

Module 1:

Guilt-er Limiting Belief & Mantra

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

Have you spent heaps of your time and energy feeling guilty about your food choices? I can relate. I spent decades having a love/dislike relationship with food. I never felt enough, or had to 'do it perfectly'.

Guilt is the opposite of DESERVE. There may be some of your needs that weren't met in childhood. Or as an adult, you are trying to measure your success with others. Try to re-frame these guilty feelings by asking different questions.

What do you deserve in your life?

What do you want in your life that you think you can't have? Shame and anger can be linked here also. Since food is essential to survive and thrive, this is your chance to connect with food and nutrition on a whole new level.

Your guilty feelings are here to help you uncover more of your true desires.

Thank you guilt, but I got it from here.

This is the main limiting belief for Guilt-ers

"It is hard for me to forgive others, especially myself".

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.

**"I AM READY TO BE,
HONEST WITH
MYSELF AND MY
FEELINGS"**