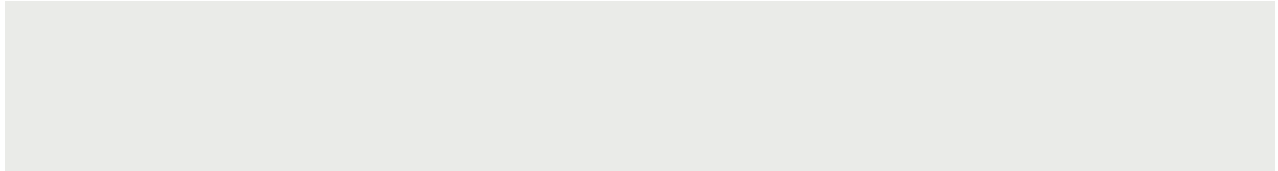
1. Ending Self Sabotage
2. Overcoming Limiting Beliefs
3. Setting Clear & Achievable Goals

**Affirmation:** I am at a point in my life where I choose to embrace every challenge, knowing it leads to growth. I am deserving of health, happiness, and self love."

# 1. SELF SABOTAGE

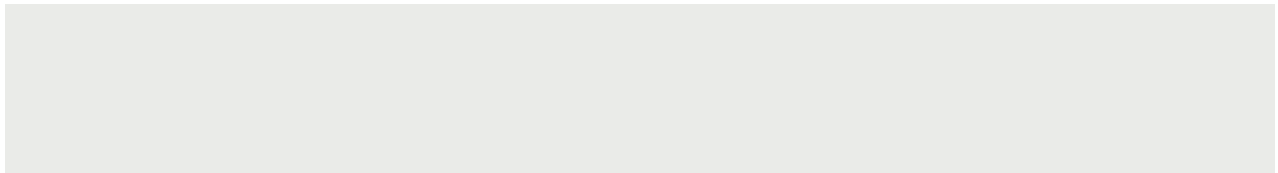
1. List three times in the past month where you believe you might have sabotaged your progress:

For example: "I ate a whole tub of ice cream after a minor disagreement with my partner, even though I wasn't hungry"



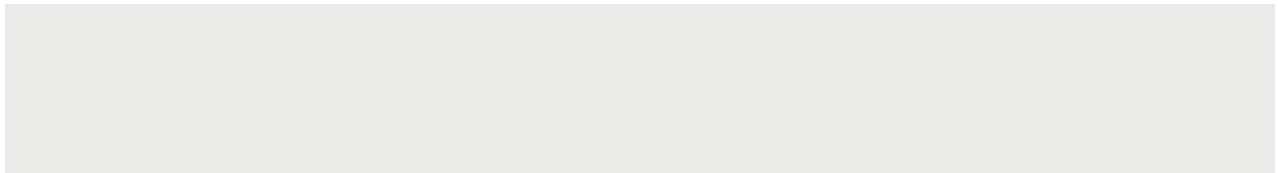
2. What triggered these actions?

For example: Emotional distress; I used food as a way to cope.



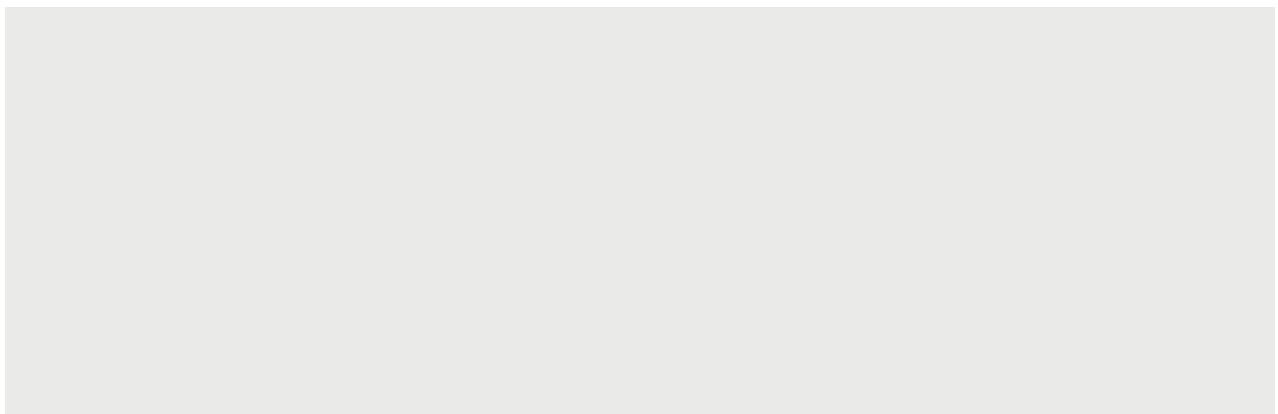
3. How did you feel afterward?

for example: Initially comforted, but then regretful and bloated.



