



Workbook

Cinch Your Life Programme

A transformative journey to feel lighter, more confident, gain more energy and step into an even more fabulous version of YOU.



Start Living with Intention...

Oh Hi There!



We're so excited that you're here!

We're Angela and Nicola, your coaches and biggest cheerleaders for the next four weeks - guiding you through this transformational journey.

Together, we'll help you step into your best self feeling lighter, more confident, energised, and ready to enjoy everything this life has to offer - without guilt or overwhelm.

Whether you're completely new to Cinch or already part of our community, this course is your chance to reconnect with your body, refresh your mindset, and create lasting, realistic change - all in a simple, supportive, and sustainable way.

Our mission is to make wellness accessible, empowering, and personal. Throughout the 30 days we'll be right beside you - sharing tools, insights, and our own experiences to help you build momentum, boost your belief, and finally let go of the habits and thoughts that have held you back.

You're here for a reason - and we can't wait to see the confident, glowing version of you that's waiting on the other side.

Lots of Love,

Angela & Nicola

The Foundations of Cinch!

This programme will be a wonderful, personal journey to the REAL you. It's not a quick fix, it's a guided journey that empowers you to make lasting lifestyle changes with ease. We believe that true transformation comes from within, from working on your mindset (that annoying inner voice) that drives positive choices. NOT from some magical diet pill (or weird injection! It's a holistic path to personal growth, where you consciously and intentionally craft a life that's healthier, happier, and more fulfilling.



Let's break down what "CINCH" represents:

C – Create

This Reset invites you to create a calm, confident and healthy life that feels good - to design a lifestyle that supports how you want to feel from the inside out, rather than reacting to stress or old patterns.

I – Intentional

Every choice matters. From your morning mindset to what you are putting into your body, this programme helps you make intentional decisions that move you closer to balance and wellbeing and living a life of intention.

N – New

Discover new habits, fresh perspectives, and simple rituals that will transform how you think, eat, and feel - not just for these four weeks, but for life.

C – Choices

You are in control. Every meal, every thought, every action is a choice - and this Reset empowers you to choose what feels right for your body and your goals.

H – Happiness

Our ultimate aim is your happiness. When you're balanced, energised and confident, everything else flows. The programme helps you enjoy life without losing yourself in it.

Through the next four weeks, we'll help you tune into that inner power, embrace simplicity, and find joy in small, sustainable wins.

So, are you ready to feel lighter, more in control, and more in control?

You hold the key (Yes You!)

“Happiness is not
something ready
made. It comes from
your own actions.”
Dalai Lama XIV



Before you begin, here's something important to remember - you hold the power to change everything.

No one else can do this for you. The results you create - in your health, your body, your energy, your mindset - are all within your control.

Everything you need to reset, refocus and feel amazing already lives inside you.

You hold the keys to your own kingdom, your health is your wealth, not how much stuff you can accumulate in this life.

You have an incredible body and an even more incredible mind, capable of far more than you give yourself credit for. This programme is about realising your power, showing up for yourself, and taking back control of your health, weight, relationships and even your wealth and lifestyle.

We are all so busy looking for something external - that magic pill or potion (or injection!) - that we forget the real transformation doesn't come from outside of us at all.

It comes from the small, consistent choices we make every day.

From how we talk to ourselves, how we nourish our bodies, how we move, rest, and show up - even when no one's watching.

It's about living a life we choose; Living with Intention.

The truth is, there is no quick fix. The most powerful change happens quietly, when you decide to take responsibility, tune back into your body, and start respecting what it truly needs.

That's what this programme is all about - helping you remember that you are the magic.

The power to feel better, look better, and live better has always been within you - and now it's time to let it shine.

It all starts in Your Mind



When we first created Cinch Fast 30 in 2021, we noticed something really interesting.

There were two kinds of people who joined.

Those who achieved incredible results - they lost weight, gained energy, and started to feel stronger and happier in every area of life. It was like a domino effect.

And those who struggled to stay consistent - who found reasons it just wasn't the right time, or blamed things like DNA, stress, Christmas, or holidays for falling off track.

So what made the difference?

It wasn't the plan. It wasn't the food. It wasn't the timing.

It was one thing - mindset.

The people who succeeded made a clear decision:

"This is my time. I'm ready to change."

They understood that everything starts with the mind.

They strengthened their mindset every day - even on the hard days - and they trusted the process.

You see...

Your mind controls your thoughts.

Your thoughts shape your emotions.

Your emotions drive your actions.

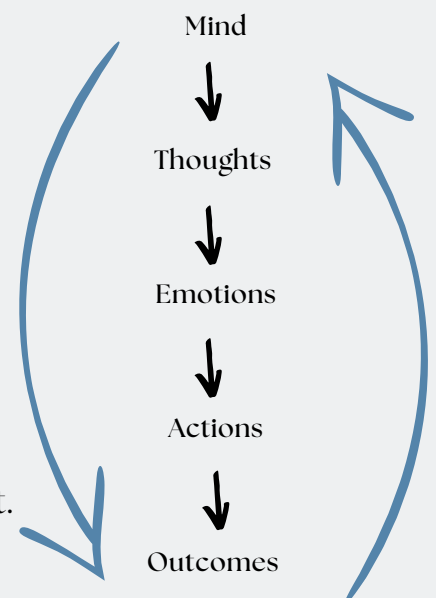
Your actions create your results.

So, if you're not getting the results you want, it's not because you've failed.

It's simply time to focus on strengthening your mindset.

That's exactly what this next part of your journey is all about.

We work from the inside out to help you stay strong, consistent, and calm through every challenge life brings.



Getting Clear on Your Why



The first step in this journey is deciding WHY you are doing this reset. Is it to shed pounds, inches or an old mindset? Or all of the above? The next question is WHY do you want to do that? To live a healthy life with your family able to dance all night or scale mountains if you choose? Or just to have inner peace? Everyone's WHY is different.

To show up to life feeling proud of yourself instead of promising to start again on Monday?

Your WHY is the driving force, the underlying motivation, the spark that ignites change. It's the reason you wake up determined, the purpose that keeps you committed, and the foundation of every choice you make on your path to a healthier, happier you.

Uncovering your WHY is like finding the North Star; it guides your way, inspires your actions, and keeps you focused on your ultimate destination.

