

Mind Body Ebook



I promise myself to be so strong that
nothing can stop me from losing weight.
To talk health, fitness and weight loss
to every person who wants to listen
To help all my overweight

friends feel that they too can
lose their extra weight.
To look at the fact that
I really can lose weight and
to make this fact come true. To
think only of success, to work only
for success and to expect only successful
weight loss. To be just as enthusiastic about
the weight loss of others as I am about my own.
To forget the failures of the past and press on to
the great weight loss achievements of the future.
To be motivated to lose weight at all times and to help
every overweight person I meet to be motivated too.
To be so focused on doing things that help me lose weight
that I have no time left to do things that make me gain weight.
To be fat, and too determined to give up, too fit to be unhealthy, too slim
thought of failure. To think well of myself and to proclaim this fact
to the world by losing all the extra weight and keeping it off. To live
in the faith that I can be slim for the rest of my life so long as I
stay focused on the slim and slender me that I know I can be.

Madeline Corr

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about

Madeline would love to support you on your weight loss journey, believing everyone; including YOU has the power to create their ideal, fit body.

So why would you listen to Madeline?

Well, having a broken ankle a couple of years ago, laid up on the sofa, inactive, eating anything and everything I piled on 28 pounds in 6 weeks. It was hard to get back to my ideal weight on my own, so I went on the 1:1 Diet and worked on my mindset with life coaching. Within a couple of months I was back to my ideal weight.

Weight loss is hard because it doesn't just require the right foods it also requires the right mindset.

I have maintained this weight consistently for 5 years now, no more fluctuating. I have been able to do this because I use a combination of life coaching and the 1:1 Diet.

Whether it's 28 or a 128 pounds, together WE can make this happen!

Madeline has since created her ideal body and in the process, her own business supporting countless people just like YOU eliminate unwanted weight, change their habits and make long term change, enabling them to maintain their desired weight.

introduction

Thank you for taking the time to download this report so you have it to read as often as you like, you've taken the first step on the journey to empowerment!

Do You Want To:

- Lose weight and keep it off
- Drop a dress size or more
- Raise your self esteem
- Create empowering habits
- Feel more vibrant, sexy and confident
- Learn how it's about mindset as well as food and exercise

If you answered YES to any of the above then read my Top Tips to Launch Your Weight Loss & Body Confidence journey. Includes Daily Ritual, Habits Chart, How to Coach Yourself, Vision Boards.

I would love to help you and will be there every step of the way to support, motivate, inspire and encourage you.

If you don't know where you're going, how are you going to get there . . .

It's easier to lose weight when you have a long-term future vision of where you want to be and set small baby step goals to close the gap. For instance, how much weight to release, the time period, what you'll eat and how you'll move your body. As well as measuring your progress and make adjustments along the way.

The success you experience in goal setting is directly related to your attitude WHILE setting them, so do whatever it takes to feel incredible!

*Why write goals down?
Due to the fascinating study conducted on the 1979 Harvard MBA program, where the 3% who had written goals were earning, on average 10 years later, 10 times more than the remaining 97%, 13% of whom had unwritten goals and 87% no goals!*

As our beliefs become our reality, they act as a magnet, drawing into our experience the essence of what we believe, which determines our **decisions**, our **actions** and in turn our **results**.

STEP: Set a SMART weight loss goal and **write it down**.

Then ask: What belief do I need to recite every day that will help me feel that I can achieve and deserve it?

Note: some beliefs are more powerful, work on changing the strongest belief first.

Then create [Affirmations](#)....

water



Drink 3 liters of water a day.

Reach for water when you're feeling hungry. You'll start to become aware when you're thirsty rather than hungry, get that full feeling and stave off eating for a half an hour or so!

Reach for water rather than fizzy drinks. According to research, there's a 34% higher risk of gaining belly fat drinking one can a day, two or more increases waistlines by up to 500%

Reach for water rather than coffee when you're feeling tired as you could be dehydrated.

The less water you drink, the more your body holds onto water, so you retain water weight.

It has been proven that lemon juice aids weight loss as it speeds up the metabolism.

I top my lemon water up during the day with cooled down boiled water.

TIP: Take water to bed and drink on waking. Then drink water throughout the day, 15 minutes before eating.

greens

The simple fact we're unable to ignore is that greens are a vital part of any healthy eating. Packed full of calcium, magnesium and potassium, research has shown that regular consumption can cut the risk of developing some cancers and cardiovascular disease.

