



## DAY #7: YOUR BELIEFS, HABITS AND PATTERNS ARE YOURS TO CHANGE

### YOUR BRAIN IS NOT FIXED

You were not born with the beliefs, habits and patterns that you have now. You've acquired them since birth, from care-givers, peers or teachers, and anything you've acquired you can change or let go.

What habits and patterns are getting in the way of your commitment to the Reinvent programme?

*Anything that doesn't support you can be reframed.*

For example, many of us were conditioned to eat everything on our plates as children. But we weren't born that way. When we were babies we took the milk we needed and then stopped when we'd had enough. As toddlers we pushed the spoon away or started to throw food on the floor once we were full.

"You can't get down from the table until you've finished your meal" was a strict rule in my house; it meant was that I was conditioned to eat *everything*. So even as an adult I never left food. But I've let that pattern go now.

When we leave our food we're not misbehaving, and we're not taking food from the starving! How does you being overweight help the starving?! Remember this:

*Waste food is waste food wherever it goes.*

If you eat excess food you are treating your body like a dustbin.

*Your body is not a dustbin.*

Refuse to treat your body like a dustbin. It's better to leave food than carry it around with you as extra body weight.

Your habits, your beliefs, your thoughts and your actions are yours to change. You can free from yourself from the rules of others by reframing your beliefs into new perspectives that support you.

**You have the power to get your mind working for you, and I wish you the very best of luck!**