

Confident + Sexy Code





Week 1: Own Your Story + Define Your Why

Let's dive into your current story. The beliefs that you have formed over the years, the struggles that you have faced, and why you are here today.

We form so many beliefs over the years from what others say to us, what we have absorbed from the TV, movies, social media, our parents, and those around us.

Perhaps you've come to believe that in order to achieve anything in life, it has to be a constant uphill battle, one in which you need to focus on restrictive dieting, low calorie diets, and willpower.

I want you to follow the writing prompts on the following page and really dive deep into your current belief patterns around food and your body. Then you'll create the story that you want to live, don't hold back! Next you'll get really clear on why this is important to you. It can be both internal and external results that you are longing for, but essentially what it will mean to you when you have the health and body that you desire.

Type it out, write it out in a notebook, or speak it out loud and record it all!



Week 1: Writing Prompts

- What are your current beliefs about what is possible for you to achieve?
- What comparisons have you made about yourself and other women? or men? Is there anyone in your life or social media that you compare yourself to?
- What is your current story and relationship with food and your body?
- What about emotional eating? Dieting? Trigger foods? Guilt foods?

Write everything out - what you learned when you were a kid - all of your struggles. Was there a time when food felt scarce? i.e. brought up in a family that didn't have much money? Write it all down.

Once you've written that all out, and it in no way needs to be perfect, move onto these next questions:

- What is the outcome that you most desire? Dive into that on every level, what do you feel like, how do you act, what clothes do you wear? Keep going, what's the ultimate outcome?
- Why is this outcome so important to you? Go super deep. It can definitely be to look good and feel healthy, but WHY is that so important to you?