



Busting Through your LB's (*Limiting Beliefs*) to drop your LB's (*Pounds*) for good!

This week we are going to reprogram your subconscious mind and plant the seeds for you to be a Lean Lovin' Money Making Machine!

Limiting beliefs are not original thoughts. These "LB'S" are inherited or learned from family, friends, social, religious, society, and even programmed in your DNA. They are not original thoughts and these are what are blocking you from your true desires.

Your LB's and stories about your body, weight and image are so strong and so powerful it's like standing in the ocean and forcing the waves back.

List 25 LB's about your Body, Weight, and Body Image

Example:

I can't lose weight
I inherited this body
I'll always be fat
My body hates me
I'm like this bc my sisters and mom are like this
My body retains water
My chest is too big which makes me look big
I'm not pretty enough
I'm not sexy enough
I'm not enough

Now write down your list of 25

1. _____
2. _____
3. _____
4. _____

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

25.

These are what are blocking you from having your best body.

I suggest using a dedicated notebook and that every time a LB comes up right it down.

**What is the TRUTH about your body? What are your desires about your body?
What do you really truly desire for your body?**

Write down 25 desires / truths.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

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22.

23.

24.

25.

You have to wake up to these "LB'S".

This is just your subconscious talking you need to feed your subconscious new materials, truths and be relentless about it.

You must be focused like a gold medal athlete with your eyes on the prize at all times to manifest your desires.