

Transform your Mind and Body In Just 30 Days

My '30 days to a Conscious Body' program is designed to help you transform physically and mentally. You can't step into a new body running old subconscious programming. What's surprising is that most of the time, we aren't even aware of these patterns or beliefs. For example, consciously you may want to lose weight but subconsciously you may be sending your body a different message. This can cause us to feel stuck, frustrated and disillusioned with our journey.

Here is an expert of one of the assessments in our 30 day program. Place a check mark next to each one that is true for you.

- Losing weight takes too much work and struggle.
- I have to follow a diet to lose weight.
- Everyone can lose weight except me.
- I have to give up my favorite foods in order to see results.
- I have bad genetics.
- Changing my lifestyle is hard.
- If I lose weight, people will view me differently.
- I can't always be myself around other people.
- Going on a weight-loss journey won't allow time for anything else in my life.
- Losing weight means I'll get more attention from others.
- I don't feel "good enough" to lose weight.
- Realistically, chances are I'll never be happy in my body so why try.
- If I lose weight there are certain people in my life that won't like it, or me.
- If I invest more time in myself I am being selfish and taking away from others.
- I am okay with accepting my body as it is now.
- I am not good at understanding fitness and nutrition.
- If I lose weight, I might regain it.

If you checked off any of these, it's time to take a deeper look at where this idea/belief came from. In Conscious Body, we dive deep into these topics to better understand the roadblocks in our journey.

Reflection:

What did you learn after completing this assessment?

Could your beliefs be holding you back?

What's something that surprised you?