



Goddeess

STARTER KIT



Hey Goddess,

I'm so happy that you've chosen to download this guide, and that I get to share the resources in this Starter Kit with you! This kit is designed to be a guide and a helping hand as you start living your own Green Goddess Life.

I'm Mel Wells, coach, speaker, creator of The Green Goddess Academy and author of The Goddess Revolution.

It's my mission in life to help women heal their relationship with food and their bodies, and claim the freedom that they so crave and deserve. It all starts right here, Goddess, and I'm so happy that you're here.

Mel Wells



No any of these sound familiar?

Endless diets and slimming clubs that work for a while, until you fall off the wagon and feel like a failure?

You start each day with good intentions, but by 3pm you're way off track and you're starting again next Monday?

You interested in eating healthier but the internet is so full of confusing and contradicting information, crazy diet plans and scary buzzwords that you have no idea where to start? Paleo? Vegan? GF? JERF? WTF?

You feel at war with your food and your body. You want to love it, but don't feel that you can until you've lost weight or cracked this food thing.

If any of that sounds like you, you're in the right place.

Most of us have been on a diet at some point in our lives, in fact, you might feel that you've been dieting your whole life! I know, I've certainly felt that way too.

The biggest problem with diets is that they glorify will power, and sticking to a set of rules, rather than tuning into your body's natural intuition. It's been cut off from that intuition and ignoring your body that got you into this mess in the first place!

No amount of points, 'free food', rules or weird tricks will heal what actually needs to be healed: your relationship with food and your body.

5 Steps to Start Healing Your Relationship with Food

1. Have a fresh start and a clean break from dieting. Ditch all those rules, habits, weekly weigh-ins and calorie counters. This isn't what you want your life to look like, and diets will actually keep you stuck.

2. Stop seeing foods as good and bad. Food is just food. Except when it isn't. (Did you see that video on the 15yr old fast food burger?! Vile.) The only thing you have to think about is "Will this nourish my body?" and "How is this going to make me feel?"

3. Make your mealtimes intentional. Take the time to really enjoy your food, without distractions. Eating at your desk in front of a computer or in your car don't count.

4. Forget about 'bad days' and 'good days' and start seeing life as an endless series of choices, one choice doesn't have to write off an entire day or week, and there's no need to beat yourself up mentally about it. Just breathe, and make the next choice a good one.

5. Get excited about food again. Get in your kitchen and explore. Start a love affair with food and get curious about trying new ingredients and new recipes.

*Self worth
comes from one thing*

*Believing that you
are worthy.*

DR WAYNE DYER

5 Things Women Who Love Their Bodies Do Daily

We hear a lot of talk these days about loving your body but many of us are totally confused by this.

How can I love my body when it doesn't look the way I want it to look?

How can I love my body and also be trying to change it at the same time?

How can I love my body when it isn't the weight I want it to be?

So first, let me explain to you what 'loving your body' does **NOT** mean.

Loving your body is **not** stopping eating healthily or exercising, and thinking that you'll never have the body that you want so you may as well give up.

Loving your body is **not** looking in the mirror every day and trying really, really hard to love those wobbly bits that you have spent years trying to get rid of.

Loving your body is **not** about trying to make it look like someone else's body – or like a picture you've seen on Instagram.

So now you know what it doesn't mean, let me give you 5 things women who love their bodies do daily!

1. They treat their body like their best friend

Start thinking of your body like one of your best friends. Think of someone that you have so much love for, you would never disrespect them or want anyone to hurt them.

Maybe instead of a friend, it's your mum, your sister, or your daughter. Now, that love you have for them runs way deeper than just what you see on the outside. It's a real deep love, respect, and honour for them.

So, if you catch yourself talking down to your body, ask yourself, would I talk to my best friend in this way? Would you talk to your daughter, your mum, your best friend in the same way you talk down to yourself? Make it non-negotiable. Just do not allow that self-hate talk anymore.

2. They don't ignore their body, they listen intently.

Too many of us go through life completely disconnected to our own bodies. We are not listening to them. We are trying to manipulate them and change them usually, too, with diets and rules. Is it any wonder that these diets don't work?

