



## DAY #1: CHANGE WHAT YOU IMAGINE

### YOUR BRAIN DOESN'T KNOW WHAT IS REAL, AND WHAT IS IMAGINED

Imagine you're holding a fresh firm ripe lemon. It's bright yellow with firm waxy skin that comes to a green point at both ends. You can feel its weight in your hands. You raise it to your nose and breathe in deeply and you can smell the fresh zesty lemon smell.

Now imagine cutting the lemon in half, and the juice runs onto the cutting board as you cut through it. You inhale the scent as it gets stronger. Now you bite deeply into the lemon and let the juice swirl around your mouth. You can taste its sharpness and its fresh citrus flavour ... Is your mouth starting to water?!

The lemon didn't exist, but your body responded anyway. That's because your brain doesn't know what is real or imagined.



**This can work for you, or against you. And you get to choose which.**

- If you're envisioning the taste of a lovely big cream bun ... your mind will prepare your body for its arrival as you imagine it, before you've even taken that first bite ... and so it'll become harder and harder to resist the more you think about it. Or;
- If you're envisioning how refreshing and satisfying a fresh cold naturally sweet and creamy green smoothie will taste ... you'll be more likely to get out the fruit and veg and pop it into the blender.

Because your brain doesn't know what's real or what's imagined, you can CHOOSE to imagine whatever you want.

**Choosing to imagine positively the things that support your healthy intentions makes it easier to move towards the direction of your goals, and harder to act on the things you don't really want.**