

VIBRANT WELLCARE



*How To Workbook*

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# Change Your Mindset About Food

REACHING YOUR GOALS CAN BE EASY IF YOU  
CHANGE HOW YOU THINK ABOUT FOOD.

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# PROLOGUE

Our story that surrounds food is varied and very personal. Each client I see has to make some kind of change to how or what they eat in order to reach their health goals. The goals can range for weight loss to better liver health to asthma. The goal does not matter, the point is that they need to make changes. But change is hard.

I hear all kinds of reasons why they cannot make those healthy choices. They often tell me "I just don't know what to eat." Or "My family will never eat that." Which really means I will never eat that.

Other common reasons include "But I always crave ice cream before bed." Or "How do I make a sandwich without bread?"

Sometimes it seems that they really don't want to reach their goals because they keep sabotaging themselves every step of the way. Does this sound familiar?

But the answer may be more basic than that.

We are creatures of habit. And habits are not only ingrained into our muscles, they are ingrained into our subconscious. If I can get you to change your subconscious, I can get you to change your habits naturally.

So, that is why I developed this workbook.

I want you to be successful and I want you to be able to sustain your new healthier self for years to come. You are important to me and your family and your friends. You deserve to look and feel fantastic!

**“WE CANNOT SOLVE A PROBLEM WITH THE SAME THINKING THAT CREATED IT.” *ALBERT EINSTEIN***

# OUTLINE

Introduction

What is mindset

Be clear about your goals

Be clear about your motivation

Examine your current beliefs

Do your current beliefs support your goals?

Do you deserve to reach your goals?

Retain your brain

Conclusion

# INTRODUCTION

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**F**ood is a huge part of our human experience. We use it as a way to celebrate achievements, to reward behaviors, to punish behaviors, to pass time, to satisfy emotional needs. We even use food out of habit or for motivation.

Most people do not use food the way it was intended. Food is intended to be used to nourish and fuel our bodies. Making us healthier, stronger, faster, and lighter.

Food is not intended to weigh us down, make us feel and respond slowly or make us feel guilty or sad. It is not a replacement for dealing with our emotions.

Food should make us excited, joyful, vibrant, and alive!

This workbook will walk you through, step by step, the process of shifting your mindset around food and eating to a more positive space. This more positive space will allow you to make better decisions and reach your body and health goals easier.

The first questions out of my clients' mouths when I start talking about making food and dietary changes in their lives usually is "What about a cheat day?" The second question is "What can I eat?". And inevitably they say "You mean I can never have that again?" Already they have decided that being healthy is a punishment and failure is inevitable.

In this workbook I am not here to tell you what to eat, how much to eat or how often to eat. In this workbook I am going to show you how changing how you think about food so that you can make all those choices easier and more effortless.

You already know that eating a variety of whole fresh food is the way to reach your goals and sustain a long healthy life. You don't need me to tell you that only real foods prevent disease and build a better body.

What I am here to help you see is your motivation for choosing a "protein shake" over a salad when you know that one is not a food and one is.

**"IT IS NOT ABOUT BEING PERFECT. IT IS ABOUT BEING BETTER THAN YOU WERE YESTERDAY."**

# 1. WHAT IS MINDSET

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**M**indset is how you have been trained to think about things. This happens automatically and through your subconscious mind. These attitudes and beliefs change how you experience life and why you make decisions that you do.

Our attitudes and beliefs about things are programmed into our subconscious through years of repetition from our parents, ourselves, and our environment. Obesity is not genetic, but we do learn our eating patterns, our beliefs about food, our alternate uses for foods, and our cooking methods and recipes from our family. Therefore it seems genetic.

The same is true for diseases. Thyroid disease is not genetic. But we learn our eating habits, our stress habits, our coping tools, and our beliefs about whether or not it is genetic from our families. If we believe something is genetic then we automatically give up the power to change it.

**“IT ALL BEGINS AND ENDS IN YOUR MIND.  
WHAT YOU GIVE POWER TO, HAS POWER  
OVER YOU, IF YOU ALLOW IT.”**

If you want to change your experience all you have to do is change how you think about the experience. I know that sounds too simplistic, but stay with me here. For example two people approach a car accident. One person's reaction is “I wonder who caused it?” The other person's reaction is “I hope everyone is safe.” See the difference in how they experience that accident?

Here is another example. Two people go out for lunch. One person is excited to eat a healthy lunch so she can have the energy to achieve her personal goals for the day and the other person feels the salad is a punishment and that if she does this for a few days then she can eat ice cream. The first person will consistently and easily reach her goals while the other will take as many steps backward as forward, never really accomplishing anything.

You can look at the opposite scenario as well. Two people go to lunch and one person does not choose the “special of the day” because she knows it will not help her feel energetic throughout the day, but the other person does choose the “special” even though it will make her feel tired at work later.

Mindset is everything.

**There are 5 steps to changing your mindset.**

- 1 Be clear about your goals
- 2 Be clear about your motivation to reach those goals
- 3 Examine your current beliefs
- 4 Decided if you current beliefs will support reaching your goal
- 5 Do you deserve to reach your goals?
- 6 Retain your brain to think differently.

Are you ready to get started?

Oh, by the way, this process works with goals other than health.

**“WHERE YOU ARE A YEAR FROM NOW IS A DIRECT REFLECTION OF THE CHOICES YOU MAKE TODAY.”**

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# 3. EXAMINE YOUR CURRENT BELIEFS

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Print the following worksheets. For 1 week track your food intake and answer the questions. This must be done in the moment the decision is being made in order to discover the underlying beliefs. If you complete the chart at the end of the day, you will not learn from your choices and that by itself is very telling.

