

# Discover What is Blocking Your Weight Loss



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# My Struggle with my Weight and Beauty

I struggled with feeling fit and beautiful most of my life...

I started my first diet at 8 years old. I was put on a diet and because of it, I **became obsessed with diets, my weight, and my looks at a very young age.** Around the same time, I was labeled the “smart” one by my family and my younger sister was the “beautiful” one.

Most of my life, my weight went up and down and unfortunately, I always ended up overweight. For 30 years or so, **my weight problem was an obsession and I felt fat and ugly most of the time.**

I tried hundreds of diets. Yet regardless of the one I tried, I **always regained the weight, and often even more.** Sound familiar? My failure didn't make any sense to me. I thought: “I'm a go-getter. I can make anything happen. What is wrong?” Then, I began to **wonder if perhaps there was a part of me that did not want to lose weight.** Perhaps, I did not want to be and feel fit and beautiful.

I realized that consciously, I wanted to lose weight, but subconsciously, I did not. This life-changing moment embarked me on a journey to **discover the many surprising and often odd reasons why I had been struggling with**



**this weight loss problem for so long. I call these reasons: the MESS™ blocks, which stand for **Mental, Emotional, Subconscious, and Spiritual blocks.****

**And it is only when I started cleaning up the MESS™ in my mind and body that I lost weight permanently & started feeling fit n beautiful!**

It is now my mission to help women and their daughters discover and let go of their MESS™ blocks to weight loss, fitness, and beauty so that they can feel fit and beautiful at any age!

*Marilyn V. Godwin*

# Clean Up the MESS™ in your Mind and Body

If you struggle with feeling fit and beautiful, it is important for you to clean up what I call “the MESS™ in your mind and body”.

MESS™ stands for the **Mental, Emotional, Subconscious,** and **Spiritual blocks** that prevent you from feeling fit and beautiful.

First, you will need to identify your MESS™ blocks around the areas of:

- **Weight Loss**
- **Fitness**
- **Beauty**
- **Self-Love**

The MESS™ blocks are the negative and limiting beliefs, thoughts, feelings, fears, and even energies that block you from:

- **Losing Weight**
- **Becoming Fit**
- **Feeling Beautiful**
- **Loving Yourself**

You can diet or work out as much as you want, **if you do not identify and get rid of these MESS™ blocks, based on the Law of Attraction, you will have an extremely hard time getting any results, and if you get results, they won't last permanently!**

It is time to clean up the MESS™ in your mind and body! If you are reading this, this is a sign you are ready to get started! Let's go!



*Me in my twenties. I was never super overweight but I struggled with weight loss and felt fat and ugly most of my life*

# The Law of Attraction

**Why is cleaning up the MESS so important?** It is because of The Law of Attraction, which is simple and says that everything that happens to you, you have attracted. Your thoughts create your life. In her best-selling book *You Can Heal Your Life*, **Louise L. Hay** says: **“What you choose to think about yourself and about your life becomes true for you.”** Basically, whatever you think about, you will attract into your life. In the movie *The Secret*, **Esther Hicks** says: **“Whatever you think and feel and what you manifest is always a match.”**

Based on the Law of Attraction, when you have a **negative thought, that thought creates a negative feeling, which activates the manifestation of that unwanted thing.** Any thought, bad or good, produces a vibration which is sent out into the universe. And whatever you send to the universe, you get back. Here are a few scenarios on how the Law of Attraction will affect you losing weight and feeling fit and beautiful.

## Scenario 1

You have struggled to lose weight for a long time; **you believe that losing weight is hard** and you feel fat and ugly. This is how I felt for decades! The negative beliefs are going to create more of the same. **It does not matter how much you exercise and eat healthily; you will continue to produce the same negative results:** It is hard to lose weight and I feel fat and ugly – until you clean up the MESS™ in your mind and body!



# The Law of Attraction

## (Continues...)

### Scenario 2

You managed to lose 30 pounds! While you feel better about yourself, you still have **not shaken up that horrible feeling of “I feel fat and ugly”**. You are still judging your body, even though you look great! In fact, you may also have the common belief: I always gain the weight back. **The MESS™ in your mind is going to inevitably take you back where you started and you will quickly regain the weight.** This happened to me many times!

