



# Module 10:

## Dealing with your friends & family



### **PART 1: This is time just for YOU**

We are social beings that even if we live on our own we are always going to interact with others, BUT the only thing that should be of interest to you IS YOU - you being healthy, happy and slim. This is time just for you to make the changes in your mind that are going to make the differences in your body.



### **PART 2: Let's make this our secret!**

People who are trying to lose weight normally try to seek comfort in a buddy - someone that can keep them company. You need to make this your secret; your weight loss is all about you! Your happiness is about YOU and self-care.



### **PART 3: The 3 tips**

#### **Tip No 1: Turn up and turn up your energy**

As a social being you are going to be expected to turn up to social events and with you being on a diet this can leave you feeling left out. Realise that the food is only a catalyst for the bonding at these events - the backdrop. The reality is that is who you are and the energy that you bring on the day that matters. If you are in the right mindset, then people there are not even going to realise that you are on a diet!

Action: Make a list of any events you will be attending, to which you will turn up and turn up your energy

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

### Tip 2: Don't allow the pain of others to dull the light of your success

When you start to succeed people may start to be a little bit weird around you. There are many reasons this could be, such as jealousy or envy, but whatever it is you need to know that it is their problem not yours. You also need to know that they will adjust. If you allow yourself to be happy and find yourself in a good place, then you are also going to be in a better place to be there for those around you when you can help.

### Tip 3: Far enough is far enough when you say it is!

Everyone around you tells you that you have gone far enough. This is not their life, it is yours! This is all about you. Anything that happens around you is about the people around you. Stick with what you know to be true. To achieve this, you have to make you important and put yourself front and centre.



## PART 4: Mindset technique

Close your eyes and let Ali's words guide you through this valuable friends and family mind-changing mindset technique

Next up, Module 11: Addiction To Junk Food

