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STOP OVEREATING ROADMAP

Create your personalised plan.

Global ideas and labels



I'm an overeater

I just eat too much

I'm a binge eater

I'm overweight

A new way of understanding my overeating

I'm a person with some unhelpful eating habits.

I have learned them over many years, and with patience, I can unlearn them.

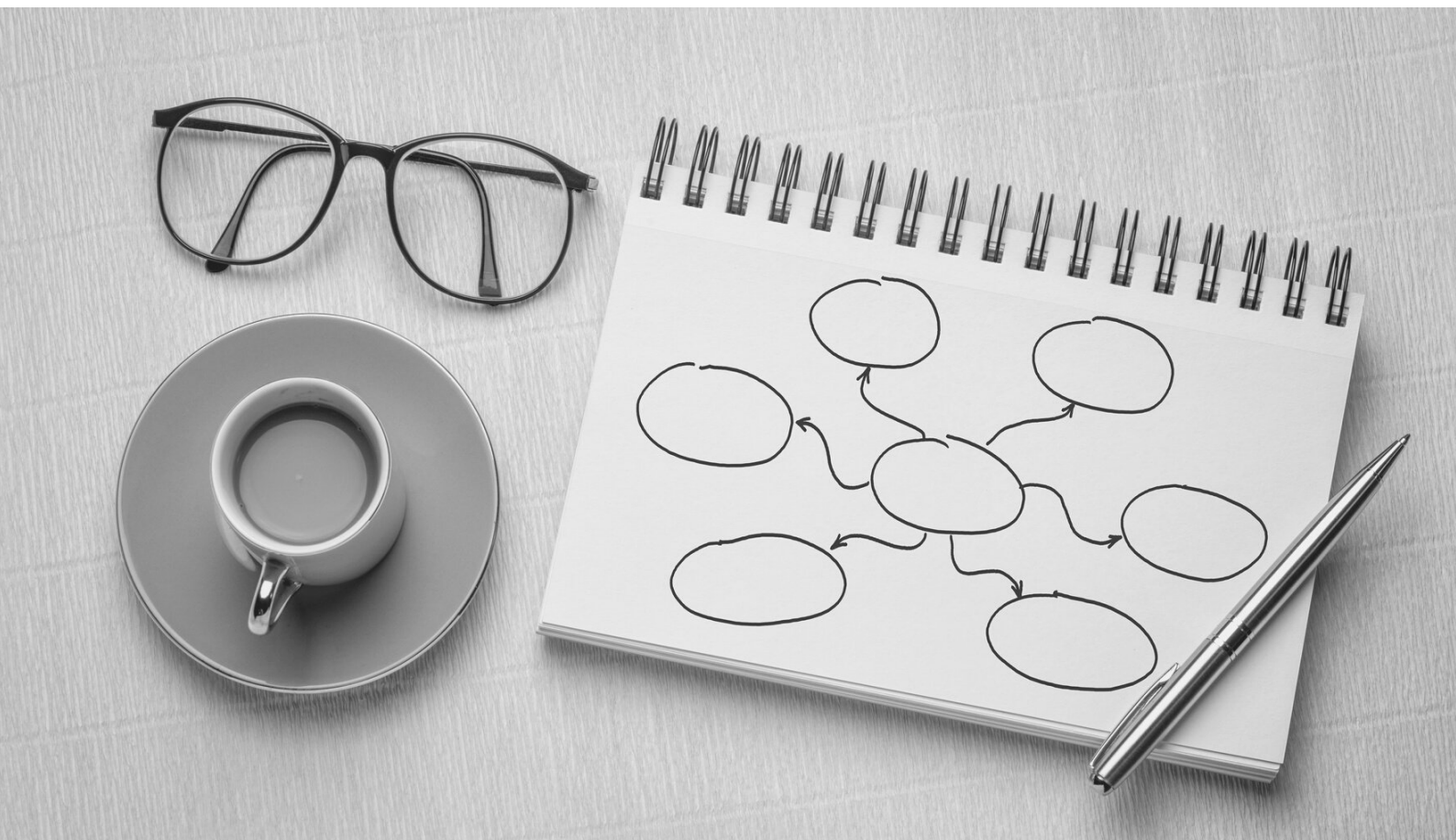
The human brain is designed to create shortcuts. My brain works perfectly.

