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YOUR  
*Food Freedom Mindset*  
WORKBOOK  
*with Shana Neril*

# Hi. I'm Shana!

## NATUROPATH & MINDBODY WELLNESS COACH

Are you ready to heal your relationship with food and remove that which is blocking you from actualizing your potential?

Do you feel that your relationship with food is holding you back from living aligned with your highest self in day to day moments?

Have you tried multiple diets, exercise plans, therapy and are still wondering if living free of food struggles is really possible?

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*Food Freedom Mindset is a way of being in life where your relationship with food is healed because you have learned the skills that bring you to inner peace around food. The biggest indicator about whether or not you have healed your relationship with food is first and foremost if you have reached an inner state where you are no longer overly controlled by food. Attaining this more peaceful inner state leads to feeling more empowered to move on to making specific food or lifestyle changes that are sustainable. This is because you will be living feeling more connected to your higher self. From this place you will feel guided in the little moments to making the choices that are most aligned with your inner wisdom. This also happens to be the greatest factor in helping you successfully manifest your goal.*

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# Awareness Leads to Change

*Lets begin by taking an inventory of which areas of your life you are encountering blocks to your power in general and with food.*

WHICH OF THESE DESCRIBES YOU? ✓

## SPIRITUAL

- Lack of motivation to change bad habits
- Not passionate about something in your life
- Not feeling that what you are doing in your life is meaningful
- Shame around food or blaming yourself or others for what's not going your way

## EMOTIONAL

- Feeling numb
- Frequent outbursts of crying or anger
- Turning to food when your feeling emotional
- Holding many grudges toward people from current or past relationships

## MENTAL

- Obsessive thoughts about food
- Resistant or scared to be alone and relax by yourself
- Not having the energy to think or be with others
- Confusion, lack of confidence, or lack of clarity

## PHYSICAL

- Chronic Health Issues
- Exhaustion
- Binging and eating without being able to stop
- Feeling slowed down by excess weight

*Now that you know in which areas you are holding blocks to empowerment, you can begin to develop the inner skills to transform on each of these levels.*



## HOW DO WE LOSE OUR POWER?

After you check which of the different areas under each category describes you, you will start to understand in which areas of your life you have lost your power somewhere along the way.

Identifying which part of your power has diminished is the first step to learning how to get your power back.

In order to heal your food issues and any of your bad habits you need ALL YOUR POWER WITH YOU to support the healing process.

If you try to heal without reclaiming your power, the process is likely to fail or take a lot of unnecessary time going through the ups and downs that are much bumpier when a person doesn't have their full power with them.

The process of reclaiming this power is less about remembering and figuring out why this power left you but rather it's about developing the skills or the inner muscles to consciously make the choices that will allow your power to come back to you.

Disempowerment or empowerment usually boils down to choices that either have a disempowering or empowering effect on your body, mind, emotions, or soul.



# NOW THINK ABOUT HOW YOU CAN START TO RECLAIM YOUR POWER

Reclaiming your power usually starts by deciding to shift your focus from the **problem** to the **solution**.

Deciding to do this means deciding that instead of feeling powerless, you can come up with one small thing that you **CAN DO NOW** to change the situation.

Living in your power doesn't mean being perfect but it does mean recognizing that, "I have the power to change something small (or big) that I don't like right now".

When it feels like taking back the power needed to change your food habits is way too difficult, rest assured that that's where most people who overcame their food issues started.

What works for most people is for them to start with small things that they **DO** feel they can change.

As you continue practicing this, little changes slowly accumulate and you will start feeling more and more powerful.

Before you know it, you will be ready and with enough of your power back to learn and successfully implement the food rewiring techniques that will change your life!!!



## *Food Freedom Mindset Workbook*

NOW IT'S YOUR TURN: WRITE ONE SMALL WAY YOU CAN CHOOSE TO FEEL EMPOWERED IN EACH OF THESE AREAS BASED ON YOUR ANSWERS IN PART 1

### **Spiritual**

For example: *Deciding to make time to do something you're passionate about once a week.*

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### **Emotional**

For example: *Going out for a walk or a run when you are feeling emotional.*

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### **Mental**

For example: *Begin to journal for 10 minutes a day to simply get your thoughts out and down on paper.*

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### **Physical**

For example: *Ask yourself when you want to eat if you are tired and lay down for 10 minutes or make a plan for going to sleep earlier.*

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*Just because someone has succeeded in making dietary changes doesn't mean they have a healthy relationship with food. This is why the emphasis first is on identifying blocks to empowerment and seeing in what small ways you can already start to increase your level of empowerment. While this is only the beginning, with this step you are already on your way to deeper healing.*



# What's Next

I hope these exercises have helped you see that with healing food issues, the truth is that frequently food is not the real problem.

Rather, dysfunctional food habits are usually the symptom of deeper blocks that we have that we need to learn how to heal and release.

I am here to help you get started on what may be a very new approach to healing your food issues for the long term. I have used this approach successfully with many women who have come to me sometimes after having struggled with food issues for years or even decades.

The key to lasting success is undergoing a training process where you learn new inner tools that will enable you to feel empowered mentally, emotionally, and spiritually. I compare this process to a computer upgrade where your whole system upgrades to a new way of functioning. This new way of functioning is what is needed to support you in healing your relationship with food and changing your food habits for good.

REMEMBER THAT ALL CHANGE STARTS FROM WITHIN

Unfortunately too many people get caught up in surface issues and spend years of their life trying to heal their food habits with little success even though real healing is completely possible.

If your ready to begin this journey of deep healing and transformation that can take you to a place beyond what you thought was possible, send me an email and we'll set up a time to chat:  
[shana@innerwellsprings.com](mailto:shana@innerwellsprings.com)