### Scenario 3

You decided to clean up the MESS™ in your mind and body at the same time you start focusing on eating healthy and exercising more regularly.

Now you start believing that losing weight is not hard; in fact, you believe that it could be easy! In addition, you decide to start cleaning up the negative feelings and energies around feeling fat and ugly. And believe it or not, you start feeling fit and beautiful even though you have not yet reached your weight loss goals.

These feelings of “feeling fit n beautiful” will positively influence your actions which may make it easier to reach your weight loss and fitness goals!



**Regardless of what scenario you might be experiencing, it is so important to clean up the MESS™ in your mind and body; so, that you may achieve your weight loss and fitness goals and start feeling fit and beautiful at any age!**

# What is the MESS™?

**Mental. Emotional. Energetic. Subconscious. Spiritual**

## MENTAL

First are the Conscious blocks, they are the Mental blocks that you are aware of, they represent conscious thoughts and beliefs that you are fully aware of. For example, it is hard to lose weight is a conscious block. I always regain weight back, and I look horrible are two other common conscious blocks.

## EMOTIONAL

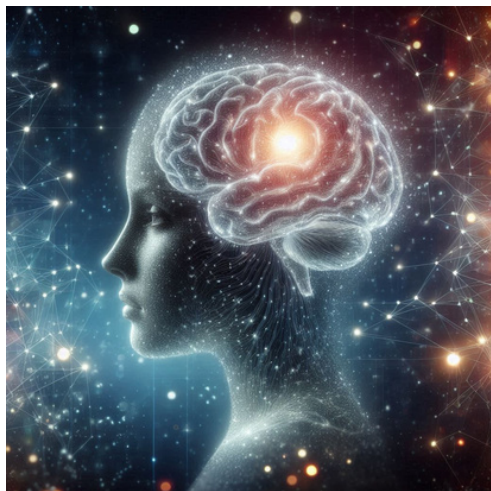
Second are the Emotional blocks, also called feelings; these emotions come from the many thoughts and beliefs that you have whether you are aware of them or not. For example, if you think that you are fat and ugly, it is very likely that you will feel fat and ugly. Your negative thoughts and beliefs create these negative feelings.

Emotional blocks also include cravings as cravings are feelings toward foods. "I crave carbs" is an emotional block!

## ENERGETIC

I added this one to MESS! Energetic blocks can be dangerous; these blocks come from energies you have picked up during your life's journey. They might be your energies or other people's energies that you made yours!

Most people are not aware of these energies and therefore, it can be hard to let them go unless you are guided by someone who can either see or feel these energies. I can :-)



# What is the MESS™?

## (Continues...)

### SUBCONSCIOUS

The Subconscious blocks are the Mental blocks that you are NOT aware of, they represent hidden, subconscious thoughts and beliefs that you are NOT yet fully aware of. For example, I am not safe if I look beautiful can be a subconscious block. I won't be healthy if I am too thin is another one.

Subconscious blocks can be tough to identify; it takes a little effort and you must dig deep; but the good news is that this guide can help you identify many of your subconscious blocks!

### SPIRITUAL

The Spiritual blocks are the ones that you are most likely NOT aware of, they represent hidden thoughts and beliefs that came with your soul. These blocks can be identified if you are guided by someone who can recognize these spiritual blocks. I can :-)

### LET'S RECAP!

For you to achieve a fit and beautiful body, you may need to clean up the MESS™ in your mind and body. The great news is that if you decide to work with me, I could help you with this life-changing process!

I am so excited for you! I hope you are excited too! Let's get started!



# Step 1. Identify the MESS™!

Identifying the MESS™ is critical because our mind is a powerful tool that creates our own reality. Pause for a second and start thinking about your own negative self-talk; what negative thoughts and beliefs do you have about weight loss, fitness, beauty, dieting, exercising, yourself, your looks, your age, and your body?

I want you to go on a rampage of negativity and write down all those thoughts and beliefs. Be honest! Now that you are done with perhaps a long list, take a look at the list below that I have compiled for you about 10 common MESS™ blocks, that may prevent many women to achieve a fit and beautiful body. I had pretty much all of them! So it is possible that you may have a few of them! Some of them you may be not even be aware of! Let's take a look together!