Before you start your 4-Week journey, take a few minutes to pause and reflect.

Understanding why you want to change will give you the motivation and focus to stay consistent, even on the harder days.

This is where true transformation begins - with clarity and intention.

Why is Discovering Your WHY So Important?

1. **Motivation:** Your WHY is a wellspring of motivation. It's the deep-rooted desire that propels you forward when the journey gets tough.
 2. **Clarity:** Knowing your WHY provides clarity about your goals and intentions. It's your personal lighthouse, shining light on the path you want to take.
 3. **Resilience:** Your WHY acts as a shield against setbacks. When faced with obstacles, it reminds you why you began this journey in the first place and encourages you to persevere.
 4. **Meaningful Choices:** Every choice you make on your journey, from the foods you eat to the activities you engage in, is infused with the purpose of your WHY.
- our journey.

Take a moment to reflect on your core WHY. How does it make you feel? How can you use this newfound clarity to guide your actions and choices on your path to a healthier, happier you?

Your Why Exercise:



Discovering your WHY is a deeply personal and reflective process, which can determine the success of your overall mission. It is your personal compass, and it's unique to you. Embrace it, cherish it, and let it steer your journey. Spend some quiet, undisturbed time on this exercise...

1. Why am I doing this Reset?

(Is it to feel happier, more confident, calmer, or more in control of my life choices?)

A large, blank, lined area for writing, consisting of numerous horizontal lines on a light pink background.

2. What does the Future You look like? (Describe the version of you you're becoming.)

3. What do I want my life to look like and why?

4. What has held me back before — and what will I do differently this time?

4. If my mindset is the key to my success, what one thought or affirmation will I repeat when I'm tempted to give up? Example: "I am calm, capable, and consistent. I am Frickin' Fabulous"

The Cinch K-i-ss Approach...

This 4-week programme is simple, structured, and completely flexible - you can make it work around your life. At Cinch, we always K-I-S-S: Keep It Simple, Sister - because lasting results come from small, consistent actions done well.

Over the next four weeks, you'll learn how to:

1. Strengthen your **MINDSET** (that annoying inner voice) and visualise the version of you you want to become
2. Optimise **WHEN YOU EAT** to support fat loss, self-control and energy balance
3. Nourish your body with **REAL FEEL-GOOD FOOD** and smart choices
4. **MOVE YOUR BEAUTIFUL BODY EACH DAY** in ways that feel good and build strength

1. Mindset & Visualisation

Each week you'll have a mindset theme and short daily focus.

These practices will help you:

Stay motivated and consistent

Reduce all-or-nothing thinking

Reframe unhelpful thoughts

Visualise your success and build self-belief

Mindset isn't a "nice extra" - it's the foundation of everything you achieve.



2. When you eat

Cinch uses a gentle, flexible approach to when we eat.

You choose an eating window that works for you - and suits your day. Every day can be different. For example you might like a 10am to 6pm eating window. Or a 12pm to 8pm window.

The aim isn't restriction - it's self-control, discipline and allowing your body to rest, digest and burn fat for fuel. It will help you break the negative cycle of mindless snacking and constant grazing.

Over time, this lifestyle helps you regain control of hunger, balance hormones, and reduce cravings.

How the Programme Works

3. What You Eat

You don't need to count calories or give up your favourite foods.

Simply focus on:

- Prioritising protein & fibre at every meal
- Mindful eating and portion control
- Filling your plate with fibre and colour
- Staying hydrated
- Planning ahead to stay on track during busy days
- Eliminating snacking and after-dinner eating
- Enjoy your meals and make balanced swaps where you can - this isn't about restriction, it's about nourishing that precious body and staying in control.



3. Movement

Movement is a celebration of what your body can do. And it strengthens your mindset, helps build muscle and burn fat. But most importantly, it boosts your MOOD & therefore mindset!

We encourage daily activity, but find what you love - whether that's dancing, walking, yoga, swimming, or short strength sessions. Aim for 30 mins minimum per day.

Aim for a mix of:

- Movement for energy (walks, dance, cardio)
- Movement for strength (bodyweight or resistance workouts)
- Movement for calm (stretching, yoga, or breath work)



Pillar One:
Mindset
Is everything...



@CinchYourLife

Mindset: The Foundation of Cinch

Before we even think about food, when to eat, or movement, we start with the most powerful part of this whole journey - your mind.

That marvellous brain of yours - your imagination, your thoughts, that inner voice - is running the show every single day.

If you don't train it and guide it, it will happily take charge and steer you somewhere you don't want to go.

Every choice you make, every habit you build, every result you see - it all begins with a single thought.

Through this journey, we're not just changing how you look — we're strengthening how you think.

Because when your thoughts and actions start working together, healthy choices stop feeling like effort... and start feeling like freedom.

Your mind is your most powerful tool. It believes everything you tell it - whether it's true or not. If you constantly feed it doubt, it will look for reasons to prove you right.

But when you feed it belief, optimism, and possibility, it will begin finding evidence to support that, too.

That's why awareness is always the first step.

Understanding where you are right now helps you see the full picture - what's working beautifully, and what could use a little extra attention or love.

The Wheel of Life on the following page helps you take a snapshot of your current balance across key areas such as health, relationships, mindset, work, and joy.

It's a simple yet powerful tool to reflect on your life as it is today - not to judge, but to notice. Because once you can see your starting point, it becomes so much easier to chart where you want to go.