My habits aren't just the behaviours I see. My eating is driven by habitual thoughts and habitual emotional reactions.

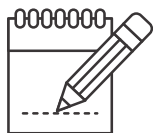
My weight is just extra energy my body has stored.

We're going to create three mind-maps or 'spider diagrams'

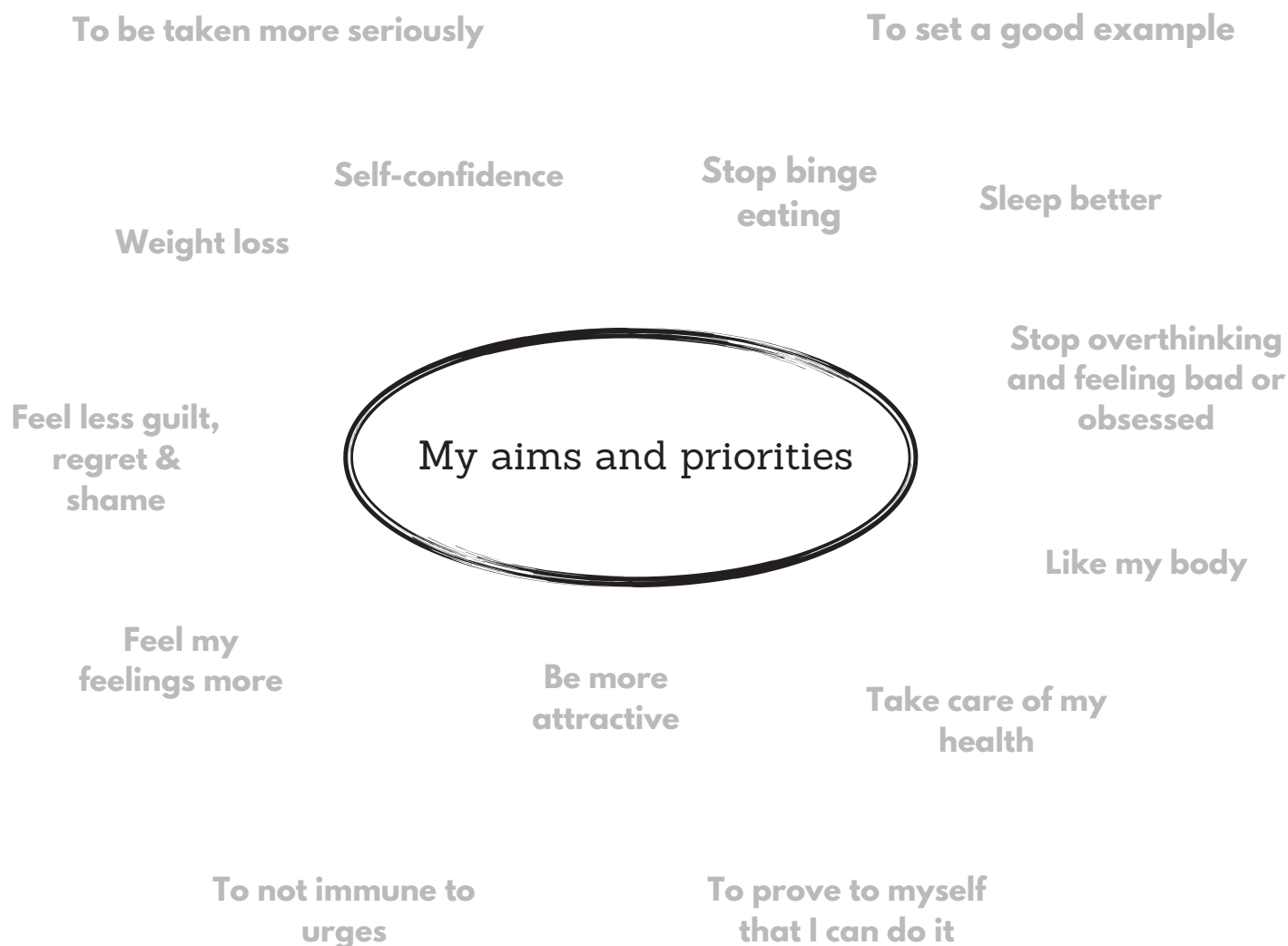
Like this 



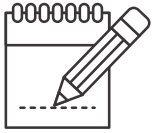