## I Can't Lose Weight

Henry Ford said: "Whether you think you can or whether you think you can't – you are right." And I am saying: "Whether you think you can lose weight and be fit or whether you think you can't – you are right." This means that if you think you cannot lose weight and be fit, then you can't, and if you think you can, you can.

This is one of the most important beliefs to identify and let go of! So many women have this belief because they have failed so many times at losing weight that now they believe they can't! Other related beliefs are: it is hard for me to lose weight; it is difficult for me to lose weight; it is impossible for me to lose weight, I can't be fit, etc...



## I Feel Fat and Ugly

You may believe that you're fat and ugly and may feel fat and ugly. Even though you might receive compliments about how beautiful you are, the sad reality is that when you look in the mirror, you may rarely see beauty, only ugliness.

This is how I felt for years. I was not able to see beauty when I looked at myself in the mirror. I only saw ugliness. I thought I was not attractive, and I believed I was fat and ugly. If you are like I was, it is time for you to let go of these negative feelings too; they are hurting your self-esteem and affecting your weight loss. If you believe that you are fat and ugly, unfortunately, you will stay fat and ugly, making it extremely difficult for you to lose weight or to keep it off.

## I Always Regain the Weight Back

One of the main reasons why women often tend to regain the weight back is because they did not clean the MESS™ in their mind and body in the first place. When you lose weight, the challenge is to let go of being “fat” in your mind. You were able to let go of the fat in your body, but letting go of being “fat” in your thoughts is more difficult. Even though your body is fit, you can still be “fat” in your mind.

You may have not crossed over to being fit and still embrace the “fat” world. You get fit for a while, and you gain all the weight back, plus often more. You get fit again, and you gain the fat back. This yoyo phenomenon is very common until you become “fit” in your mind. Plus the more you regain the weight, the more you believe that you always will. It is a vicious cycle!



## I Can't Stop Thinking About Food

It can be extremely difficult to eat healthy foods if you can't stop thinking about all the unhealthy foods that you love. So, if that is the case, you must ask yourself what it is that you are really craving. Are you craving something else than food? Are you craving affection, compassion, or comfort? What is the food you crave giving you that you cannot give yourself?



Take it a step further and ask yourself: Why do I want this? How do I feel? Do I feel lonely? Depressed? Bored? Stressed? Vulnerable? Happy? What are you lacking now in your life? Are you missing self-love and self-appreciation? Are you craving love from others? Take a moment to reflect on this. It will be eye opening!

## I am Ashamed of my Body

Do you feel ashamed of your body because you're overweight? Is it hard to remove your clothes in front of your partner? Do you just want to hide your body? Do you feel bad wearing a swimsuit at the beach? This is how I felt for years. If you feel ashamed of your body and you do not let go of the shame, you will continue to feel the same shame even if you lose weight and become fit. Because of it, you may not be able to sustain the weight loss. Your body will ensure that you remain ashamed of it and you will revert to your original overweight self.

## I Criticize Myself all the Time

We, women are so critical of ourselves. We are our own worst critics. We are never happy with ourselves. We always criticize the way we look, what we said, what we did, our careers, our faces, our hair, our bodies; the list is endless. It is hard for us to find something good, something to praise in ourselves, and when we do, we always find a "but...." It is time to stop criticizing yourself! It is only when you stop criticizing yourself and start praising yourself and your body that you can lose weight for good and feel fit and beautiful at any age!

## I am Depressed and Miserable

When I was fat, I was depressed all the time. And unfortunately, my depression created a vicious circle of unhappiness and even more depression. The more depressed I was, the more I ate which made me even unhappier. Being overweight is hard; it is depressing and it can ruin your life. The good news is that it does not have to be that way. If you are so miserable with your weight problems that you feel in a constant state of depression, if you feel powerless and hopeless about your weight, the way you look and the way you feel, please keep on reading... There is hope!



## Fat Protects me from Abuse and Unwanted Attention

If you have been physically abused, you may be fearful of being abused again, and you will look for a way to protect yourself. Fat protects you from being seen and noticed. Fat decreases the sexual attention that you receive from others because fat makes you less attractive. I have never been abused in this lifetime; yet, being fat always seemed to make me feel more secure. One of the ways women protect themselves is by being overweight so they become less attractive and block unwanted attention. Fat again becomes a form of protection.

