



The Stubborn Belly Fat Lies

If you've ever eaten your feelings, punished yourself with exercise, or lived by the number on the scales, this is for you.

The Wake-Up Call

Enough Hiding

Decades of stress.

Years of self-criticism.

Always chasing smaller.

You've compared yourself, hated your reflection, lived by the scales, punished yourself with food and exercise.

You've told yourself you'll start Monday, only to crumble when life got hard.

- ➡ You comfort with food.
- ➡ You drink to switch off.
- ➡ You exercise to shrink yourself, not to feel strong.
- ➡ You pace the house to hit steps while your body screams for rest.

And then?

Guilt. Shame. Self-punishment. Repeat.

This is not a weight problem.

This is a behaviour problem.

And it stops today.

It's Not Your Fault

(But It Is Your Choice Now)

You've been running on survival for so long, you don't even notice the patterns anymore.

Stress hits → you numb out.

Tough day → food, drink, scrolling.

Emotions → you bury them.

It's not your fault.

Your nervous system has been protecting you.

But here's the truth: every "f*ck it" moment adds up. Every choice builds the belly fat you hate, and every act of self-abandonment keeps you stuck.

The good news? Change starts in a single moment of awareness. And this workbook is going to give you that moment.

Why Belly Fat Sticks

and 5 Quick Tools to Shift It

1. Trauma & Self-Sabotage

You don't "sabotage" because you're weak you do it because food and drink feel safe.

Tool: Hand on chest, ask: "What do I really need right now?"

2. Stress & Cortisol

Cortisol ramps up cravings and keeps you wired, pushing you to eat, drink, or numb out. (It doesn't just add more fat though)

Tool: Try 3 rounds of box breathing, in 4, hold 4, out 4, hold 4.

3. Mindless Eating

Eating fast or distracted means your body never gets the chance to feel full.

Tool: Pause halfway through your meal, ask: "Am I still hungry?"

4. Over-Identifying with Emotions

"I am anxious" makes it your identity. "I feel anxious" reminds you it's temporary.

Tool: Swap "I am" for "I feel" every time emotions hit.

5. Disconnection from Self-Worth

Every time you put yourself last, your body hears: "I don't matter."

Tool: Say no once today without apologising.

The Truth Bomb

It's Not About Willpower

You've doubted yourself for years.

- ☞ "I'll start Monday."
- ☞ "I've ruined it, might as well f*ck it."
- ☞ "I'm too busy, too tired, too far gone."

You've fought with your body in the mirror, stepped on the scales and let a number dictate your mood, and silenced your own needs under the weight of guilt.

But here's the truth: thinking about it doesn't change it. Wishing doesn't change it. Waiting definitely doesn't change it.

The only thing that creates change is action.

Action is choosing one reset instead of another scroll.

Action is pausing instead of eating your feelings.

Action is saying no when your body is screaming yes.

Action is showing up for yourself even when life feels like chaos.

That's what gets results. That's what breaks the cycle.

If one tiny shift today gave you even the smallest taste of freedom imagine what happens when you commit to consistent action.

- ✦ This is where belly fat starts to shift.
- ✦ This is where guilt stops running your life.
- ✦ This is where you finally take back control.

The question is: are you ready to act?

You don't need another diet or quick fix.

You need a programme that finally puts YOU first.

If one 5-minute reset can change how you feel today... imagine what 90 days of guided resets, stress release, and self-care could do.

That's what my Discover Me programme delivers.

- Movement to unlock energy (not punishment)
- Stress resets + breathwork
- Self-care habits that actually stick
- From survival mode → safety, calm, and self-trust

This isn't about fixing you.
You're not broken.

It's about finally choosing yourself.

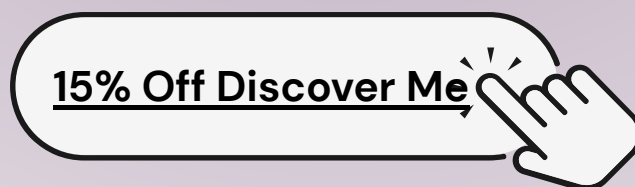
You've lived in guilt, shame, and "f*ck it" cycles long enough.

Today, you proved you can interrupt that pattern.

Now imagine building a whole new way of living, where food isn't comfort, exercise isn't punishment, and your body finally feels like home again.

That's what Discover Me gives you.

Right now, you can join with 15% off because waiting for life to calm down only keeps you stuck longer.



Payment plans are available, just drop me an email to ask for details:
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