

Day #5
5 Days to Crush
Emotional Eating



Mind
Over *Muffin*
by Leanne Lisbon

Day #5: Step In To The Future You

Hey lovely, here are your journaling prompts for today. You can complete this sheet or use your journal whichever you prefer.

If you want a different outcome in life to what you're getting right now you have to be prepared to change the things you're doing, the way you're thinking and the person you're being. The change has to come from within first and is going to take action. It is SO important that you start thinking and being that future version of you right now, the more you do this, the quicker you will become her.

Today's journaling exercise is going to involve you going out to 12 months in the future and writing a journal entry as though you're reflecting on everything that has happened over the last year that you're proud of and happy with.

Ensure you use present and past tense language so you're writing as though it has already occurred. There is so much power in this exercise so be sure to go into detail for all areas of life. You can refer back to the wheel of life exercise from yesterday and make sure you write down your vision for each of those areas.

This is an exercise I do every year and honestly, when you pull it back out a year later, you will be blown away by just how much of it is true.

So an example would look a little like this....

"It's Monday..(fill in the date, 1 year from now) and I'm sat at home in the garden reflecting on the past year, it's been amazing. I have completely healed my relationship with food, I eat when I'm hungry, I stop when I'm full and as a result have lost weight, got back into that little black dress and feel awesome. I am so proud of myself for how consistently I have exercised and how toned and fit I feel.

I have been doing art classes and joined a new aerobics class and made some incredible friends...."

Go into all the details of what you have achieved, maybe you've got a new house, new car, new job, more time freedom, your health has improved, whatever you want write it down and please please please think big!

You are the creator of your life, you can have and create whatever you wish for (even if you don't believe this yet, know that it really is possible, plus what have you got to lose doing this exercise?)

First of all, let's brainstorm. What do you want in 12 months time? What are your goals?

How does future version of you feel, think, carry herself?

What does she do day to day?

Write your diary entry below. Remember...as though it has already happened. Let the words and ideas flow.

A large, empty rectangular box with a thin black border, intended for writing a diary entry. The box is oriented vertically and occupies most of the page's width and height.

SPACE CONTINUED FOR JOURNAL ENTRY

Based on what you've written above, what's the next step for you moving forwards from this point in time? What do you need to take action on?

Who do you need to be?

How will you ensure you stay on track?

Congratulations

Well done for sticking with these 5 days! You've been absolutely amazing and I'm certain you'll be walking away with some incredible new insights and amazing tools to put into practice.

If you're wanting to continue learning, making these tools and practices a lifestyle and want to have support and accountability to keep you on track throughout those times where your motivation or focus slips, then please know I'm here to support you every step of the way. I'd absolutely LOVE to have you come and join us in [Mind Over Muffin Monthly](#) where every month you'll receive a new training, new tools, mind programming audios, support and accountability systems, inspiration, an incredible Facebook community, live Q&A's with me and more. This is the only rolling monthly program I offer and it is absolutely jam packed with value and will ensure you stay on track and continue to close the gap between where you are now and that future version of you.

Be sure to check it out lovely! I want to see you really overcome this habit for good!

Leanne x x

P.s. Make sure you take some time to reward yourself for sticking with this training all week, you really have done amazing! And from the bottom of my heart, it has been incredible to have you here, thank you for showing up and investing your time in this, time is the most valuable thing we have and when someone gives me some of there's it means the world! So thank you!

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“

If you do what
you've always done
then you'll get
what you've always
gotten.

Tony Robbins.

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