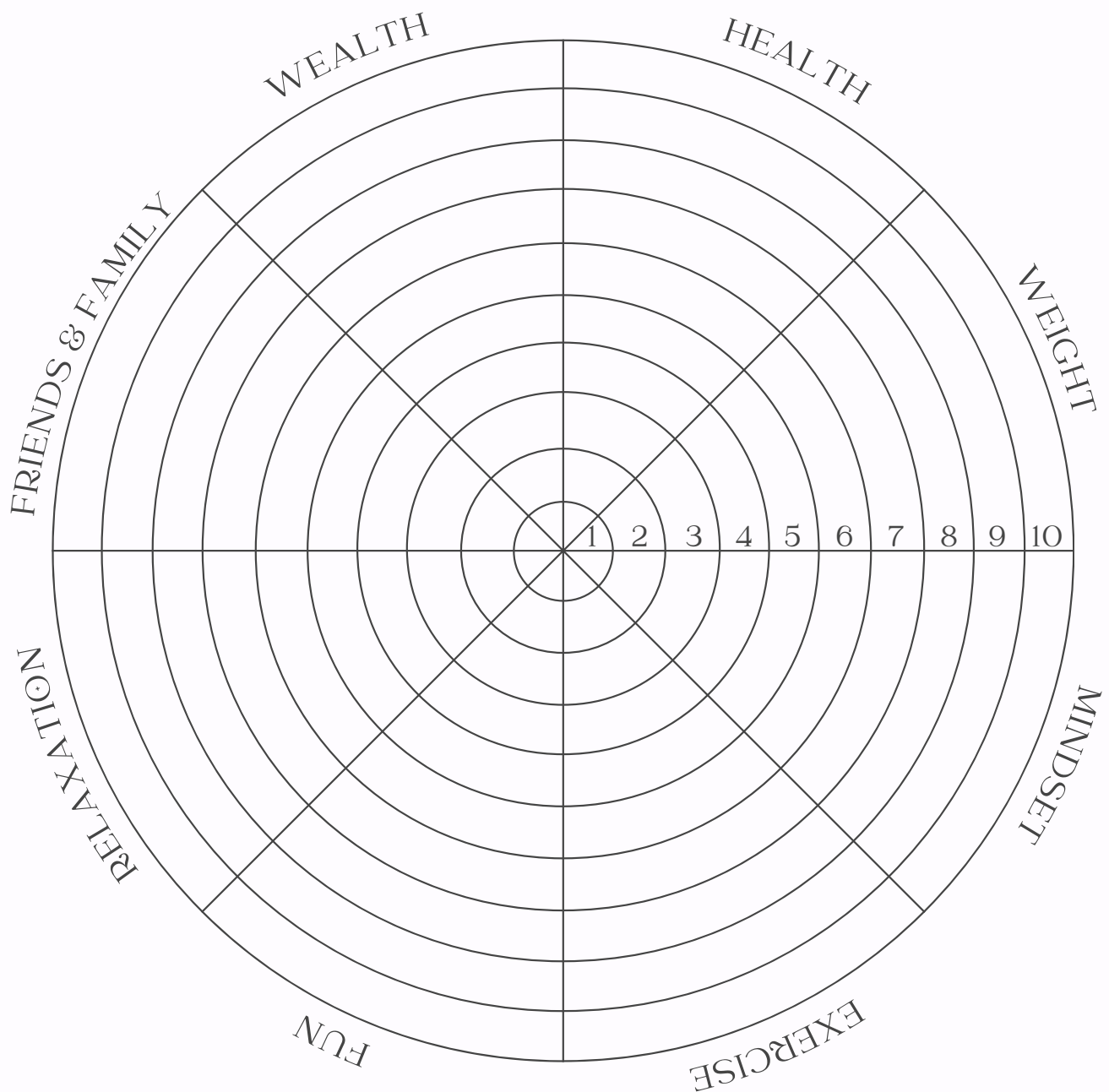
From there, you can begin to design a life that truly feels like yours - one that's guided by intention, supported by belief, and aligned with the happiest, healthiest version of you.



Wheel of Life

The wheel of HEALTH is a great tool that helps you better understand what you can do to make your HEALTH & LIFESTYLE more balanced. IF ANY AREA OF YOUR LIFE IS UNBALANCED IT CAN HAVE A NEGATIVE IMPACT ON YOUR MINDSET, WHICH IS FUNDAMENTAL TO THE SUCCESS OF YOUR WEIGHT-LOSS AND WELLBEING JOURNEY.

Take some time to sit quietly and think about the 8 life categories below, and rate them from 1 - 10.



ACTION PRIORITY

CHANGES

WHAT AREAS DO YOU FEEL NEED IMPROVEMENT AND HOW DO YOU PROPOSE TO DO THAT OVER THE NEXT 30 DAYS?

HEALTH

WEIGHT

MINDSET

EXERCISE



ACTION PRIORITY

CHANGES

WHAT AREAS DO YOU FEEL NEED IMPROVEMENT AND HOW DO YOU PROPOSE TO DO THAT OVER THE NEXT 30 DAYS?

FUN

RELAXATION

RELAXATION

FRIENDS & FAMILY

WEALTH/MONEY...



Meet the 'Mean Girl' in Your Mind

We've all met her - that Mean Girl in your mind. You know the one - she's quick with opinions on how you look, dramatic with her timing, and somehow always has something to say when you're just starting to feel good about yourself.

She whispers that you're not doing enough, not thin enough, not disciplined enough.

She critiques your reflection, compares you to everyone else, and loves to bring up things you've done "wrong" in the past = like a broken record of regret and doom mongering.

Here's your reality check - she's bloomin' lying!

She's not truth. She's fear in disguise, dressed up as reason.

You see, your brain's number one job is to keep you safe. It doesn't care if you're thriving or growing - it just wants you to avoid pain and stay comfortable.

That's where the Mean Girl voice comes from.

Every time you step outside your comfort zone - try fasting longer, skip the wine, start a new workout routine, get up earlier - she pipes up with:

"Don't bother." "You'll never keep this up." "You've failed before, remember?" (then gives you a million excuses why you shouldn't do it.)

She's not the enemy - she's your outdated safety system. She means well, but she's holding you back.

The good news? You don't have to argue with her, justify yourself, or prove anything.

You simply turn down her volume and turn up the other voice (more of that on the next page), crowd her out - the calm, confident, frickin' fabulous woman you're becoming.

When that voice starts to chatter, take a breath and remember who's really in charge.

You. The woman who's doing the work, showing up, and rewriting her story.

So the next time she whispers, "You'll never stick to this,"

smile, take a deep breath, and say -

"Watch me, sister."

Because you've already started. And the only thing standing between you and the next level of your life is a little less noise and a lot more belief.

Be bigger than her, thank her for trying to keep you safe and strengthen that other voice in your head.....the Cinch You....The REAL You!



Meet the Cinch Girl - your Future You.

If there's a Mean Girl in your head, then there's another voice too - one that's softer, wiser, and completely on your side.

