



WHOLE LOVELY LIFE

RE-WRITE YOUR BELIEFS ABOUT CLEAN EATING

Beliefs start forming when we are very young.

One small experience can create a belief we carry with us throughout our lives.

The beliefs we have about ourselves and the world around us can either help or hinder the goals we want to achieve.

The purpose of this exercise is to list out the current beliefs you hold about clean eating and then re-write those beliefs.

Don't over think it. Just write down whatever comes to mind.

DIRECTIONS:

▼ STEP 1: Write old beliefs on Page 3

Example Of An Old Belief:

CLEAN EATING: Is Hard, Is Expensive, Takes Too Much Time, Won't Work For Me, Is Overwhelming, Confusing, Is Something I Have Tried In The Past But It Never Worked For Me etc.

▼ STEP 2: After listing out your current beliefs go to Page 4 and write a new belief.

Example Of A New Belief:

CLEAN EATING: Is Easy For Me, Is Affordable If I Shop Sales and Plan Ahead, Is Fast, Works Perfectly For Me, Is Fun and Something I Am Really Getting The Hang Of, Makes Complete Sense, Is Something I Should Try Again As I Know It Can Work For Me etc.

▼ STEP 3: Select your top 4 favorite new beliefs and write them on Page 5. Each new belief should go inside one of the boxes. Cut these out and place them in a location where you will see them easily. Think of these cards as "New Belief Flash Cards". You want to look at these often and repeat these new beliefs every day. Over time your old belief will get pushed out by your new belief.

MY **OLD** BELIEFS ABOUT CLEAN EATING



MY NEW BELIEFS ABOUT CLEAN EATING



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