Map 1: Why do I want to change my eating?



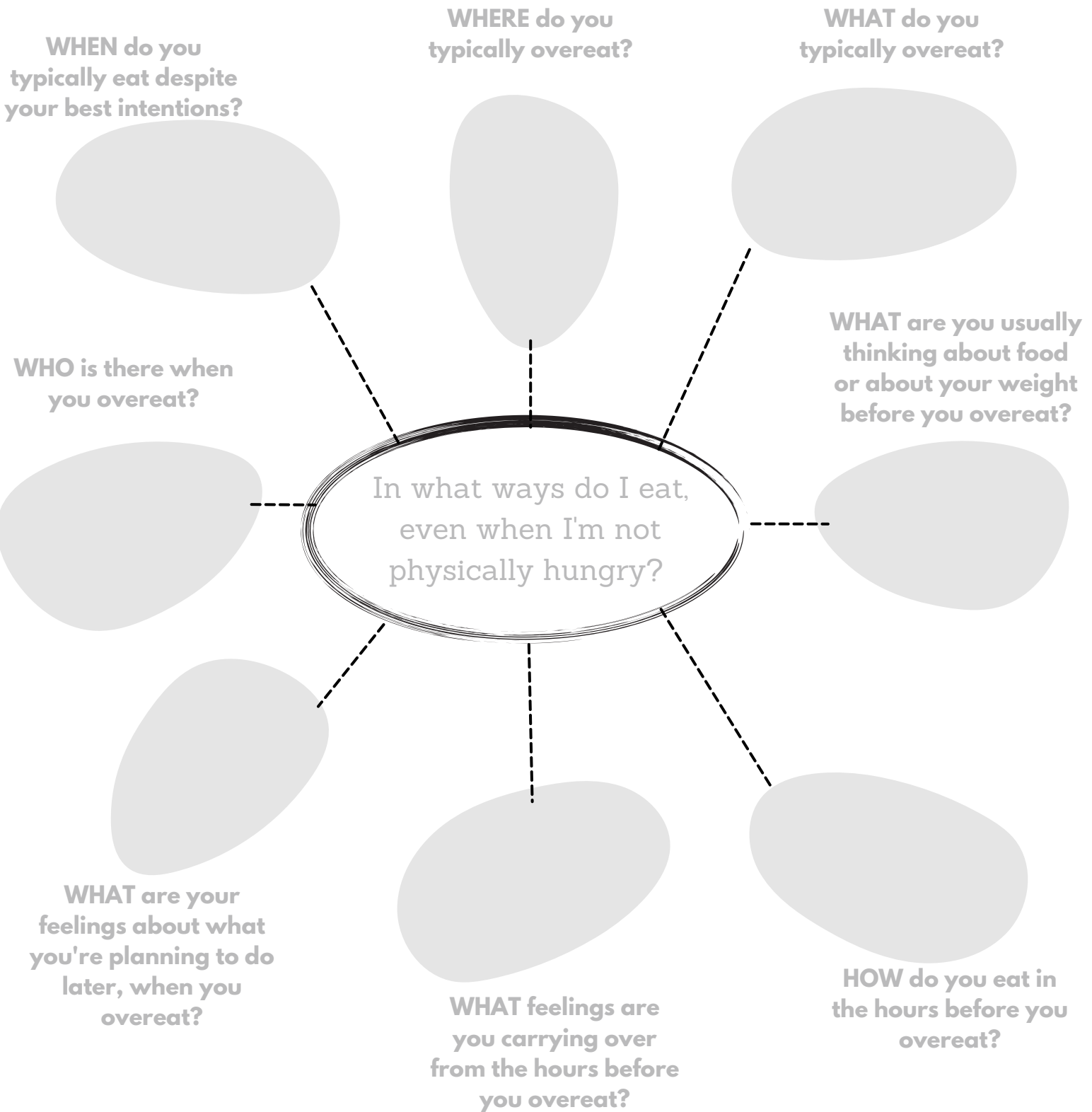
- Circle and write over any or all that you relate to.
- Add in any new ideas that are unique to your situation. For instance, if you want to be more attractive, why. If you want to be healthier, in what ways? What would your health allow you to do or not do that you desire?