She's your Inner Coach - the calm, confident, capable woman who's always rooting for you.

She's not loud or dramatic, but she's steady.

She doesn't shout; she guides. She knows your potential and sees the version of you that already exists beneath the self-doubt - the one who's strong, kind, grounded, and sure of herself. All we have to do is turn up her voice and turn down the Mean Girl.



This nicer voice, the softer one that's guiding you, she's your Cinch Girl - your Future You.

The woman who's already living the life you're working toward.

When your Mean Girl says, "You'll never stick to this," your Future You smiles and says, "You're doing better than you think."

When you slip up, she doesn't judge - she reminds you that one choice doesn't define your day.

When you're tired, she whispers,

"Rest is productive too."

She's not waiting for you to become her - she's already within you, ready to take the lead.

All she needs is for you to turn down the noise and listen.

Remember: Your Future You isn't a new version of you - she's the real you.

The woman you've always been underneath the noise, the doubt, and the "shoulds."

Every time you speak kindly to yourself, pause instead of punish, or choose calm over chaos she's the one running the show.

So, when life feels messy or your motivation dips, or you feel like you have 'gone off the rails' close your eyes and picture her - the woman who already walks with confidence, eats with freedom, and moves with joy.

She's not a future fantasy.

She's you - the real you - finally being heard.

We just need to work on her confidence a little....

Week 1: The power of Visualisation



“IF YOU DON’T HAVE A
DESTINATION, YOU ARE NEVER
GOING TO ARRIVE.”

Now that you’re aware of her and acknowledged her - your calm, confident, Future You - it’s time to start seeing yourself as her.

She’s not some faraway version of you.

She’s already here - waiting for you to tune in and remember what it feels like to live in her energy.

Every time you make a small choice that respects your goals, your body, or your peace, you’re connecting with her frequency - you’re becoming her in real time.

Visualisation helps bridge that gap.

When you see her clearly, your mind begins to believe she already exists - and your actions start to follow naturally.

Step 1 – See Her Clearly

Close your eyes for a moment.

Take a deep breath and imagine your Future You standing in front of you - the woman who’s already achieved what you’re working toward.

What does she look like?

How does she move?

What expression is on her face?

How does she FEEL?

How does she speak to herself, to others, to her reflection?

What does she look like?

Take in every detail. Feel her calm confidence radiating from her.

Visualise & Energise

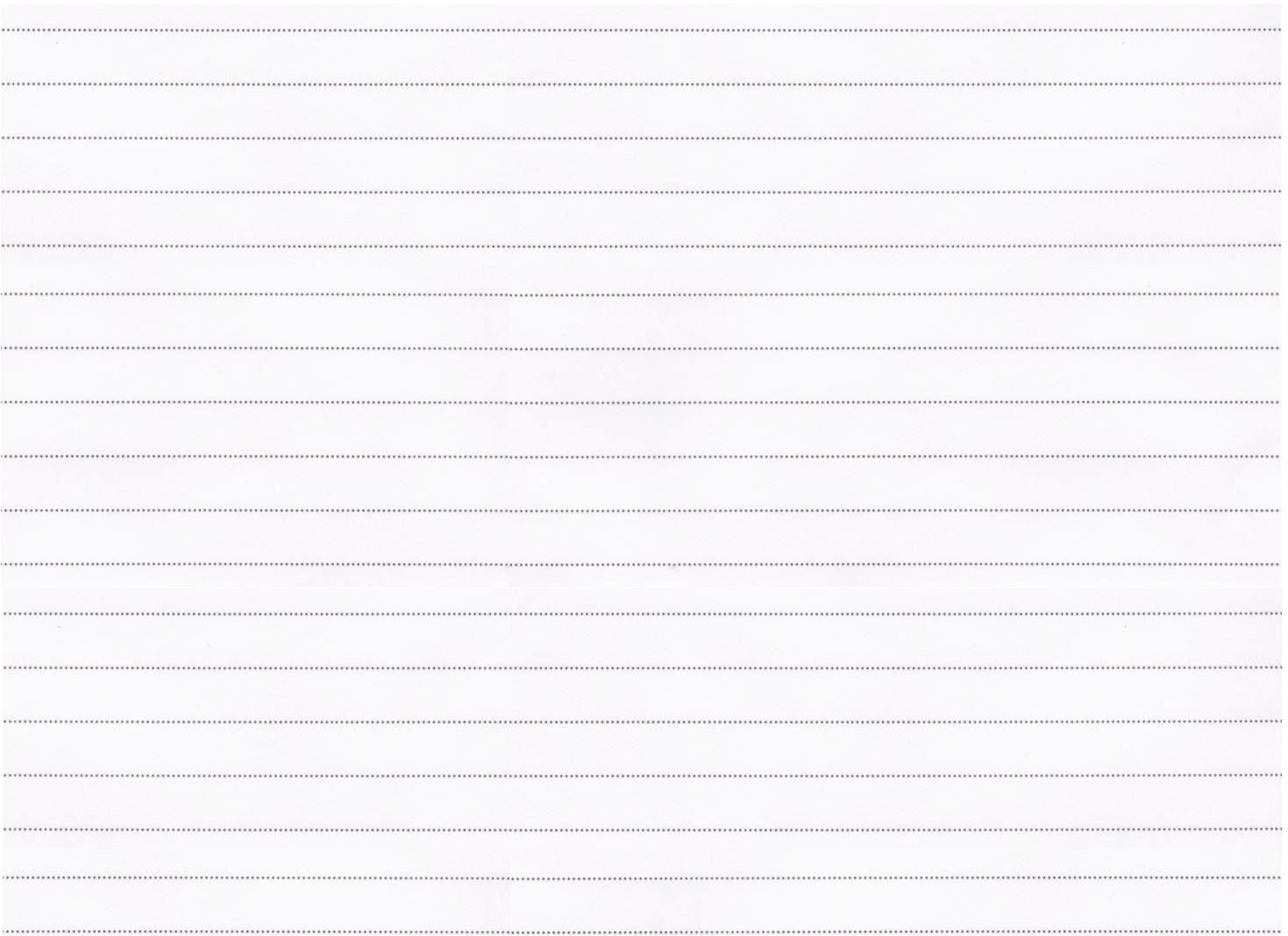
You already know her, because she's you - just with a stronger mindset, steadier habits, and a deeper sense of self-belief.

