

WEEK 7  
*Sexy* MOTIVATION  
*Rewiring Emotional Habits  
To Beat Your Brain*

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# EMOTIONS, FOOD & YOUR SASS-O-METRE

*How to manage your emotions  
& get yo sass back in a jiffy!*

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IF YOU WANT TO CHANGE THE EMOTIONAL STATE OF YOUR BRAIN,  
YOU NEED TO TAKE BACK CONTROL OF YOUR THOUGHTS.

EVERY TIME YOU SAY YES TO ONE THING, YOU ARE BY  
DEFAULT, SAYING NO TO SOMETHING ELSE.

## **STEP 1 - SEE . THINK . FEEL**

How can you SEE, THINK and FEEL differently about your goals so that TAKING ACTION becomes more valuable than AVOIDING action?

What would you need to believe about yourself and your life in order to make this possible?

What actions would you need to take in order to cement these beliefs into your life?

How can you implement those actions now?

## **STEP 2 - GET SAVVY**

Wise up to your mind games. What are the stories you are telling yourself that are holding you back and what NEW EMPOWERING stories can you replace them with now?

Remember to share your sassiest insights in the Facebook group!

# DEPRESSION & ANXIETY

## *Resources*

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If you need help with anxiety or depression, you'll find links and resources below.

Please reach out and find support in your local area. You can start by seeing your trusted medical professional or contact one of the websites below.

### **DEPRESSION & ANXIETY In Australia**

[www.beyondblue.org.au](http://www.beyondblue.org.au)  
[www.mycompass.org.au](http://www.mycompass.org.au)  
[www.thiswayup.org.au](http://www.thiswayup.org.au)  
[www.moodgym.anu.edu.au/welcome](http://www.moodgym.anu.edu.au/welcome)

### **DEPRESSION & ANXIETY Outside Australia**

[www.adaa.org](http://www.adaa.org)

### **SUICIDE PREVENTION**

[www.lifeline.org.au](http://www.lifeline.org.au)

### **SUICIDE PREVENTION FOR YOUTH**

[www.yellowribbon.org](http://www.yellowribbon.org)  
[www.headspace.org.au](http://www.headspace.org.au)  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### **EATING DISORDERS**

[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### **NUTRITIONAL SUPPORT**

[www.kyliepax.com/nutrition](http://www.kyliepax.com/nutrition)