



Live In A Body You Love™ Creation Book (Part One)

Your Creation Book with Guide and Ally Michelle Melendez-
Founder of Women Being Fit and Author of Awarding Winning
Book, *End Dieting Hell: How to find peace in your body and
release the weight!*

Date: _____

WELCOME!

If you are reading this, you have said, “Yes” to discovering a new way of understanding your weight loss journey. That takes courage.

The way you have experienced your weight hasn’t been working for you and you were guided here. Congratulations!

I believe the women who find me are ready for this information and ready to take a journey that leads them to live in a body they love.

This is the start of your journey. It is stage one of three stages I take women through.

Right now, you’ve said, “Yes” to taking the time to be with me. That says how serious you are.

Not everyone will do that!

I honor your journey and I know it hasn’t been easy.

I am thrilled you have joined me and taken your first step toward living in a body you love.

You deserve it! It’s time.

Your Live In A Body You Love Guide and Ally,

Michelle

Michelle Melendez-

Author of Double Award Winning Book:

End Dieting Hell: How to find peace in your body and release the weight

P.S. Get your free connection call with me at www.WomenBeingFit.com/FreeChat. I invite you to get the support you’re looking for. You’re not alone.

Table of Contents

Pre-Program Self-Assessment.....	4
What are your emotional addictions keeping the weight on.....	5, 6
What are three habits you do that keep the weight on.....	7
Top Six-Foods that trigger weight loss.....	8
Top Six-Foods you eat.....	9
Negative and Positive thoughts teach you about yourself.....	10
Live in a body you love vision.....	11
Stages of the Complete End Dieting Hell Journey.....	12
Last thoughts.....	13

PRE-PROGRAM SELF-ASSESSMENT

This assessment will let you know where you are and what you need to work on to live in a body you love.

	Strongly Disagree			Strongly Agree	
I have a clear vision of how to live in a body I love and love the body I'm in.	1	2	3	4	5
I know the behaviors, thoughts and feelings of a woman who lives in a body she loves and I practice them daily.	1	2	3	4	5
I find ways to feel pleasure, joy and happiness at least once a week or more.	1	2	3	4	5
When I look in the mirror I am kind, loving and compassionate to my reflection.	1	2	3	4	5
I surround myself with people who support and believe in me.	1	2	3	4	5
I honor my personal boundaries and speak-up when I need to.	1	2	3	4	5
I have fully accepted my past without making it right/wrong, good/bad and feel compassion for who I used to be.	1	2	3	4	5
I honor my body by drinking clean water and doing some form of movement I enjoy most days of the week even if it's only for 10-minutes.	1	2	3	4	5
I eat in a way that leaves me feeling good in my body and about myself.	1	2	3	4	5
I trust myself around food and feel confident and safe when I eat.	1	2	3	4	5

Count up the numbers: # _____.

Date: _____

25 and Below: Choose your lowest scoring statement above and practice ways to make it a 4 or 5 and then choose second lowest statement score and repeat.

25-39: You're supper close.

40 and Above: You're on your way to living in a body you love!

WHAT ARE YOUR EMOTIONAL ADDICTIONS KEEPING YOU OVERWEIGHT?

Take your time and explore your feelings. Do not make them right or wrong or good or bad. Don't judge them in any way. This is only an exploration.

What are the feelings and words you tell yourself about your body first thing in the morning?

What are the feelings and words you tell yourself when you look in a full-length mirror?

What are the feelings and words you tell yourself before, during and after your meals?

What are the feelings and words you tell yourself when someone gives you a compliment?

What are the feelings and words you tell yourself when your partner wants to be intimate with the lights on?

What are the feelings and words you tell yourself when you go clothes shopping?

What are the feelings and words you tell yourself when you get an invitation to go to the beach, pool or other place where limited clothing is the norm?

What are the feeling and words you tell yourself around your parents, siblings and food?

What is the feelings and words you tell yourself when you're going to be more visible like on stage or speaking at a wedding?

What are the main feelings and words you tell yourself throughout your day about yourself?

WHAT ARE THREE HABITS YOU DO THAT KEEP THE WEIGHT ON?

Think about your day. What are the three-main habits you do that if you didn't do them, you'd be living in a body you love?

Habit #1:

Feeling(s) that pulls you to do this action:

Thoughts you're thinking or pictures in your mind before or during the action:

Event and emotions that trigger this action:

Habit #2:

Feeling(s) that pulls you to do this action:

Thoughts you're thinking or pictures in your mind before or during the action:

Event and emotions that trigger this action:

Habit #3:

Feeling(s) that pulls you to do this action:

Thoughts you're thinking or pictures in your mind before or during the action:

Event and emotions that trigger this action:

TOP 6-FOODS THAT TRIGGER WEIGHT LOSS

FOOD	EAT/DRINK ONCE A DAY	EAT/DRINK TWICE A DAY OR MORE	I NEVER EAT/DRINK THIS
Water			
Beans, chickpeas, lentils, and peas			
Nuts			
Avocados			
Berries			
Cruciferous vegetables			

Water: Water is vital to the body. Plus, many studies show that drinking water may help reduce your appetite and burn up to 2%-3% more calories in the first 90-minutes of drinking an 16 ounces class of water. ¹

Legumes: Legumes may influence weight loss due to their effect on fullness, as well as their protein and fiber content. Soluble fiber can slow down digestion and absorption. Eating protein leads to the release of hormones that signal fullness. Many studies show those who ate legumes had greater weight loss compared to those who didn't.²

Nuts: Nuts contain protein, fiber and good heart-healthy fats. They also help with satiety and appetite. Many studies have found that those who consumed nuts as part of their regular diet lost more weight than those who did not.