Use this page to paint that picture clearly in your mind.

Step 1 – When I picture my future me, I see:

A large rectangular area with horizontal dotted lines for writing, intended for the user to describe their future self.

When I step into her energy, I feel:

A large rectangular area with horizontal dotted lines for writing, intended for the user to describe the energy they feel when stepping into their future self's energy.

Visualize & Energize



Step 2 – How She Thinks

Your Future You doesn't waste energy on comparison or guilt.

She trusts herself. She's focused, kind, and calm in her thoughts.

When challenges appear, she tells herself:

[illegible]

Her daily mindset mantra is:

Week 2 - Visualise & Energise



Step 3 – How She Lives

Think about her habits and routines.

What does she do differently to the current you?

What small daily choices keep her feeling calm, light, and in control?

Her daily habits look like:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Visualise & Energise



Step 3 – How She Eats

She eats real food - food that fuels her energy, her hormones, and her happiness.

She doesn't 'diet'; she nourishes.

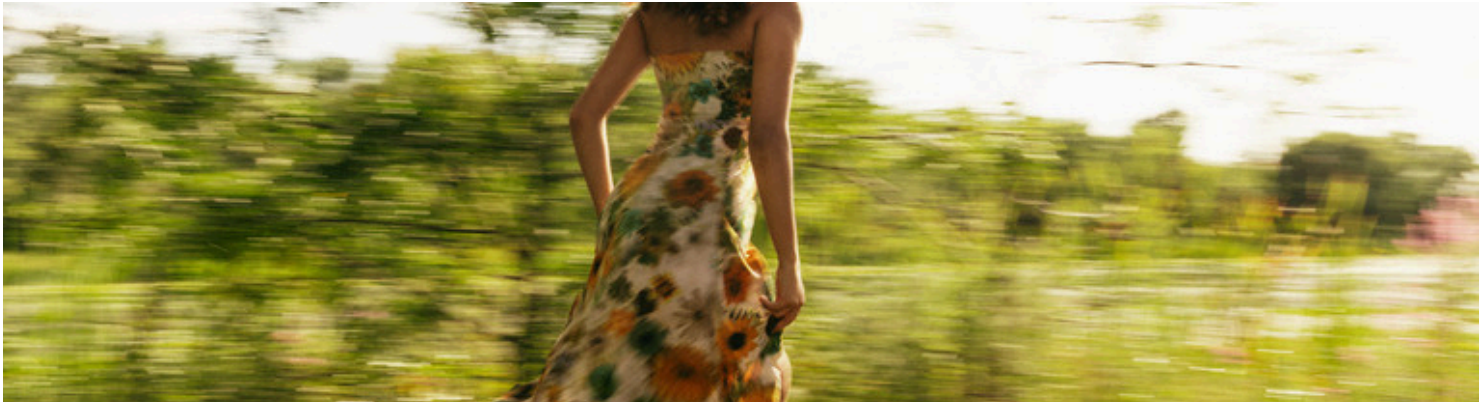
She doesn't derail Friday to Sunday. She doesn't eat her emotions.

She enjoys treats without guilt because she knows balance always brings results.

Her approach to food looks like:

When she eats, she feels:

Visualize & Energize



Step 4 – How She Moves Her Body

Movement isn't punishment for her - it's a celebration.

It clears her mind, strengthens her body, and gives her energy.

She moves because it makes her feel alive.

The ways she loves to move are:

When motivation is low, she reminds herself:

Visualize & Energize



Step 5: How She Lives

She creates space for joy, rest, and meaningful moments.

She's not "all or nothing" - she's balanced, fun, and free.

She protects her energy, but she also lets life in.

She fills her days with:

She lets go of:

Visualise & Energise



Step 6 – Visualise Her Daily

Each morning, before you open your eating window or scroll your phone, take 2–3 minutes to visualise your Future You.

See her waking up, moving through her day, choosing calmly, smiling often, speaking kindly.

Then ask yourself:

“What would my Future Me do today?”

Would she rush, or would she breathe?

Would she skip her walk, or take ten mindful minutes outside?

Would she criticise her reflection, or thank her body for being amazing. Would she spend an hour doom scrolling and making impulse purchases or put £100 into her savings account?

Write your intention below:

Today, I will channel my Future Me by:

Week 2: Rewriting Your Inner Story

Now that you understand how powerful your mind is, it's time to start noticing what it's saying. Your thoughts shape your actions, and your actions create your results.

So if you want to change your results - you start by changing the story you tell yourself.

This week is about awareness - catching those old thoughts before they spiral and replacing them with ones that help you move forward.



Step 1 - Notice the Noise

Think about the moments when you tend to give up, doubt yourself, or lose momentum.

What does your inner Mean Girl voice usually say? (Be honest - no one else will see this.)

Examples:

- "I've blown it now."
- "I'll start again on Monday."
- "I never stick to anything."
- "I just don't have time."
- "I'll just have one/ one wont hurt."
- "I deserve this treat, I have been 'good all week."

My most common thoughts are:

A series of horizontal dotted lines on a light purple background, intended for writing.

Step 2 - Reframe and Replace

Now, let's rewrite the script.

If you spoke to your best friend the way you speak to yourself, would she feel supported or defeated?

Take those old thoughts and turn them into new, empowering statements that match who you're becoming.

Examples:

- “I’ve blown it now.” → “One choice doesn’t define my day.”
- “I’ll start again on Monday.” → “I can start again right now.”
- “I never stick to anything.” → “I’m learning to stay consistent.”
- “I don’t have time.” → “I can make small moments count.”



My new thoughts are:

Pick one sentence that feels powerful to you — something that makes you stand taller when you say it.

This becomes your Mindset Mantra for the week.

Write it here and repeat it daily:

My Mindset Mantra:

Remember:

Every time you notice an old thought and choose a better one, you strengthen your mindset.

Week 3 - Gratitude & Grounding

As we move through this Reset, it's time to pause and notice just how far you've come.

You've been building consistency, awareness, and self-trust - and now, we shift our focus to gratitude. Gratitude changes everything.

It lifts your energy, strengthens your mindset, and reminds you that even small wins matter.