Green vegetables include everything from leafy greens such as cabbage, kale, spinach, and broccoli to herbs like mint, parsley and coriander.

Some say they don't like the taste of green veg, which can be bitter compared with their sweeter red, yellow, orange and purple cousins.



soup

Put in place a healthy eating plan that includes homemade soups. They are low in fat and packed with nutrients from fresh and wholesome ingredients, making you feel more energetic and positive throughout the day.

The benefits of homemade soups are numerous. It's a satisfying way to eat nutritionally rich, lean ingredients and release weight with effortlessly!



According to a study in the British Journal of Nutrition, adding hot spices to food can curb hunger, so add chilies and other spices such as turmeric, cumin, coriander to your soups rather than salt, which makes you feel hungrier and thirstier.

Research shows that soup keeps you feeling fuller for longer than eating the same ingredients as a meal or raw. This is because soup occupies more space in the stomach, turning off appetite hormones more quickly than a salad.

Research shows that people who eat a hot, low calorie soup before a meal consumed 20% fewer calories.

journal

Keep a food journal!

It's been proven that recording what we eat can double your weight loss, so keep a food diary to quickly achieve your weight loss goal!

Download a Food Diary [Food Diary](#)

The only way to get a different body is to do something different. To do something different we need to put in place different habits and make those habits as habitual as possible, so we do them without thinking. Like the habit of setting the alarm, cleaning our teeth or feeding the dog.

So, if we want a different body, we need to eat and move our body as well as choose words and thoughts in alignment with the body we want.

The easiest way to do this is to become aware when we're focusing our thoughts and feelings on the body we DON'T want and ask: What do I want instead? Then...*I don't want to gain weight* becomes *I want to be in my ideal fit body*. The words and thoughts are in alignment with what we actually do want.

Start keeping a thought diary [Thought Diary](#)

Ask yourself :

*Is this thought moving me
TOWARDS or AWAY FROM
the body I want?*

your WHY

Know your WHY as it's the purpose behind your desires.
Your motivation.

Why do you want to be in your ideal, fit body?

What will it give you? A sense of?

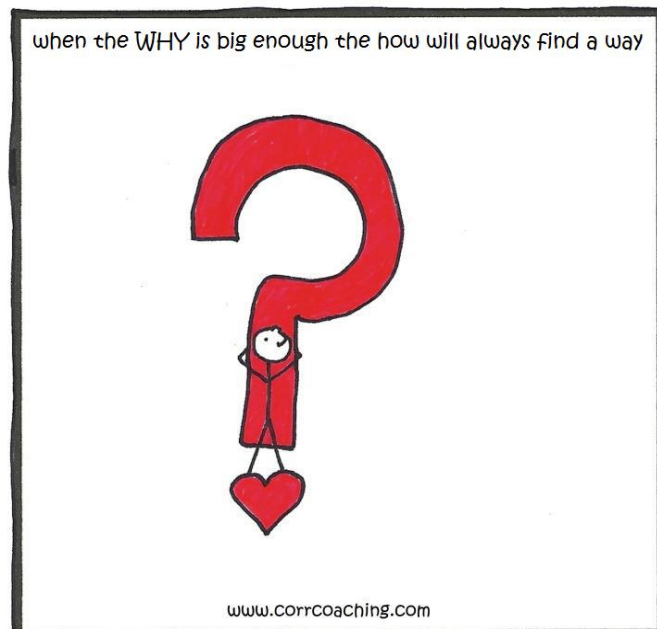
Happiness, health, confidence, peace or fun?

Listen to your intuition, your gut feeling, go deep and ask yourself again 'What will that give me?'

Then to the answer ask 'And what will that give me?'

Ask at least another six times to discover your WHY, your purpose.

STEP: Discover and **write down** your WHY



How do you want to feel in every moment?

How do you want to feel when you have your ideal body?
A whole new you?

Identify the feeling, and then get into that feeling.

STEP: One of the best ways to get into the feeling place is to allow yourself to step into this future vision of how you want your life to be and who you will be being when you achieve your goal weight, experience your emotional state.

What would you feel? A sense of peace, security, confidence, happiness, abundance, love, worthiness, deserving?