Avocados: Avocados are a good healthy fruit with beneficial fats, fiber and other nutrients. This amazing fruit has been shown to reduce sugar cravings and aid in weight loss when in combination with a healthy diet.

Berries: Berries are high in fiber. They have 8grams of fiber in one-cup. Diets high in fiber support weight loss and aid in lower appetite for longer periods of time.

Cruciferous Veggies: Cruciferous vegetables, including broccoli, cauliflower, cabbage, and Brussels sprouts also contain fiber that may be helpful for weight loss. One cup of cooked Brussels sprouts provides 6 g of fiber, which is 24 percent of the daily value for fiber.

¹ <https://www.medicalnewstoday.com/articles/322296#six-reasons-why-drinking-water-may-help-you-lose-weight>

² <https://www.medicalnewstoday.com/articles/320613>

TOP 6-FOODS YOU EAT AND DRINK

This is an exploration of what you eat, how you feel, the weight loss and health benefits and the triggers, if any, that go with it.

Food	What are your feelings about this food?	What is a health and weight loss benefit?	Are there any triggers making you crave this food?	Is there a healthier option that will leave you feeling good?

NEGATIVE AND POSITIVE THOUGHTS TEACH YOU ABOUT YOURSELF

Your negative and positive thoughts are not good or bad or right or wrong. They are only here to teach you about yourself. Your job is to accept both the negative and positive parts of yourself without judging them.

Explore how your negative and positive feelings show you who you are:

Negative Feeling	What is it telling you about yourself?	Positive Feeling	What is it telling you about yourself?

Your journey toward living in a body you love is to evolve from believing your negative or positive thoughts and feelings and simply accept them as a part of you without judgement. Then you'll have peace. Then you'll have choice. Then you'll have freedom!

You are the evolution of your family and humanity!

LIVE IN A BODY YOU LOVE VISION (PART ONE):

Take your time and explore what your life would look like living in a body you love. Do your best to include your five-senses so your subconscious can get the picture.

Imagine that you've been living in a body you love for the **past FIVE years** and fill in the blanks below. The more details you give the better the vision you're creating.

I've been living in a body I love for the past five-years.

Everyday I tell myself...

The first feeling I have in the morning about myself is...

The feeling I have when I look in a full-length mirror is...

What I enjoy most about living in a body I love is...

I feel _____ about myself when I'm being intimate with my partner with the lights on.

Yesterday I saw a picture of the old me 5-years ago and remembered how frustrated I was. I now feel compassion for who I used to be and I want to tell the old me...

THANK YOU FOR TAKING THE FIRST STEP ON YOUR END DIETING HELL JOURNEY!

Stages Of The Complete End Dieting Hell Journey Include:

STAGE ONE	STAGE TWO	STAGE THREE
Understand why you've struggled with weight most of your life and see the path to FREEDOM!	Set your body up to naturally burn-fat by detoxing the 2-most important organs for weight loss!	Know how to inspire yourself so you're PULLED to food that leaves you feeling good in your body and about yourself.
Release worry and fear of being judged by others	Resolve the plateau of being stuck no matter what you do!	Have more respect and love for yourself than maybe you every have in... FOREVER!
Let go of the need to make yourself wrong (Vital)	End bloating, food and sugar cravings and know what to do if they come back!	Discover ways to STOP eating that you ENJOY!!
Synch your brain and your heart so you release emotional eating patterns.	Discover how to eat the foods you want without gaining weight!	Have PEACE in your body as you STAY at your desired weight!
Start feeling at peace and SAFE in your body and with FOOD!	Release sugar cravings and trust yourself around food!	Learn the 7-Laws of the Universe to create a life you LOVE!

To see if this journey is right for you go to:
www.WomenBeingFit.Com/EndDietingHellJourney

14-Day FREE Trial!

To talk with me one-on-one go to:
www.WomenBeingFit.com/FreeChat.

LAST THOUGHTS

If you've struggled with your weight most of your life, it is not an accident. Your journey is to evolve through the trauma you've experienced that keeps you in a body you don't love.

Evolving means discovering who you are living in a body you love and it's not what you think. It's fully accepting the dark negatives parts of you as much as the light and positive parts. That is a journey.

If you are ready to say, "yes" to a journey that will lead you toward a body you love and "yes" to being guided and supported on your way, connect with me here www.WomenBeingFit.com/FreeChat.

How will you feel if in 5-years if nothing changes?

How will you fee if in 5-years if you've been living in a body you love, have deeper more intimate relationships, trust yourself around food, and your past no longer triggers you?

That is what I want for you.

Your heart will tell you what if I'm the right guide for you.

Your Live in a Body You Love Guide and Ally,

Michelle

Michelle Melendez-

Author of Double Award Winning Book:

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PS There is a reason you found me. I'd be honored to take you on a journey that will help you evolve into a woman who lives in a body she loves!

Connect with me here: www.WomenBeingFit.com/FreeChat.