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## **WELCOME TO THE "MIND OVER BODY" PROGRAMME!**

The Mind over Body is a weight loss programme that is different from other weight loss and diet programmes because we understand that a fit and healthy body also needs a fit and healthy mind. Losing weight is more than "just eat less and move more". You also have to train your mind and learn mental skills that will help you stay motivated and learn lasting behaviour changes.

Throughout this programme you will learn how your thoughts can bring about behaviour changes around the way you eat and the way you look at food. Those behaviour changes will lead to lasting weight loss. We do this by providing you with scientifically proven tools, which will help you understand why you overeat and how you can stop it.

The reason why various diet and exercise programmes do not show positive long-term results in weight loss is, they do not address underlying issues of why you overeat and how your mind is key to changing your relationship with food. They focus only on how to change your behaviour. Most diet programs focus on what to eat more of and what to eat less of, on fat content, protein, carbohydrates and portion sizes. Those are important issues around weight loss, however what most diet programs forget about is your mind. Your mind is the most important factor in permanent weight loss as the way you think about food and your body affects your behaviour and therefore your weight. Losing weight and improving your fitness is a physical as well as a psychological process. It requires learning new mental skills and identifying thinking patterns, which have hindered your weight loss in the past. Learning those new mental skills will rewire your brain and it will make you change from the inside out.

After you have been on a 'diet' for a few weeks, do you find yourself thinking:

- I worked hard all week. I deserve a treat/reward.
- I am too tired for exercise.
- I had one biscuit; my plan is ruined I might as well have another 5!
- I am stressed! I need some chocolate.

Those thoughts are unhelpful or sabotaging thoughts. One of the reasons we self-sabotage is that your conscious mind wants to lose weight, but your subconscious mind is fighting it. As your subconscious is much stronger than your conscious mind, it tends to win most of the time. This goes back to our pre-historic ancestors, where change and weight loss meant danger. Your body is primal. It thinks you live in a cave with limited amount of food available. This way of thinking was very useful in pre-historic times, as it helped the human species to survive. In this day and age however, we are surrounded by an abundance of food and our pre-historic brain does not serve us well in terms of weight loss. The good news is we can reprogram our subconscious and turn sabotaging thoughts into helpful thoughts.

Identifying unhelpful thinking patterns and learning new mental skills takes time and practice. This programme encourages you to take an active part in it, which means learning new skills that will lead to weight loss. Like any new skill you learn, it will take time to get good at it. It's a bit like learning a new instrument or a new sport. Take playing the piano for example. You probably will get a piano teacher to show you how to play. Then you will find it very difficult at the beginning to play basic scales. But the more you practice the better you will get. And there is a difference between someone practicing once a week and someone who practices every day. Learning a new skill and new habits will rewire your brain. I like to compare the rewiring to cutting a new path into the jungle. The more you use the same path, the wider it gets and the easier it will be to walk on it.

On this programme you are also going to learn about emotional eating. Emotional eating is turning to food for comfort, stress relief or as a reward. Basically, you are using food to make yourself feel better. More often than not if you have weight problem emotions are buried with food. You will be able to figure out what your triggers to emotional eating are and what other triggers you might have that derailed your weight loss in the past. You will be able to work out your coping strategies to emotional eating, and how you can change your habits to make sustainable changes to your lifestyle.

Achieving permanent and sustainable weight loss is not a race. There are too many diet programmes out there that promise you fast weight loss. Ask yourself - how many times have you tried those approaches? They may have worked for you initially, however it's easy to start a diet, but not so easy to maintain it. There are no quick fixes that give you sustainable weight loss and the best way to approach a healthy lifestyle is by changing or learning a new habit one at a time.

**Enjoy your journey!!**

## WORKING THROUGH THE 8 WEEK PROGRAMME

This programme is designed to help you change your habits and create new habits which will help you lead a healthy life and feel energised to do the things you want to do. Doing this programme will help you work through your personal traps that have caused you to give up on achieving your goals in the past.