It takes 20 minutes for your stomach to message your brain you're full. Hence the necessity to consciously appreciate your food, chew every mouthful for 10 seconds. Feel grateful for what you're about to devour! Appreciate the aesthetics, the smells, imagine how it's going to taste, how nourished you're going to feel when you've eaten it. Read more on how to eat to release weight [here](#)

Focus on and **write down** the things you're grateful for in your life, include what you appreciate about yourself.

First thing in the morning and last thing at night is the best time, as the brain is like a sponge.

*Where your attention goes
your energy flows*

When you focus on appreciation you are in a more connected place where you can access your higher self and receive creative insights. After a while it becomes automatic and you start to appreciate everything, and as you get what you focus on in life, you'll start to become aware of more things to feel grateful and appreciate for.

STEP: Take a moment NOW and ask: What do I love in my life right NOW? Look around you and ask: What do I appreciate NOW? What do I appreciate about myself?

Bask in that feeling.

Love yourself. Put yourself first. Ensure you get plenty of sleep, eat nutritious foods, make exercise a part of your daily life, breathe, practice stillness and meditation, practice kindness and appreciate yourself.

Create your own daily rituals such as journaling with the aid of a Habits chart.

Maximise your support, either by an accountability buddy, hire a coach, tap into a community, join or create your own group, employ someone to clean your house, do your laundry to enable you work on your unique ability and show up in the world. Having someone to celebrate with along the journey is huge!

As you vibrate in a place of gratitude and self-love the Universe will reward you with all the material things you desire!!

*No one is going to love you
until you love yourself*

The mind thinks in pictures. It doesn't know whether the picture is real or imagined. So give your mind a picture of the YOU you want to be, as it thinks the image is a true reflection of who you are right NOW!

*Make the mental image clear,
distinct and perfect
Then hold it firmly and the
way and means will develop . .*

When you give your mind a picture it starts filtering the world and the input you receive, bringing things to the forefront of your mind to help you accomplish the picture you put in.

Clarity ensures you put a clear, detailed picture in your mind of exactly what you want your awesome future to look like.

STEP: Tune your mind in on a daily basis to ensure you're moving towards what you want and taking the steps you need to take.

Keep a journal, write, draw pictures, even if you can only draw stick men! Get as detailed as possible, add colour, add yourself, bring emotion into it. As you move forward it will change, so adjust it.

Create a vision board, cut pictures out of magazines and paste to a board and hang where you'll see it every day, or in your journal.

My vision board evening workshops can take place in the comfort of your own home with close family and friends, click [here](#) to see some examples.

Create Affirmations that are **believable**, written in the present tense **as if already happened** and ensure you include how you'll FEEL.

You could start **I feel so grateful**

It's New Year's Eve and I now weigh 8 stone, or

It's my birthday and I've reached my goal weight of 10 stone, or

I'm so grateful and happy I am \ I have

So... Its New Year 2016 and I feel worthy of and so grateful, sexy and secure that I've reached my goal weight of 10stone 7

Write them down. Put them where they'll be seen on a daily basis, or in your journal, to focus on and remind you what you desire. Record and play back to yourself.

This is a POWERFUL exercise that acts as a plan for your desires, creating vibrational resonance with what you want to attract into your life.

Need help reframing your beliefs, creating affirmations?

Start your day with gratitude and meditation

Focus on being in your ideal body **and then**

Repeat out loud your [affirmations](#) with feeling **and then**

Visualise your life the way you want it to be, creating a movie in your mind of what life will be like

What will you be doing, feeling, being?

What will be going on around you? See what you see, hear what you hear, feel what you're feeling. Add colour, people, include YOU in your movie **and then ask**

What action could I take today, tomorrow, next week to move me towards being in my ideal, fit body?

Act 'AS IF' you've already living your desires.

At the end your day reflect on at least two successes you've accomplished during the day.

Use a [habits](#) chart to keep motivated, success attracts success.

Write down and keep with you a power word or phrase you can focus on to remind you how you want to think, for example: I am in my ideal, fit body

Remember YOU'RE a brand new YOU!

Coach yourself!

Get a piece of paper and a pen, sit quietly, close your eyes, take a few deep breaths and ask yourself:

- What one thing in my life, if I changed, would make the most difference NOW?

Then:

- What thought or belief about me is standing in the way of making that change?

Write down the first answer that comes into your head, even if you don't resonate with it.