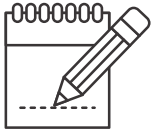
Map 2: What are my overeating triggers?



- Fill in the ovals with any ideas that come to you.
- Add in extra ideas as offshoots.



Map 3: In what ways do I overeat?



- Fill in the ovals with any ideas that come to you or use the suggestions on the following page to copy or cut out.
- Add in extra ideas as offshoots - for example, which emotions? Which habits? What kind of work scenarios?

EMOTIONS

QUANTITY

BINGES

CERTAIN FOODS

In what ways do I eat,
even when I'm not
physically hungry?

PAIN

SOCIAL

HABITS

WORK

**I eat EMOTIONALLY -
eating to not feel
uncomfortable feelings,
or to try to feel positive
ones.**

**Once I start eating, or
slip up, I don't stop, or
even BINGE.**

**I feel OUT OF CONTROL
around specific foods,
or have really strong
specific cravings.**

I SNACK for fun.

**I have HABITS, for
example, I always have
biscuits with my tea, or
nibble leftovers while
clearing.**

**I have certain of the
week or WEEKEND
when I eat more than I
need.**

**I eat SOCIALLY, to fit in
and please people.**

**I OVEREAT in quantity
until I'm FULL or maybe
even stuffed at meals.**

**I eat to celebrate,
RELAX, and reward
myself.**

**I eat things that arrive
in my life by surprise
opportunity - eg when
someone brings a gift of
food.**

**I eat to get through
difficult work, to keep
going or 'give me
ENERGY'**

**I eat when I have
physically low feelings,
such as being TIRED,
having a PERIOD, or
being in PAIN.**

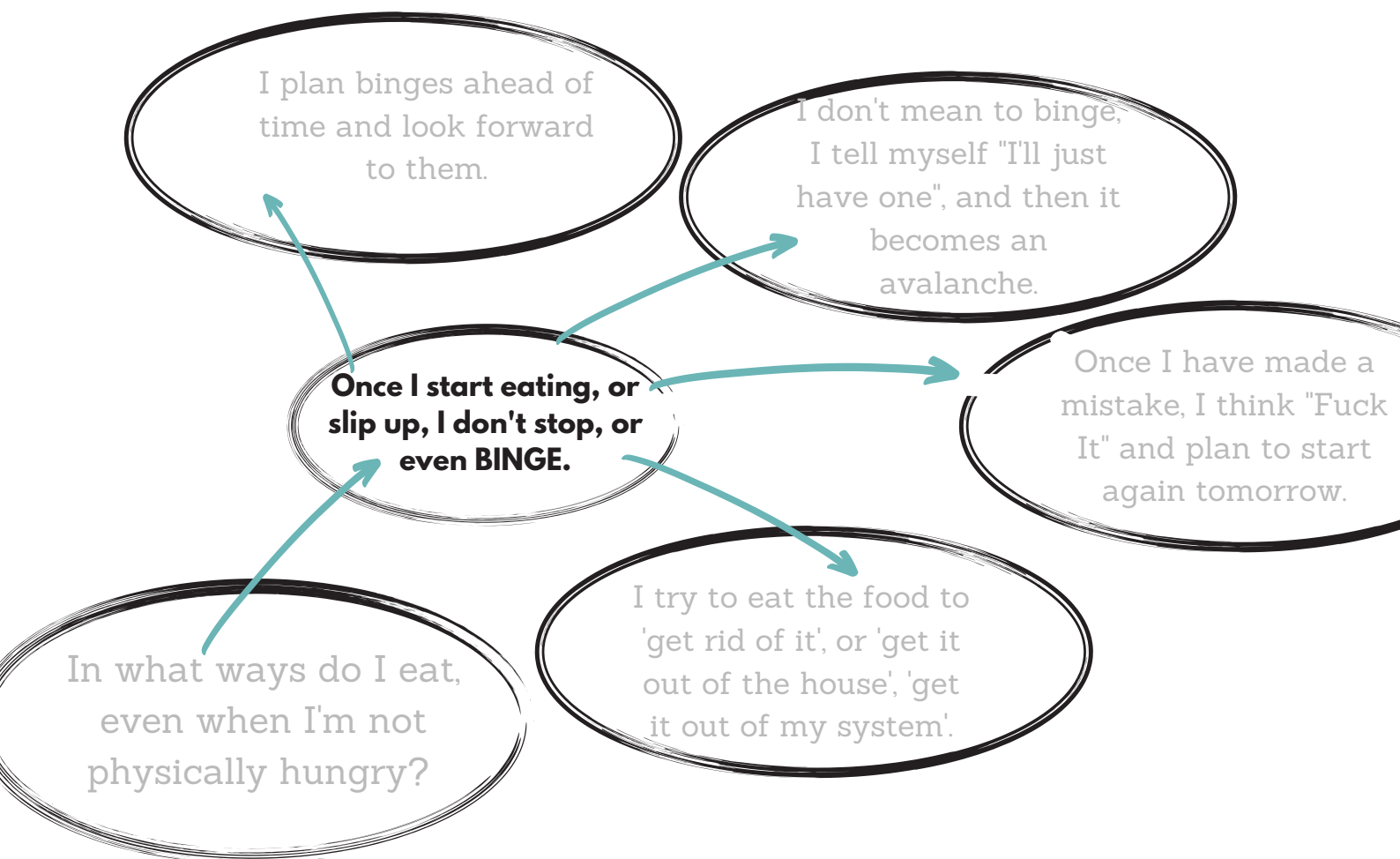
**I eat with my partner -
it's our way of being
intimate**

**I eat to have a
'legitimate' BREAK, or
some time alone.**

**I fantasise about
BINGES and plan them