You will also find that by the end of the programme you will have coping skills that will not only help you achieve a healthy lifestyle, but also will help you in your day to day life to achieve a balance and understand how you can be empowered to deal with difficult situations in your life.

In order to get the most out of this programme it is best if you set some time aside every day, where you can do the worksheets and prepare for your day. The more you engage with the programme, the better your results will be. Make the next 8 weeks “your time” – where you will give it your best effort - you deserve it!

Each week you will cover a different topic, which will be a new tool for you to help you make changes. Those tools are for life, not just for the 8 weeks. Each topic provides you with reading and worksheets which are designed to help you gain control over your eating behavior.

**In addition to help you stay focused; you have 3 weekly worksheets to complete and *bring to your session.***

They are:

- 1) **Weekly self-assessment**
- 2) **Weekly food diary**
- 3) **Daily checklist**

## How to get the most out of this programme

Set aside at least 2 hours per week to read this manual and complete your worksheets. It is best if you develop a regular schedule of doing this, since it is easy to forget. Set an alarm to remind you or leave a post-it somewhere where you can see it. It helps to have a regular time every day, such as after dinner, or before going to bed etc.

It is also important to go back and re-read your work sheets, not just while you are doing this programme, but also after you completed the programme, particularly those that you have found most helpful and revealing about yourself. It may be tempting not to fill out the worksheet, or just do them quickly not spending much time on it, this is normal, but in order to change, it is really important to give yourself the time to engage with the material. Make a promise to yourself now, that you will put aside time every week to get the most out of the programme.



## What to expect as you make changes to your lifestyle and eating habits

Changing habits takes time and it is often believed that it takes 21 days to change a habit. However, this belief is not based on any scientific evidence. Research from the University College London showed that the average time to learn a new habit is about 66 days; however, individual times ranged from 18 to 254 days. As you can see, there's no typical time frame for breaking a habit, and a lot depends on your personality, your motivation, the circumstances, and the habit you want to change.

Habit forming and habit breaking are quite closely linked. However, it has been demonstrated that it is easier to start doing something new than to stop doing an unwanted habit.

It is very useful to use replacement habits or behaviours to change an unwanted habit. For example, instead of drinking sugary drinks with your meals, you replace them with sparkling water, or replacing a midmorning cupcake with a healthy snack made up of fruit and nuts.

As you are making those changes you will also notice changes to your thoughts and feelings. This is completely normal. Many people use food to deal with emotions and when this option is no longer available, sabotaging thoughts and difficult feelings will be more noticeable. However, those thoughts and feelings will decrease as you learn healthy responses throughout this programme to replace them.

You will be able to discuss those changes in your weekly sessions.

## LOOKING BACK

Before you read any further, take a moment and reflect on how many times you have started a “Diet” and maybe lost weight. Think about what happened.

Did you lose weight and put some or all of it back on? If so, why was that?

What went through your mind at the time you gave up?

What were your thoughts?

What were your feelings?

Use the space below to journal and write down or draw if you wish about your past experiences around losing weight.

A large, empty rectangular box with a dashed pink border, intended for journaling or drawing about past weight loss experiences.

