

HYPNOSIS FOR LIFE
WEIGHT LOSS HYPNOSIS-HEALTHY MINDSET & HABIT CREATION PROGRAM™
BUILDING SELF-COMPASSION FOR YOUR JOURNEY

Level 8-Session 4

Revising my grocery shopping

Session philosophy

This mp3 session explores grocery shopping. Almost anything can become a mindset and ideally, we want to choose ones that will move us forward. Many people think of grocery shopping as something that just has to be suffered through. Most people do not enjoy planning a trip to the store and in fact some actually dread it.

How do you personally feel about going to the store to buy food? Is it something that just has to be done and so you get it over with as quickly as possible? Wouldn't it be great to look forward to your trips to the grocery store?

Imagine looking forward to buying groceries that will allow you to prepare delicious and nutritious meals and snacks. You can choose to buy food items that will fuel all of your organs and allow your body to do its amazing work.

People who are enjoying healthy bodies are making good habitual decisions about food. How they shop for groceries, the mindset they bring with them to the store, and the resultant feelings is very telling. We can begin to program a new way of grocery shopping. A new mindset can be created that supports the goal of a healthier body.

Journal assignment

1. How would developing a positive mindset around grocery shopping serve you?

2. Does how you shop for groceries fuel the organs of your body and support your vision of a healthier body?

HYPNOSIS FOR LIFE
WEIGHT LOSS HYPNOSIS-HEALTHY MINDSET & HABIT CREATION PROGRAM™
BUILDING SELF-COMPASSION FOR YOUR JOURNEY

3. What thoughts and feelings might people who enjoy a healthy body have about grocery shopping?

4. Who do you know who is healthy and appears comfortable with their weight? What do you imagine is in their grocery cart?

5. When you created an internal movie of grocery shopping what did you notice in your cart and other people's carts? What meaning did you attribute to the contents?

6. In the internal movie you created, did you take the time to appreciate your efforts and the support you received from your future self and/or the person who came with you?

HYPNOSIS FOR LIFE
WEIGHT LOSS HYPNOSIS-HEALTHY MINDSET & HABIT CREATION PROGRAM™
BUILDING SELF-COMPASSION FOR YOUR JOURNEY

7. How does the choice to have healthy groceries on hand support your goal to create a healthier body?

8. How will you put this exercise into cellular memory?

9. What will be different for you in the week ahead?