When you focus on what's going right, your body and mind begin to respond with more calm, joy, and momentum.

"The entire process of mental adjustment and atonement can be summed up in one word, gratitude"
Wallace Wattles.

People who regularly pause to reflect on what they're grateful for feel lighter, happier, and more alive.

They sleep better, handle stress more calmly, express more kindness and compassion - and even strengthen their immune systems.

Gratitude is powerful because it shifts your focus from what's missing to what's working.

It lifts your energy, rewires your perspective, and changes how you experience your world. The key is consistency.

To really feel the benefits, take a few quiet minutes each morning to consciously write down what you're grateful for — the people, moments, and simple things that make life beautiful.

And if someone is testing your patience (we all have that person), include them too. Yes, really.

Write down their name and say:

"I am grateful for this person and the role they play in my life."

Then imagine sending them love.

It might feel impossible at first, but over time it softens the weight that frustration has on your energy.

By choosing to focus on what's good, you give less power to what's not.

When Gratitude Meets Growth

When you're on a wellness or weight loss journey, it's easy to focus on what isn't happening fast enough.

But when you start writing,

"I am grateful for my strong, healthy body,"

you begin to see your body differently, not as a problem to fix, but as a partner to nurture.

Week 3 - Gratitude & Grounding



That shift changes everything.

You start to live better, make more positive choices, move more, and speak to yourself with kindness - not because you're forcing it, but because you're grateful for your life and what your precious body does for you every single day.

When you see your body as a marvellous tool that's on your side, trying to keep you the healthiest, happiest version of yourself, you start to treat it with more respect; what you put into it, how you talk to it and how you strengthen it through movement.

The Energy of Appreciation

Gratitude changes your vibration - the energy you send out and attract back in.

When you focus on what you have, you naturally draw in more things to appreciate.

It's like tuning a radio: the more you align with gratitude, the clearer the signal becomes. Each day, spend a few minutes writing your gratitude list and get involved in the emotion of it. Keep your gratitude notebook or this journal on your desk or bedside table to encourage you to do it daily.

Let it be simple and honest.

You'll soon notice life starting to feel calmer, lighter, and more abundant - because what you focus on grows.

Your Daily Gratitude Practice

Take time each day to reflect, write, and feel grateful for what is already good — it's the simplest, most powerful way to change your perspective and your life.

You can do this in a notebook or in this template on the next page.



Gratitude Journal



Ten things I am grateful for today are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Three people I send love to that are bothering me, are....

- 1.
- 2.
- 3.

WEEK 1.
DATE:

GRATITUDE *Diary*

I am so happy and grateful for....

MONDAY

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WEDNESDAY

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NOTES :

Week 4 - The "I Can" Mindset



You've reset your habits, strengthened your mindset, and reconnected with your body.

Now it's time to step into the most powerful version of yourself - the one who believes, "I Frickin' can."

"I can" is small but mighty.

It's the bridge between who you were and who you're becoming; it's the Future You.

It's the voice that keeps you going when old patterns whisper, "You can't."

This week, we're quieting that Mean Girl voice once and for all - and replacing them with calm confidence and self-trust.

Affirmations are something that are small, but mightily impactful!

Highly successful business people from all over the world alongside Olympic & professional athletes, use the game-changing practise of daily positive affirmations to stay positive and focused on their goals, no matter what's happening in the world around them. This is a well documented way to call in your own power, retrain your brain and maintain motivation and focus to achieve your goals.



Every thought you think and every word you speak is an affirmation - you are affirming what you think to be true about yourself or a situation, to yourself. You're using affirmations in every moment—whether you know it or not. Unfortunately, if most of what you are affirming is negative... then that results in negative outcomes.

Even if you have decided from this moment that you are going to think kind things about yourself, without constant repetition and affirming these new kind things, the old ones will always play out.

The Magic of Affirmations

We must train our brains to tell ourselves positive statements, beliefs, and affirmations - and use them to rewrite old programming or welcome new things into our lives.

Affirmations are a powerful way to switch your mind from a negative state to a positive one instantly.

Here's the magic: your brain believes whatever you tell it - whether it's true or not.

So if you keep repeating "I'm tired, I can't do this, I'm stuck, I can never lose weight." your brain will find ways to make it true.

But when you start saying, "I am strong, I am calm, I am capable, I lose weight easily and sustainably." your brain begins to rewire itself to match those words.

We want to take that one step further. Don't just think them - write them.

Each morning, physically write out your affirmations. This act anchors them in your subconscious and sets the tone for your entire day. Think of it as your mental suit of armour - protecting your energy, your focus, and your goals.

Always start with "I am..." and "I can..." always make what follows these statements positive.

Keep them short and simple. Your subconscious mind is incredibly powerful - but it understands straightforward language best. It loves rhyme, rhythm, and repetition.

- Write your affirmations each morning.
- Repeat them throughout the day - while driving, walking, doing your reps at the gym, or cleaning the house.
- Amplify them with music that makes you feel unstoppable - literally. (Sia's "Unstoppable" is one of our favourites!)

You can even use these affirmations like a playlist in your head when you encounter stressful people, situations, or moments - instantly bringing yourself back to calm, confidence, and control.

Each evening, take a moment to read, feel, and say your affirmations with deep emotion and belief - because it's emotion that drives action and raises your vibrational energy.

Even J-Lo swears by this practice!

She says, "Every morning, I say, 'I am youthful and timeless. I am beautiful and confident.'"

And honestly - have you seen her? She's ageing in reverse!

But it's not just luck or good genes - it's consistency, mindset, the power of self-belief and taking ACTION based on these.

She's proof that when you programme your mind with positive messages, your body, energy, confidence and actions begin to align with that vibration.

If it works for J-Lo... just imagine what it can do for you.



Examples of Personal Affirmations



Write your own Affirmations

Now it's your turn

This is your moment to become your own J-Lo - confident, radiant, and completely in control of your thoughts.

Grab your pen, take a deep breath, and write down five "I am..." statements that light you up and make you feel unstoppable.

Keep them simple, powerful, and true to the woman you're becoming.

Say them out loud. Feel them in your body. Believe every word.

Do this by stating your goals in the present tense, as if they've already been achieved – so that thought and desire to experience that stated reality is always top of mind for you.