## I am Fat to Avoid Jealousy

There is so much jealousy in this world that if you are too attractive, people around you may become jealous, and you could end up with friends who drag you down, or with no friends at all. If you lose a lot of weight, many people will most likely be happy that you lost the weight, but some of them will also be jealous and intimidated by your new good looks. When you make positive changes, your spirit rises and you will not connect as well with family members, friends, and peers if they stay the same. My advice is to put yourself first, be ready to let go of anyone who do not support your successes, and choose new friends who will support you.

## I am Fat because I am Old

As women become older, they often become overweight. Of course, there are many medical reasons why older women may gain weight. Yet, I truly believe that many older women become overweight because of their beliefs that they're supposed to gain weight as they age. But this is not necessarily true! You can feel fit and beautiful at any age, but you have to let go of the belief that as you become older, your body will gain weight and become overweight. This is just a limiting belief that might be easy for you to let go of, just like I did!

I look and feel much better today than I did 20 years ago. My strong intention is to stay in great shape, looking young, fit, and beautiful all my life. What happens to you as you age is up to you; it is your choice! You can decide to be overweight like most other women your age, or you can decide to be and feel fit and beautiful at any age!



# Take the Test!

## Test if you have any of these 100 MESS Blocks

We just went over 10 common MESS blocks that might be preventing you from losing weight and keeping it off. Now, please take the following test to see if you have any of these other MESS blocks. You can print the test and simply circle True or False for each statement. Or if you are doing this test online, simply write down your True statements.

### Family

- |                                                            |               |
|------------------------------------------------------------|---------------|
| 1. I eat like my parents.                                  | True or False |
| 2. I must finish my plate.                                 | True or False |
| 3. I always have a second helping.                         | True or False |
| 4. My parents are fat. It is impossible for me to be thin. | True or False |
| 5. My parents are fat. I need to be fat to fit in.         | True or False |
| 6. I am an outsider if I lose weight.                      | True or False |
| 7. I want to be like my overweight mother.                 | True or False |
| 8. I cannot be thinner than my mother.                     | True or False |
| 9. My family does not support me to lose weight.           | True or False |
| 10. My family wants the overweight me back.                | True or False |
| 11. My family is used to me being overweight.              | True or False |
| 12. My family doesn't relate to me when I lose weight.     | True or False |

### Peer pressure and jealousy

- |                                                   |               |
|---------------------------------------------------|---------------|
| 13. Fat is the norm.                              | True or False |
| 14. I'm fat so people can relate to me.           | True or False |
| 15. I am fat to avoid jealousy.                   | True or False |
| 16. I am fat so I can have girlfriends.           | True or False |
| 17. I won't be liked by women if I look too good. | True or False |

## Protection

- 18. Fat is a protection. True or False
- 19. Fat is a protection from abuse. True or False
- 20. Fat is a protection from rape. True or False
- 21. Fat is a protection from unwanted attention. True or False
- 22. Fat is a protection from beauty and danger. True or False
- 23. Fat is a protection from poor health and sickness. True or False
- 24. Fat is a protection from relationships. True or False

## Safety

- 25. It is not safe to lose weight. True or False
- 26. I am not safe without my fat. True or False

## Relationships

- 27. I gain weight to sabotage my relationship. True or False
- 28. I am afraid of intimacy. True or False

## Identity Loss

- 29. I lose my identity if I lose weight. True or False
- 30. I am a fat person. Period! True or False
- 31. I was fat as a child. True or False
- 32. I am comfortable being fat. True or False
- 33. I lose my confidence if I lose weight. True or False
- 34. I'm insignificant if I lose weight. True or False

## Your ugly thoughts

- 35. I am ugly. True or False
- 36. My body is ugly. True or False
- 37. My body is fat and ugly. True or False

## Self-criticism

- 38. I criticize myself all the time. True or False
- 39. I criticize my body all the time. True or False

## Poor self-esteem

- |                                            |               |
|--------------------------------------------|---------------|
| 40. I don't love myself and my body.       | True or False |
| 41. I don't care about myself and my body. | True or False |
| 42. I hate myself.                         | True or False |
| 43. I hate my body.                        | True or False |
| 44. I have low self-esteem.                | True or False |
| 45. I am not good enough.                  | True or False |
| 46. I do not deserve to lose weight.       | True or False |
| 47. I cannot have it all.                  | True or False |
| 48. I do not deserve it all.               | True or False |

