

## Why do people fail so often to stick to healthy eating or exercise, even when they so desperately want to lose weight or be healthy?

Your thoughts and beliefs (especially the subconscious ones) play a pivotal role in how you approach any task, relationship, meeting, challenge, and more in life.

Your subconscious beliefs may be telling you the opposite thing of what you tell yourself.

This can often lead to self-sabotage and the worst is, that you are not aware that it is happening, since the subconscious runs its programmes without your conscious awareness.

We can, however, try to become aware of these programmes, address them if necessary, and set ourselves up for success rather than trying something else, because we gave up for the umpteenth time.

**This exercise is therefore of the utmost importance, and can really make the difference whether you stick to and achieve your goal, or not.**

## MINDSET TASK

### STEP 1

Get a pen and paper/journal and at least 60-90min that you can sit quietly by yourself without getting disturbed.

### STEP 2

Close your eyes, bring your focus into your heart, and take five deep, slow breaths.

### STEP 3

#### WRITE DOWN:

1. The **goal** you want to achieve by doing this plan.
2. Your '**WHY**' - WHY you have this goal - what is your strongest motivation?
3. Everything we want in life, we really want because of the **FEELING or EMOTION** it is going to give us.  
What FEELING/EMOTION would achieving this goal give you?
4. What do you think has **prevented** you from reaching (or **taking action** to reach) this goal in the past?

### STEP 4

#### DO THE 'MEDITATION' SENT IN A SEPARATE FILE



## STEP 5

### WRITE DOWN THE FOLLOWING:

1. Note down what you became aware of during the meditation, or a message/gift that you received that was important. (***Do the meditation every week or two in case there is a new or clearer message.***)
2. What did your authentic/higher self look like?
3. In order to be the person who achieve your goal(s):
  - what beliefs do you need to have?
  - what rules should you live by?
  - what behaviours would they lead to?

## STEP 6

**Keep this Notebook next to your bed because you are going to read through your answers from Step 3 & 5 every morning.**

*If you want to do more work on yourself, or if you have any unhealed trauma or emotional wounds that can be subconsciously leading you to self-sabotage or are compromising gut health, please sign up for the Future Self Journal or Shadow Work Journal (both free) from 'The Holistic Psychologist', Dr. Nicole LePera.*

*The health of your gut is strongly linked to your emotions. Autoimmune disease, Crohn's Disease + IBS specifically have been linked to stress, depression and unhealed emotional trauma.*

*Please strongly consider doing the above journals or getting a professional to assist if you think you may need to work on unhealed trauma to fully support gut healing.*

## STEP 7

### PLANNING (important!)

**This step alone has been shown to double or even triple your chances of sticking to a new habit!**

**For the GUT RESET, write down and display somewhere visible, like on your fridge/bathroom mirror:**

1. Which day and time will you go shopping for the week's food?
2. Which day and time will you do the cooking/food prep?

**For WORKOUTS, write down and display somewhere visible, like on your fridge/bathroom mirror:**

1. What time will you do your workouts every day? Set reminders/alarms 30min before.
2. What time you will do your walks (homework) every day? Also set alarms/reminders.
3. Also set alarms for getting up for 3min every hour if you have a desk job!