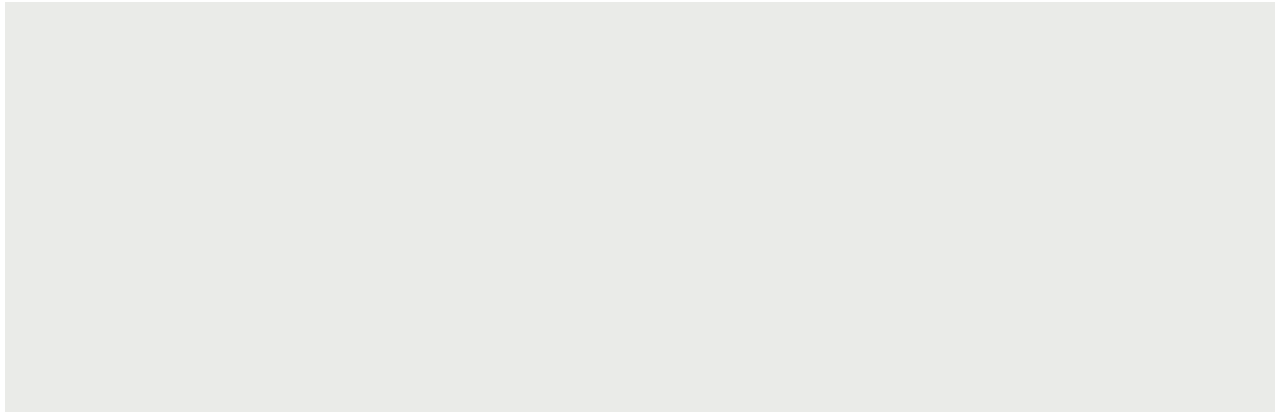
4. What action steps could you take to to overcome selfsabotage next time?

For example: I could acknowledge the feelings and take myself out of the room for 10 minutes to reset.



For future: Write a list of common selfsabotaging behaviours you can identify and when they might happen:

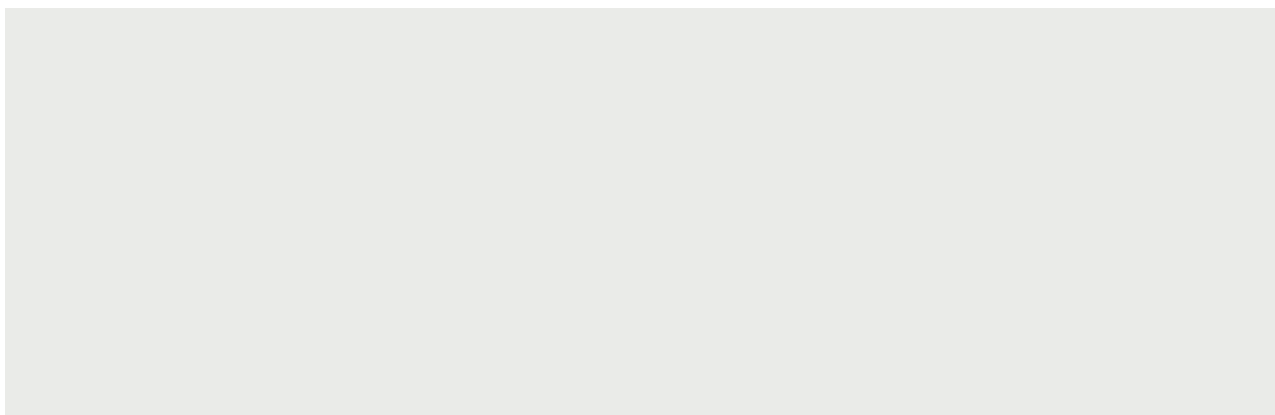
For example: Arguments, stress at work, children misbehaving...



The Secret to Staying Focused? Based on the list above, write down one clear, compassionate and achievable action you can take in the moment to stay on track.