For example, if your goal is to lose the excess weight which has crept on, your affirmation could be something like, "I am so happy and grateful now to be wearing the most fabulous size ___ jeans and feel fit, healthy and happy."

Sounds simple (and a bit weird at first), right? But it's also very powerful and can be truly life-changing.

Not only do affirmations keep you focused on your goals, but they can also free you from negative thought patterns, boost your self-confidence, and allow you to maintain a high level of energy and enthusiasm as you work toward your goals. This will make it easier for you to stay positive and attract the people and resources you need to make your dreams a reality.

Try it for yourself...

Your Affirmations

Here are some affirmation examples to inspire you to create your own positive, daily affirmations for success and happiness:

“I am so happy and excited to feel proud, happy and healthy.”

Or if your focus is on changing your financial situation it could be.

“I am so happy and grateful now that I am wealthy, abundant and safe.”

Or if it is your living situation:

“I am so happy and grateful that I am now living in my dream home.”

Or if your focus is on changing your emotional situation it could be.

“I am so happy and excited that I feel peace, joy, love every day and live a happy healthy life.”

Try it for yourself....

I am so happy and grateful now that...

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Do this daily, and watch your world change!

You can either do it in this workbook or simply grab a fresh notebook and make that your affirmations journal!

Affirmations

This is your daily suit of armour - keep it positive & fabulous...

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Pillar Two:

What To Eat?



@CinchYourLife

Week 1 - Food Focus

Theme: KISS (Keep It Simple Sister)

At Cinch, we keep things simple - food doesn't need to be complicated to be effective.

The goal is to nourish your body, stabilise your energy, and feel fully in control.

When you start fuelling your body properly, you'll notice your cravings reduce, your energy rise, and your mood stabilise.



The Cinch Food Ethos: Eat Real Food

At Cinch, we believe in eating **real food** - food that your body recognises, digests easily, and actually uses for energy, repair, and nourishment.

Real food is:

Grown in the ground, caught in the sea, or raised on land - not made in a factory.

Made with ingredients you can pronounce.

Naturally rich in nutrients, not stripped and re-fortified.

Think simple: lean proteins (beef, pork, chicken, fish, Tofu) colourful vegetables, fruits, wholegrains, beans, nuts, seeds, and healthy fats such as avocado, extra virgin olive oil and full fat dairy.

These foods don't come with fancy packaging - just real ingredients and goodness.

Packaged Food

When you do buy packaged food, check the label and ask yourself these quick questions:

Can I recognise the ingredients?

(If it sounds like something from a science lab, it's probably not real food.)

Is sugar or syrup one of the first ingredients? (If yes, put it back.)

Does it contain fewer than five ingredients? (Simple usually means less processed.)

Does it say "low fat" or "diet" on the front? (These often contain added sugars to improve flavour.)

Choosing real food means you'll feel fuller, think clearer, and stay more consistent - without ever feeling deprived.

Food: What to Eat!



1. Start with Protein

Start your first meal of the day with a big protein focus and include a source of it at every meal - think a palm sized portion of chicken, fish, eggs, Greek yoghurt, tofu, beans, or lentils.

Protein keeps you satisfied, supports muscle tone, and helps regulate blood sugar levels, reducing cravings. Don't skimp on it or you will find yourself hungry, then bingeing.

2. Bulk Up on Colour and Fibre

Fill half your plate with colourful vegetables or salad. These are volume foods packed with vitamins, minerals and signal to your body that you are nourished (and full!).

Different colours bring different nutrients - and fibre supports digestion, hormones, and gut health. Aim to fill half your plate with these - they are volumous and will fill you up and nourish you at the same time.



3. Hydration is key!

Start your day with a large glass of water. Or even better, add a pinch of sea salt and a squeeze of lemon for optimal hydration.

Aim for 2 litres of water a day.

Dehydration can feel like hunger or tiredness.

And we often confuse hunger with dehydration!

Herbal teas, sparkling water & hot water all count. Sip throughout the day!



Food: What to Eat!



4. Plan Ahead

Take a little time at the start of your week to plan and prepare simple, balanced meals.

A bit of organisation now saves you time, stress and decision fatigue later.

Batch cook a few staples, use leftovers creatively or prep easy protein-based lunches for busy days.

Think of it as an investment - a few minutes of planning at the beginning of the week can save you a world of overwhelm (and off-track choices) when life gets busy.

5. Let Go of Perfection

Progress, not perfection.

If you go off track, don't wait for Monday - reset at your next meal. Every choice is a fresh start.

This is a lifestyle not a diet, a marathon or a punishment. Take it one meal at a time and celebrate each win along the way. Look at your Cinch recipe book for inspiration for your next meal.



6. Keep a Food Diary – What Gets Measured, Gets Managed

Tracking what you eat each day helps you build awareness, spot patterns, and stay accountable.

You don't need to count every calorie; simply jot down your meals, eating window, mood, & energy levels. We love to write down all the fruits and vegetables we ate and see if we can beat that the next day!

You'll quickly see what fuels you best and where small tweaks can make a big difference.

Food - What To Eat!

6. Keep Snack Attacks to a Minimum

At Cinch, we believe in giving your body time to rest and reset between meals. When you snack constantly, your body never gets the break it needs to tap into stored fat for fuel - it's too busy digesting the last thing you ate. And a fabulous phrase we love is 'Little Pickers Wear Bigger Knickers.' (thank you Claire McKay!) Frequent grazing also keeps blood sugar (and insulin) levels elevated, which can leave you feeling hungrier, moodier, and craving more food later in the day. And, the more you snack, the more you WANT to snack - que cravings!



The goal isn't to be strict - it's to be mindful. Before you reach for a snack, pause and ask: "Am I truly hungry, or just bored, stressed, or tired?"

If it's habit snack, try a glass of water, a walk, or a few deep breaths instead.

If you are genuinely hungry, have something nourishing - a boiled egg, ½ an avocado with a little sea salt, or a handful of nuts - and then close your eating window again.

Over time, you'll find that the less you snack, the steadier your energy, the clearer your focus, and the more naturally your body starts burning fat between meals.



7. Why Alcohol Can Stall Your Progress

At Cinch, we're all about balance. But if you're serious about feeling your best, it's worth understanding how alcohol can quietly undo your hard work.