ahead of time.**

Some examples

How to add detail to your mind maps.





We are all a collection of habits. Pick one to start on.

When we behold the whole picture, it's easy to allow ourselves to sit in confusion or overwhelm, and to believe our stories of past failures that tell us this is impossible, or "I'll be the person this doesn't work for".

That's natural, it's human to think we're extra specially super broken. It just means it's time to seize your power. And your power, oh sensational woman, is in making decisions.

Right now, I want you to circle one habit to work on for 30 days.

- If you plan to begin coaching with me, we'll pick the one that will have the biggest impact - because once we've shifted a big rock, you'll see results in your weight and your confidence.
- If you are still trying to DIY it, pick the low-hanging fruit and build your confidence from there.

Tell yourself this:

"When I bring my habits onto my radar, by putting them on paper, I am making an agreement with myself:

I am studying my habits, not judging myself for them.

If there are a lot of ways I eat when I'm not hungry right now, that's great - I can see a lot of doable ways to uplevel my eating.

If I patiently change these habits and the thoughts and feelings behind them one by one, I can see how I can lose the mental and physical weight for good."

To arrange coaching:

Send me a simple email.

hellolauralloyd@gmail.com



Tell me:

- Your time zone.
- When you're typically free to talk.

Go here first for prices and coaching options:

www.lauralloyd.co/get-coaching

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Arranging coaching is a simple process.

