

Module 1:

Rebel-er Limiting Belief & Mantra

There are an unconscious belief patterns that is running your mind set. Our goal is to catch them and rub self-compassion all over them.

This is the main limiting belief for Rebel-ers:

"No one can tell me what to do, so I might as well give up, cause distractions, and create more resistance."

What to do?:

1. Take 5 deep breaths to stop the pattern of the limiting belief.
2. Repeat this mantra when you are expending too much energy judging yourself on what you want to eat or ate.
3. This will reduce cortisol, stress hormones and create safety in your brain and nervous system.

**"EVEN THOUGH I AM
COMPLICATED,
I LOVE AND ADORE
MYSELF"**