

TRANSFORMING BELIEFS

All of our choices originate in our own minds.

So this is why changing the food in our cupboard or pantry does not work, unless we change our thoughts and beliefs about food and ourselves.

The basic law of the mind:

As you perceive – so you feel
As you feel – so you believe
As you believe - so you think
As you think – so you choose
As you choose – so you act



Adapted from How to live without fear and worry., Ven Dr K Sri Dhammananda. The following questions have been adapted from Patsy Askew, Mindset Coach.

To transform our beliefs we need to go on a truth seeking mission. The following questions will help to guide you towards a new belief that supports the choices you want to make.

1. What do I believe to be true that possibly isn't? (What belief is stopping you from transforming your eating habits?)

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2. Is this statement or belief 100% true? (Think of occasions where it isn't true.)

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3. What does hanging onto this belief do to me? (How does it make me feel, believe and choose?)

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4. What is the cost to myself and others if I hold onto this belief? (Health, work, relationships and happiness as an example)

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5. What would my health and life look like in 12 months from now if I could let this belief go?

[Blank green box for response]

6. What is my new belief?



7. My new belief as a question is

[Blank green box for response]

Note: By framing your new belief as a question, you put your mind to work to find the solutions that will allow you to act in a way that supports your new belief and ultimately your preferred state of health and wellbeing.