## Lack of self-respect

- |                                         |               |
|-----------------------------------------|---------------|
| 49. I do not respect and honor myself.  | True or False |
| 50. I do not respect and honor my body. | True or False |

## Anger

- |                              |               |
|------------------------------|---------------|
| 51. I am angry with myself.  | True or False |
| 52. I am angry with my body. | True or False |

## Shame and guilt

- |                                        |               |
|----------------------------------------|---------------|
| 53. I am ashamed of myself.            | True or False |
| 54. I am ashamed of my body.           | True or False |
| 55. I feel guilty.                     | True or False |
| 56. I feel guilty to put myself first. | True or False |

## Love and comfort

- |                                            |               |
|--------------------------------------------|---------------|
| 57. Food gives me comfort.                 | True or False |
| 58. Food fills my void.                    | True or False |
| 59. I eat according to my emotional needs. | True or False |
| 60. I feel loved when I overeat.           | True or False |
| 61. I love myself with food.               | True or False |

## Fear of beauty

- |                                             |               |
|---------------------------------------------|---------------|
| 62. I fear to let my beauty out.            | True or False |
| 63. I resist beauty.                        | True or False |
| 64. I am not allowed to be beautiful.       | True or False |
| 65. My body is not allowed to be beautiful. | True or False |
| 66. I cannot be beautiful.                  | True or False |

## Health, pregnancy, and aging

67. Being fat gives me health and strength. True or False  
68. I am fat because I am old. True or False  
69. I am fat because I am pregnant. True or False

## Wealth

70. Fat equals wealth and prosperity. True or False  
71. Thin equals poverty and scarcity. True or False  
72. If I lose weight, I lose money. True or False  
73. I have to be fat to be wealthy. True or False  
74. Being fat makes me important. True or False

## Power

75. Fat equals power. True or False  
76. I am powerful if I am a big woman. True or False

## Success

77. Beauty and smarts don't go together. True or False  
78. Beauty and success don't go together. True or False  
79. The bigger I get, the smarter I get. True or False  
80. I will be taken more seriously if I am fat and ugly. True or False  
81. People will think I am dumb if I look too good. True or False  
82. I need to be fat, old and ugly to be successful. True or False  
83. Looking my best is a disadvantage to my career. True or False

## Obsessions with foods and diets

84. Food is a top priority. True or False  
85. I crave chocolate. True or False  
86. I am obsessed with food. True or False  
87. I binge. True or False  
88. I think about food all the time. True or False  
89. I diet all the time. True or False

## Weight Loss Readiness

- |                                                   |               |
|---------------------------------------------------|---------------|
| 90. I am not ready to lose weight.                | True or False |
| 91. I do not want to lose weight.                 | True or False |
| 92. I want to stay the same.                      | True or False |
| 93. I am afraid to let go of the fat.             | True or False |
| 94. I do not know I can lose weight.              | True or False |
| 95. I do not believe that I can lose weight.      | True or False |
| 96. It is not in my best interest to lose weight. | True or False |
| 97. I cannot be under 130, 150, or 200 pounds.    | True or False |
| 98. I cannot succeed at losing weight.            | True or False |
| 99. It is hard to lose weight.                    | True or False |
| 100. I cannot lose weight.                        | True or False |

**Now that you may have identified more MESS blocks preventing you from losing weight, let's go over Step 2!**

# Step 2. Clean up the MESS™ in your Mind!

In Step 1, you have identified some of the MESS™ blocks that may prevent your weight loss, fitness, and beauty. This is a very important step, which started the release process!

Now, for you to achieve a fit and beautiful body, you must take Step 2., which is to clean up the MESS™ in your mind and body and get rid of all these negative thoughts, beliefs, emotions, behaviors, and fears that might be blocking your weight loss and beauty!

The good news is that you can let go of the MESS™ just like I did using the simple tools that I share in my products and services. They may change your life the same way they changed mine!

I would love to help you achieve a fit and beautiful body! If you want to start working with me, please contact me to get more information about my products and services at [marylin@marylingodwin.com](mailto:marylin@marylingodwin.com)!

I can't wait to meet you and help you!

Xoxo,

*Marylin*