

WEEK 3 NOURISH YOUR MIND

WELCOME TO WORKSHOP 3

You have surely heard the saying ‘you are what you eat’, but of course the Food & Mood program is not just about what you eat, it’s also about what you think and how thoughts, feelings and mindset have a powerful influence on your results. How we think and feel about ourselves affects the choices that we make and the actions that we take on a daily basis. As do the underlying beliefs that we hold in our unconscious mind that underpin these thoughts, feelings and actions.

01. DO YOU BELIEVE YOU CAN ACHIEVE?

In pairs, discuss your answers to the following questions, and write your answers in the space below if you wish. You have 5 minutes each to share.

+ Do you wholeheartedly believe that you can achieve your food and mood goal?

+ Why or why not? (just listen to yourself and observe your answers – there are no right or wrong answers)

02. THE TFAB MODEL

This model explains the relationship between Thoughts, Feelings, Actions/Experiences and Beliefs.

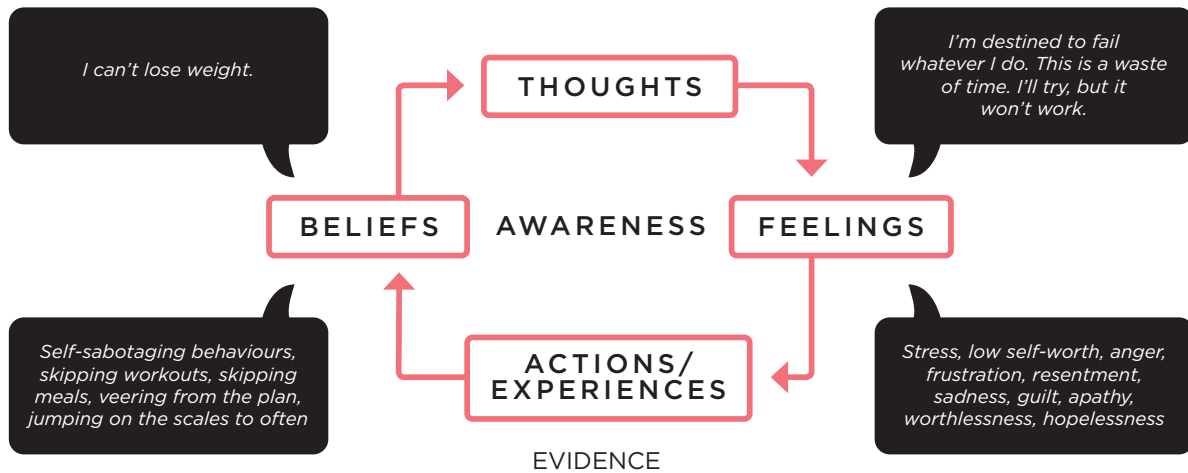
In this example you can see how a belief such as ‘I can’t lose weight’ might influence certain thoughts, feelings and actions (or lack of action), creating certain experiences that cycle through to further instil such a belief. When we set ourselves a goal or outcome to achieve, it is important to understand how this model works in order to create the best mindset and actions to support your goal.



FOOD & MOOD

COACHING

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03. A QUESTION TO PONDER FOR YOURSELF

Based on the goal that you have set yourself:

+ What do you need to BELIEVE in order for this outcome to become a reality?

+ What THOUGHTS and FEELINGS will serve you in achieving this goal?

+ What ACTIONS do you need to take in order to make this a reality?