My new actions:

For example: Going for a 5 minute walk, venting to a friend on a voice note, playing my favourite song full blast. Take deep breaths.



**Reflecting on selfsabotage might feel challenging, even overwhelming. It's okay to feel this way.**

Recognising these patterns is the first step towards breaking free from them. Remember, you're not alone in this journey. Many women have felt the same way you do right now, battling with self image, consistency, and the ups and downs of weight loss.

By diving deep into understanding your behaviours and triggers, you're paving the way for lasting change. Imagine a life where you feel energised, confident, and proud when you look in the mirror.

That's the transformation awaiting you. **Embrace this process, trust in yourself, and know that every step you take brings you closer to that radiant, confident version of yourself.**

# 2. OVERCOMING LIMITING BELIEFS

1. What beliefs about yourself and your capabilities might be holding you back?

For example: I believe I don't have the willpower to stick to a diet.

2. Where did these beliefs originate?

For example: "Past failed diet attempts made me feel incapable.

3. Do you feel this statement above is 100% true or not?

For example: "It might be true that I have failed at diets but I have succeeded in other areas of life so I know I can be capable of doing hard things."

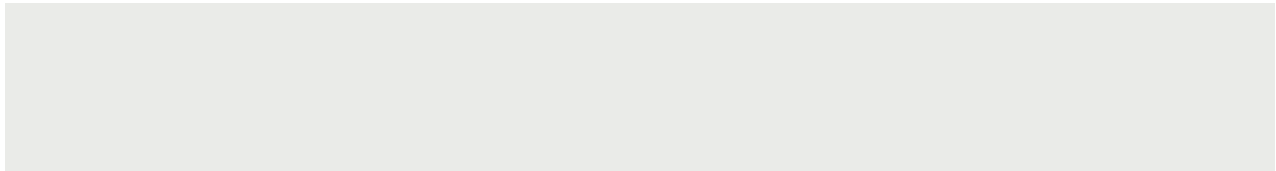
4. What action steps could you take to challenge this belief?

For example: "I could remind myself that change is challenging but I have overcome other challenges and I can win at this too."

# 3. GOAL SETTING

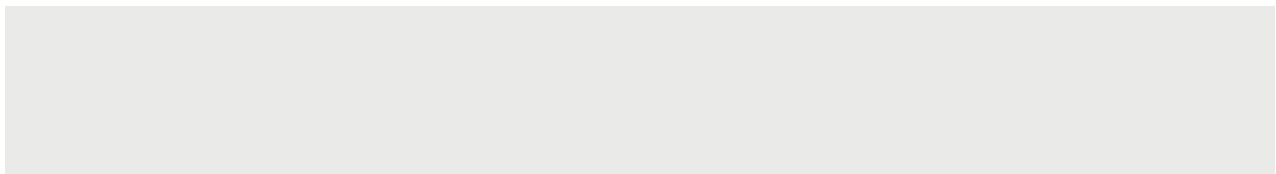
1. What are your current goals?

For example: I want to lose 20 pounds in the next 6 months. Then break it down into 6 actionable steps you can take.



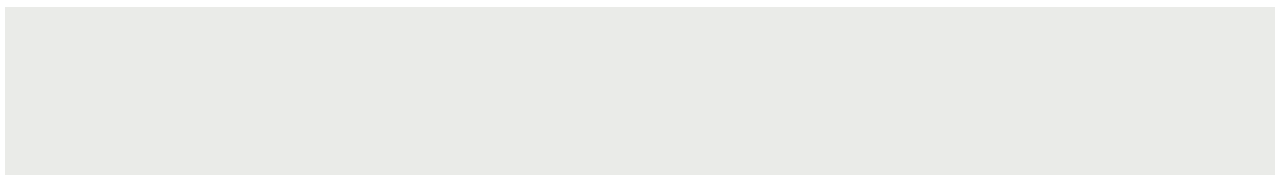
2. Why are these goals important to you?

For example: I want to feel more confident at my friend's wedding, or I want to improve my health and reduce my risk of chronic diseases.



3. Why do you want to achieve your answer to question 2?

For example: I want to be able to play and run with my kids without getting short of breath. Or I want to feel confident in my body and wear clothes I've been avoiding.



4. How will achieving these goals impact your life and the lives of those around you?

for example: I'll be setting a positive example for my children about the importance of health. Or I'll be more active and present in social situations, improving my relationships.