We are completely ignoring our body's natural intuition and deciding *"Sorry – I'm going to make the decisions for you because I don't trust you to make your own."* Start listening to your body more, and honouring what it really needs. Maybe that means more sleep, more self-care. Maybe that means becoming more aware of your feelings when you catch yourself trying to eat them instead.

Loving your body is really about listening and connecting on a daily basis. There are many reasons that we eat throughout the day and more often than not, we are actually not listening to our body when we make that decision. We are usually just following emotions, pushing down feelings or eating mindlessly, out of habit, boredom, stress or just because we feel like we should. So - start listening more.

3. They focus on how they want to feel, not how they want to look.

You must focus on loving your body to make it FEEL good – and stop obsessing over how it looks. When your body feels good, you will naturally make choices to keep it feeling good. And when it keeps feeling good? It will start looking better and better too.

Take the intention out of your reflection. Stop checking your body in the mirror after every workout to see if you have abs yet. Focus on how great you feel after your workout instead.

Here's the thing – when you start respecting your body, and loving it, and listening to it, you start cultivating this gorgeous relationship with yourself. Suddenly you stop wanting to disrespect it by eating rubbish or by being around things or people that make you feel like rubbish. It's really all about self-worth. The more we start accepting and loving our bodies right now, just as they are, the more we start to nourish them, respect them and make beautifully aligned choices that our bodies love.

So how do you want your body to feel? We've all heard the saying "you are what you eat", right? So if you want to feel empowered, happy, vibrant, colourful, then the foods you eat should be supporting this. If you're counting calories, restricting yourself, and going hungry, then you are not eating for the future you. Start eating to support the future you right now. There is no other way to get there. You have to start now. Not tomorrow or on Monday. Not next week or next month. Not after Christmas or after your holiday.

4. They never diet

I spent years training in nutrition and running my online coaching practice and the biggest thing I learned is this – no amount of dieting can make you love your body. You can diet and at the end of it, even if you lose weight, you will still be talking down to your body. You will still be criticizing it, wanting to tweak it and change it. Self-love is the most neglected part of weight loss and good health that exists. We completely ignore it. But it is essential if we have any chance of ever being happy in our own skin.

I had to do a lot of work on this subject myself - a lot, as I spent years at war with my own body, starting a new diet every Monday morning, and constantly wishing my body was just a bit different, and no amount of dieting changed the way I felt. I lost 3 stone, I gained 3 stone, and at my lightest and my heaviest, guess what? I was still at war with my body. The biggest shift in my relationship with food happened when I surrendered and started being kind to myself again.

I decided I would stop caring about being skinny, stop caring about my weight, and start eating to nourish my body and make it a healthy and loving place instead.

And guess what? My body found a natural, healthy weight that I feel completely comfortable and at peace with. It had nothing to do with a new diet. It had everything to do with a new mindset.

5. They don't weigh themselves

Weighing yourself, counting calories or endlessly studying yourself in the mirror are sure-fire ways to stay at war with your body. You hop on the scales and want to be told, "Do you deserve to feel like a good person today or a bad person?" "How are you going to feel today, Mel – will it be virtuous, or will it be worthless?"

Why? Why are we validating ourselves with a number on a scale? That number doesn't tell you how smart you are, how aligned you are with your life choices, how good your ethics and morals are, how much of a good person you are, how beautiful you are, how fit or strong you are, how generous and kind you are...so why are we so hooked on this number? What is it actually telling us? Oh that's it...our effect on gravity.

It doesn't even tell us if we are gaining muscle and dropping fat. It just tells us how heavy we are. If you want to be happy in your body - stop this need for control over the numbers. You will find so much more freedom and happiness once you do this.

Trust me.

SWEET SUNDAY PANCAKES



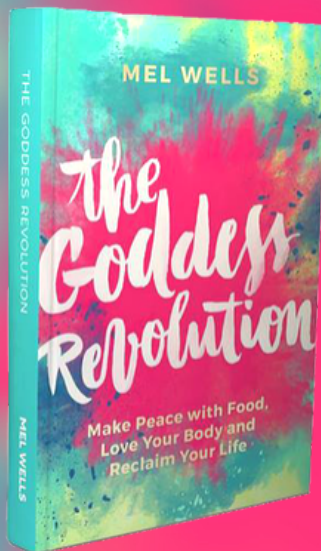
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