What was your answer?

- I'm not good enough
- I'm not loveable enough
- Too....fat, broke, damaged....
- Scared

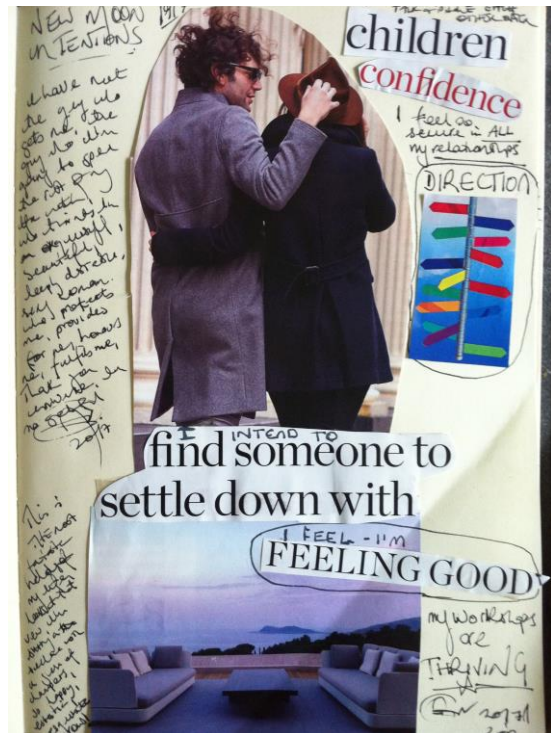
Your answer is UNTRUE! Thoughts repeated a lot become beliefs. The only limits recognised by our subconscious are those we consciously choose to believe in, and beliefs create our reality. YOU do have the power to change your thoughts and beliefs, they just needs reframing!

Need help? Contact [me](#)!

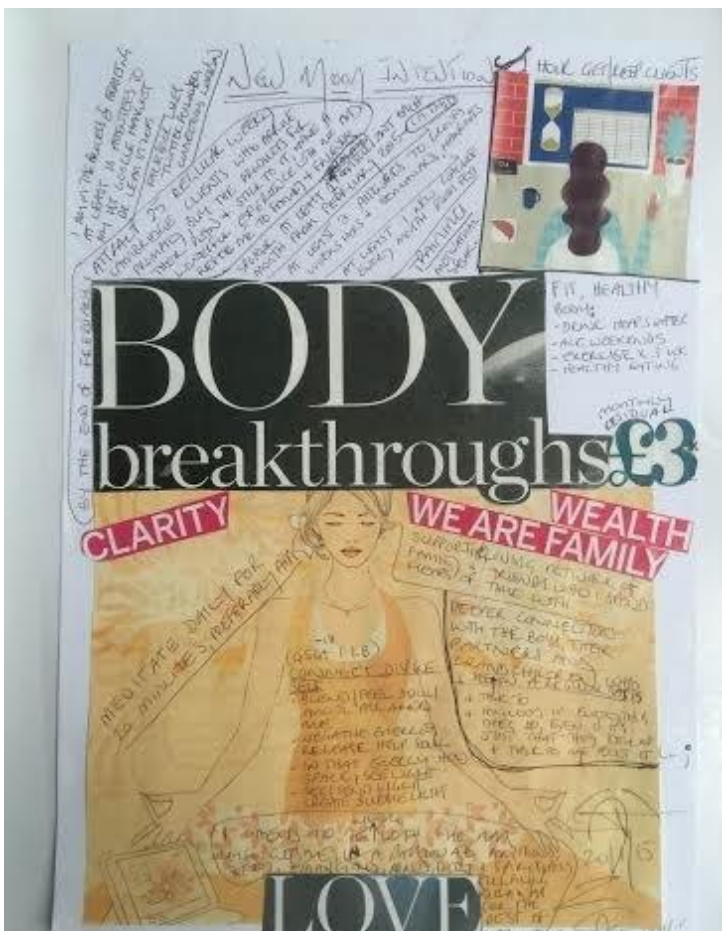
vision boards



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My daily success habits for the month of _____

H A B I T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
<i>Gratitude's on waking</i>																															
<i>Drink water on waking</i>																															
<i>Repeat Affirmations</i>																															
<i>Visualise</i>																															
<i>Successes end of the day</i>																															

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Thank you for reading

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