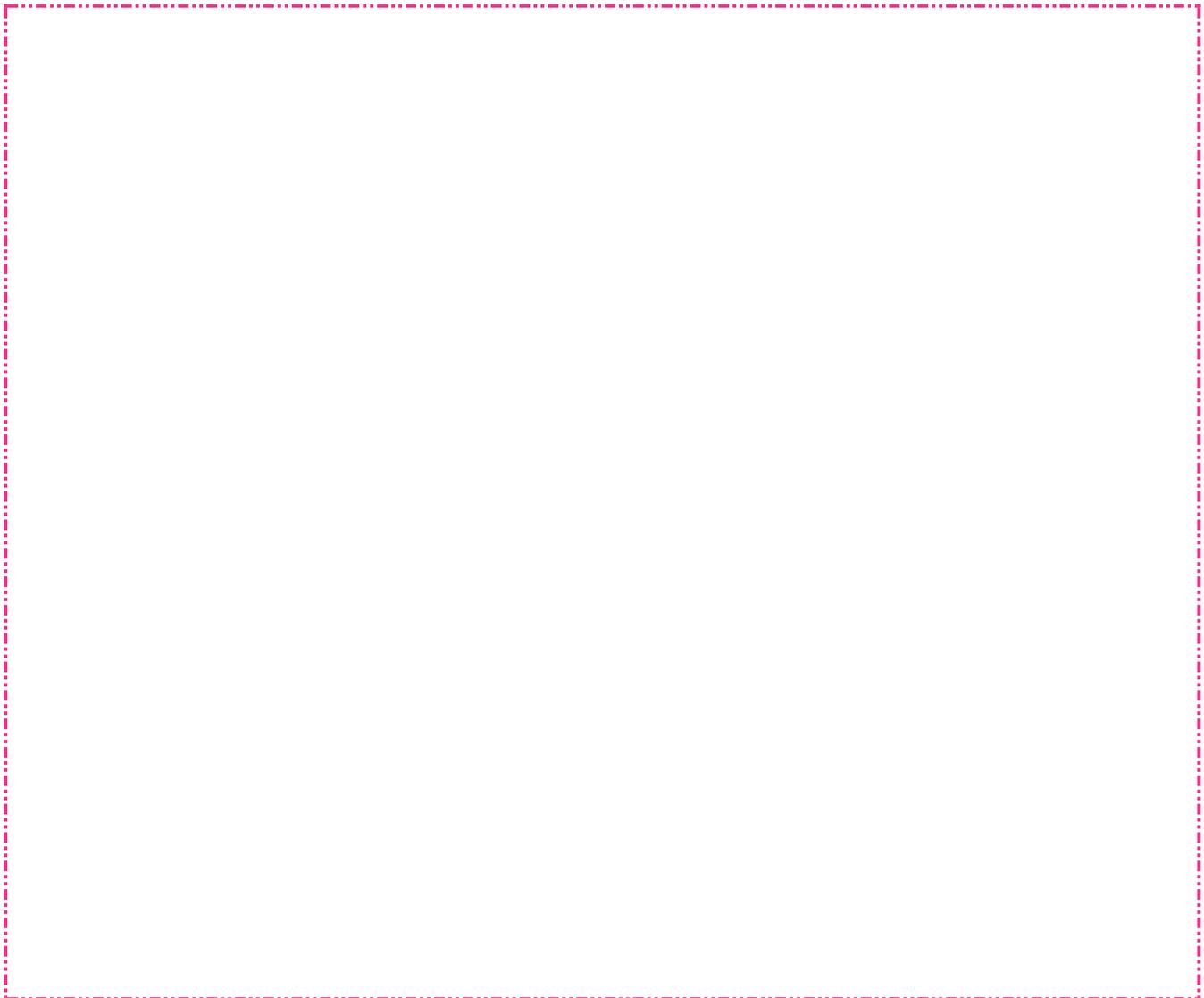
## MAKING A CONTRACT WITH YOURSELF

This is a new beginning for you. All your past experiences are there for you to have learned about what works for you and what doesn't.

In the space below, write/draw in a contract with yourself.

What are you going to say to yourself when you feel like giving up?

What are you going to do? How are you going to feel after you give up? How are you going to feel if you don't give up?

A large, empty rectangular box with a dashed pink border, intended for the user to write or draw a contract with themselves.

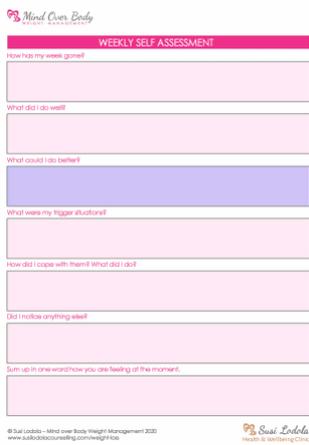
## YOUR WEEKLY WORKSHEETS

Your weekly worksheets are there to help you reflect on your progress and to highlight any areas that you need more help with.

Most people find it helpful to set aside the same time each day to complete the worksheets and maybe set an alarm on your phone to remind yourself.