Do not try to change your food choices yet. We are just examining why you choose what you do. Do not count calories or macros. They don't matter anyway. Making changes comes next. Let's take one step at a time.

- Fill in the date and time that you are eating.
- Fill in what you are eating.
- Think about how you are feeling right now.
- Is this food choice moving you toward your goal?
- Do you deserve to reach your goal?

For extra credit: Why did you make this choice?

Complete this chart consistently for everything you put in your mouth for one week and you will start to notice the emotional beliefs and patterns.

Do you often feel sad or lonely before eating at night?

Do you eat in front of the TV?

Do you have energy 2 hours after your meal?

Do you feel guilty about your choice?

Do you hear your mothers voice in your head telling you to lose weight or that you will never find a man eating like that?

Do you deserve to reach your goals?

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"Does this belief support my goal?"

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## 5. DO YOU DESERVE TO REACH YOUR GOALS?

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This one is super easy and I can answer it for you.

**YES!** You deserve to reach your health goals! Whatever they are! You deserve to feel better!

If you do not believe that you are worthy of reaching your goals then you can stop here because there are bigger issues involved. But I suspect you know that you really do deserve to feel energetic and light and vibrant. Everyone does.

Every morning when you wake up I want you to repeat this statement to yourself 3 times.

**“I do deserve vibrant health!”**

**“I do deserve vibrant health!”**

**“I do deserve vibrant health!”**

As you are looking at yourself in the mirror while brushing your teeth, repeat it again. This is going to be your new habitual way of thinking! While you are falling asleep at night repeat it again! Any chore that you do every day, repeat “I do deserve vibrant health”

**“THE NEGATIVE MIND WILL NEVER GIVE YOU A POSITIVE LIFE.”**

## 6. RETRAIN YOUR BRAIN.

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This part involves mantras as a tool to shift your perception and choices surrounding food. First it was important to see how our thoughts are sabotaging our choices and preventing us from reaching our goals.

It was also important to get clear about our motivations for wanting these health goals. Making sure that our goals were for ourselves, not because someone else told us it would be good. Just for you!

If you constantly are feeling that your choices are a deprivation or a punishment then you will not be able to maintain your weight or any health goal because you will always be waiting for that day when you can go back to eating the way you think you want to. But do you really want to go back to feeling the way you felt?

You cannot go back to eating the way you did before or you will create the same body you had before. I know that is not what you want, so we need to shift how you think about food.

You are ready for the next step. **Decide your diet plan**. For me, I choose a whole foods diet. Only eating whole fresh foods from the fridge. No packages or cans or boxes or shakes. It is that simple.

For the next week **track what you eat and when**, just like before. The worksheets are on the next page.

Notice what you are thinking and feeling, then **introduce this mantra** while you are preparing or ordering your food. Say the mantra over and over and over in your mind until the old thoughts are gone. In the beginning you may need to repeat it for 5 minutes to clear the old thought patterns. Remember, it took years to train your brain to think the old way, be patient when retraining it to think the new way.

**"I choose foods that create a healthy vibrant body and mind."**

When you sit down to eat. Repeat it again, and again, and again. As you chew your food, Repeat it again, and again, and again. Pretty soon you will believe it! When you believe it you will live it.

**YOU DESERVE VIBRANT HEALTH!**

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# CONCLUSION

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Wow! That was a lot of soul searching! Sometimes it feels very raw and exposed and vulnerable to think about those kinds of emotions and motivations.

**The bottom line is you do deserve vibrant health and you can achieve it!**

Keep exploring how your mind is thinking about your decisions and your motivations. If you can see it then you can change it! You have the power and the strength to create better health for yourself and your family.

Identifying the patterns and the triggers is the first step. I encourage you to journal your experiences, review your goals, prioritize time for good decisions, and review your motivation on an ongoing basis.

Along the way I would love to hear your stories and work with you personally to fast track your health journey. Connect with me in my private Facebook Community at [Naturally Vibrant You](#) for insider tips and tricks! Or book your personal consultation at [vibrantwellcare.net](#)

Supplements to support your health journey may be purchased from my exclusive online store. Visit [vibrantwellcarestore.com](#) to see more. The password is **vibrantwellcare**.

I hope to hear from you soon!

© 2020 Melissa Olson This workbook is not intended to replace medical advice. If you have a health condition, please consult your physician before beginning any health program. The suggestions in this workbook are for informational purposes only and are not intended to diagnose, treat, or cure any disease.

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## **Are you sick and tired of feeling sick and tired?**

During each 1 hour consultation we use BioEnergetic Screening to evaluate hormones, neurotransmitters, pathogens, chemical exposure, heavy metals, structural alignment, organ function, food sensitivities, nutrient deficiencies, and emotions. This brings balance to your body and relieves your strange symptoms. **Your body can heal!** This leads to greater wellness and symptom relief. Let's build a more vibrant you! This evaluation can be done in person or remote.

Book your appointment for a Comprehensive Health Evaluation at [vibrantwellcare.net](#).



## ABOUT THE AUTHOR

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Hi. My name is Melissa Olson. As a Traditional Naturopath I realized that each persons health is unique. Each person has different requirements for vibrancy and needs different support to reach their health goals. I strive to provide you with as much or as little support as you need on your health journey.

I have a Doctor of Naturopathy degree from Trinity School of Natural Health and am board certified by the American Naturopathic Medical Association as well as a certified Bio-Energetic Practitioner. In addition to being a Traditional Naturopath, I am also a wife, mother, yoga teacher, reiki master, gardener, and organic food preservationist.

I am excited to share my knowledge and experience with you!