

MISSION MINDSET *The Difference in Emotions & Internal Thoughts*



Losing weight really changes how you experience daily life. This exercise has been designed for people who are really struggling with their weight and the emotions of being overweight. If you want to be happy, you need to experience happy emotions and have positive empowering thoughts. Please make sure that you complete this exercise. Get a cup of tea or coffee and really get deep into it, and experience the negative and the positive emotions. How do you want to feel?? What emotions do you want to experience every day? What do you want your internal dialogue to be? Please know that you have the power to choose. You can choose overwhelm and failure, or you can choose empowerment and success. Get clear on both scenarios, and I hope this is the catalyst for you ignite a passion in your heart and soul, to choose a healthy, happy, New You.

| Daily Life Event | Emotions Experienced Now at your current weight Date: SEPTEMBER 2015 | Emotions you will Experience when you are at your healthy target weight Date: NOVEMBER 2015 |
|---|---|---|
| Receiving an invitation to a wedding | Panic. Worry. Shame. Frustration. Dreading meeting people I have not seen for a few years and what they will think of my size. | Excitement! What will I wear! I cannot wait to go shopping! I cannot wait to see my old friends! This is going to be so much fun! |
| Being a Mother or Father | I wish I could go down the slide at the park with my kids. I wish I could go swimming with my kids. I feel sad that I am not a good role model for healthy living to my kids. | Weeeeeeee!! I love taking part in all the activities with my children! It is so much fun and we are creating so many special memories together. I am so proud and happy that I am setting a good example to them. |
| Getting a family photo taken | Oh No. I hate getting my photo taken. I have no photos of me anywhere in my house. I hope they do not tag me in this photo on Facebook, I will be mortified. I look so fat. I feel so sad and ashamed. I really don't want to feel like this anymore. | CHEEESE! ☺ Oh this is great! I cannot wait to see this photo! All that hard work and dedication was worth it, to feel like this! I feel like a million dollars! I love my new outfit, I look so slim and healthy and I have had SO many compliments from my family members! Life is amazing! I am on cloud 9! ☺ |
| Going Clothes Shopping | I don't want to spend money on clothes that are this big. I am just going to wear old clothes. Trying on clothes in a changing room is my idea of hell, it makes me feel so down about myself. | OMG!! Clothes shopping has never been so much fun! I can pick ANYTHING up and it just looks perfect for me! Why did I not do this sooner? I am so glad I lost weight, I finally ALIVE! I cannot wait to go out this weekend wearing my new outfit. |

Please aim to write as much as you can. No one is going to read this so be really honest with yourself about how you feel now and about how you will feel when you are at your target weight. The more honest you are, the more descriptive you are with your words, the bigger impact that it will have on you, and the easier you will find it to get in the zone and get to your healthy weight with joy and ease. Please invest in yourself, you deserve to give yourself this time to complete this exercise. Please aim to fill in at least 8 life areas, the more you can do the better. The more clear you are on how losing weight will impact your life, the easier it will be for you to be motivated and WANT to do this. The clearer you are about how you want to experience life, the more chance you will have that you will make that experience your reality. You really do get to choose how you experience life. Just get clear, decide how you want it to be and feel the emotions that come with it. 10 short weeks can change EVERYTHING. You can do this!! I am here with you every step of the way. More worksheets and blogs are coming to help you with every stage.

Love Julz xx

Examples of Life Areas that you can write about in the next sheet. The next 2 sheets are left blank so that you can make it really personal to your daily life and situations.

| | | | | |
|-----------------------------|--------------------------|--------------------------------|--------------------|--------------------------|
| Going to a business meeting | Meeting your in laws | Going to the swimming pool | Going on holiday | Going on a first date |
| Sleeping with your partner | Daily Married Life | Daily Work Life | Social Life | Health and well being |
| Fitness Levels | Confidence & Self Esteem | Dealing with someone difficult | Speaking in Public | Going to a Job interview |

MISSION MINDSET

The Difference in Emotions & Internal Thoughts



| Daily Life Event | Emotions Experienced Now at your current weight | Emotions you will Experience when you are at your healthy target weight |
|------------------|---|---|
| | Date: | Date: |
| | | |
| | | |
| | | |
| | | |

MISSION MINDSET

The Difference in Emotions & Internal Thoughts



| Daily Life Event | Emotions Experienced Now at your current weight | Emotions you will Experience when you are at your healthy target weight |
|------------------|---|---|
| | Date: | Date: |
| | | |
| | | |
| | | |
| | | |