Establish a routine, then it will be easy to remember, and you will form a new habit helping you to achieve long lasting weight loss and lifestyle changes!

- 1) Weekly self-assessment
- 2) Daily Check list
- 3) Food Diary



**WEEKLY SELF-ASSESSMENT**

How has my week gone?

What did I do well?

What could I do better?

What was my biggest situation?

How did I cope with them? What did I do?

Did I notice anything else?

Sum up in one word how you are feeling at the moment.

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**WEEKLY CHECKLIST**

	MON	TUE	WED	THU	FRI	SAT	SUN
I have read my manual every day							
I have eaten 50g carbs every 4-5 hours							
I have kept 1 litre of water with me today	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3

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**Mind Over Body**

	MON	TUE	WED	THU	FRI	SAT	SUN
Exercise Done							
Time							
Thought							
Mood							
Breakfast							
Time							
Thought							
Mood							
Lunch							
Time							
Thought							
Mood							
Snack							
Time							
Thought							
Mood							
Dinner							
Time							
Thought							
Mood							
8 Glasses of Water							

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## Give yourself credit and focus on what you did well!

You will notice, that on your “Daily Checklist”, for every day, you have room to record 3 things you give yourself credit for! You might wonder why this is important!

Most people focus on what they could have done better, or what they did wrong while implementing changes in their lifestyle and eating patterns. Unfortunately, this is what humans are designed for, to look for the negative or “danger” situations. However, this is not very helpful to you as it will bring you down and encourages sabotaging thoughts such as “I’ll never lose weight”, “I can’t do this”, “This is too hard”, and on and on it goes.

Focusing on your “mistakes” will make you feel hopeless and will be discouraging.

To counter feeling defeated, hopeless and discouraged, it is really important to give yourself credit every day. Doing this daily will help to keep you motivated. Giving yourself credit everyday will help you see that making a “mistake” is just a small slip and not the end of your weight loss goals and plans to change your lifestyle.

Making mistakes is normal and part of any journey. You can just learn from it and put it behind you. At the end of the day, you are allowed to make mistakes. Give yourself permission to make 50.000 mistakes. That’s a relief isn’t it?

Examples of what you can write down in your weekly Checklist:

- I didn’t order dessert in the restaurant
- I drank 2 l of water today
- Instead of ordering a takeaway I made a quick stir fry
- I went for a 15 min walk today
- I practiced 5 minutes of mindfulness today
- Instead of eating chocolate when I was feeling tired, I went for a nap

Go on, give yourself a daily pat on the back!

**Giving yourself daily credit, will reinforce your self-confidence and begin to see that you are strong and in control!**

## **ASK YOURSELF JUST ONE QUESTION TODAY:**

### ***WHY DO I WANT TO LOSE WEIGHT AND MAKE CHANGES TO MY LIFESTYLE???***

This could be the most important question you will need to answer of this programme.

I am sure you are saying to yourself, “Yes I know why I want to lose weight, because.....”

Saying it in your head is not enough!!!

Let me say this again:

“SAYING IT IN YOUR HEAD IS NOT ENOUGH”

You need to write it down. Write down as many reasons as you can think of. Think about

What will I be able to do after I lose weight, that I can't do at the moment?

- With your family
- In your work life
- In your private life
- What would it mean for your health?
- What will my future look like in 5 years from now if I don't lose some weight?

It is important to write the answers down, as when you read and write you engage your logical brain. Your logical, conscious brain only takes up 10 percent of your brain. Your subconscious which is driving your behaviours is 90 percent of your brain.

In order to re-programme your subconscious brain, you will have to engage your conscious brain – so reading and writing will be so important for you throughout this programme.

Use this guideline below when you are asking yourself “Why do I want to lose weight?”

Now imagine your future – what will your future look like after you have lost weight?  
Write it down in your diary!

Once you have filled in your worksheets “My reasons why I want to lose weight” – read it every day at least once. Take a photo of it, set a reminder in your phone, print it off and leave it where you can see it. This worksheet will keep you going when the going gets tough! It will keep you motivated and re-programme your brain.