When you drink, your body sees alcohol as a toxin and immediately prioritises burning it off - which means fat burning gets put on pause. Even one or two drinks can slow your metabolism for hours, disrupt your sleep, and trigger cravings for sugar and carbs the next day. It's not just the calories in the drink (but 1 glass wine = 1 donut!) - it's what also happens after.

Alcohol - The 'Bad Juice'

Alcohol also lowers your inhibitions, which makes it far easier to slip into the “oh, I’ll start again tomorrow” mindset. And we both know that tomorrow often turns into Monday.

The solution? Drink mindfully, not carelessly.

If you’re going to have a drink, choose something you genuinely enjoy, have it mindfully, and stay hydrated before and after. And if you can, try having a few alcohol-free weekends - you’ll be amazed at how much clearer your mind feels, how much better you sleep, and how quickly your body responds.



You don’t need to quit completely - but you do need to be aware.

Because nothing feels better than waking up clear-headed, confident, and fully in control of your choices.

If you are interested in exploring this subject more, dip into our Cinch Soberish course which you will find in your Members Area.

Setting Up Your Environment for Success

Success doesn’t happen by accident - it happens by design, by planning.

Your environment plays a huge part in supporting your goals. When you make it easy to make good choices, those choices become automatic.

- Write your shopping list before the week begins.
- Set your supplements where you’ll see them — on your desk, beside your kettle, or next to your morning journal.
- Invest in a few new water bottles and keep one with you everywhere.
- Choose a set day each week to shop, prep, and plan ahead.
- When you take a few minutes to plan your meals and drinks for the week ahead, you remove the guesswork that often leads to old habits creeping back in.

It means you’re prepared when life gets busy, you know what’s coming next, and you’re far less likely to make choices that don’t serve your goals.

Use the next two pages to plan your meals and record what you eat and drink each day.

Treat it like a guide, not a rulebook - a simple way to stay consistent, notice patterns, and celebrate progress.











WEEKLY FOOD Diary

WEEK ONE

		WHAT I ATE	FRUIT & VEG	WHAT I DRANK
Monday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Tuesday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Wednesday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Thursday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Friday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Saturday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Sunday	Meal 1			
	Meal 2			
	Meal 3 / Snack			



WEEKLY FOOD

Diary

WEEK TWO

		WHAT I ATE	FRUIT & VEG	WHAT I DRANK
Monday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Tuesday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Wednesday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Thursday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Friday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Saturday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Sunday	Meal 1			
	Meal 2			
	Meal 3 / Snack			



W E E K L Y F O O D

Diary

WEEK THREE

		WHAT I ATE	FRUIT & VEG	WHAT I DRANK
Monday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Tuesday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Wednesday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Thursday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Friday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Saturday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Sunday	Meal 1			
	Meal 2			
	Meal 3 / Snack			



WEEKLY FOOD

Diary

WEEK 4

		WHAT I ATE	FRUIT & VEG	WHAT I DRANK
Monday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Tuesday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Wednesday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Thursday	Meal 1			
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	Meal 3 / Snack			
Friday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Saturday	Meal 1			
	Meal 2			
	Meal 3 / Snack			
Sunday	Meal 1			
	Meal 2			
	Meal 3 / Snack			

ACTION

My Nights-Out Plan

PLANNING YOUR OWN SOCIAL EVENTS AND YOUR STRATEGIES FOR STAYING ON COURSE WILL LEAD YOU TO REACHING YOUR GOALS WITHOUT FAIL!

MY GOAL:

MY PLAN (WHAT I WILL EAT, DRINK, AND WHEN I WILL COME HOME:

EVENT:

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EVENT:





Pillar Three:

When
To Eat?



@CinchYourLife

2. When to Eat



At Cinch, we focus on WHEN we eat and WHEN you don't.

When you give your body clear periods of eating and resting, you allow it to do what it's designed to do - rest, digest, and restore.

Choosing when to eat isn't about restriction; it's about rhythm and flow.

It helps you feel more in control, reduces mindless grazing, supports fat-burning, and strengthens self-discipline - not through willpower, but through awareness.

When you follow a structured eating rhythm, you:

- Give your body time to digest and repair.
- Allow your metabolism to switch into fat-burning mode.
- Build mental clarity and self-trust with every choice you make.
- Create calm - because decisions around food stop feeling chaotic.



Find Your Flow

Choose an eating window that feels realistic for your lifestyle — not perfect, just doable.

- 10-12 hour window → Beginner (steady, sustainable rhythm)
- 8 hour window → Intermediate (balanced structure and energy)
- 6 hour window → Pro (a deeper reset for experienced Cinchers)

This isn't a rule. It's a rhythm - one that helps you eat with awareness and live with intention.

We have a whole workbook on the power of Intermittent Fasting, you will find this in your Members Area, so we won't labour the point, but on the next page are the facts, supported by science.

This isn't a fad or a quick fix. It's a way of eating that honours how your body is designed to function - giving it time to rest, repair, and reset between meals.

2. When to Eat

Here's what the research shows:

1. Fat Burning & Metabolic Health

When you leave space between meals, your body switches from burning glucose (from food) to burning stored fat for energy - a process called metabolic flexibility.

Studies published in journals such as *Cell Metabolism* and *The New England Journal of Medicine* show that structured eating windows can lower insulin levels, improve blood sugar control, and enhance fat-burning efficiency. (Think Natural GLP-1 without the injection!)

2. Mental Clarity & Focus

Giving your digestion a break also gives your brain a boost.

Research has found that during periods of rest from eating, the body produces more of a protein called brain-derived neurotrophic factor (BDNF) - which supports memory, learning, and mood.

That's why many people report sharper focus, better concentration, and improved motivation when they find their eating rhythm.

3. Energy, Discipline & Self-Trust

Following a consistent eating window builds more than metabolic strength — it builds mental strength.

By eating intentionally, you strengthen your ability to delay gratification, manage cravings, and make empowered choices.

This self-discipline doesn't feel like punishment - it feels like freedom. You're no longer ruled by the clock or cravings; you're guided by calm, conscious choice.

4. Inflammation & Longevity

Regular periods of rest from digestion give your body time to clean up damaged cells - a process called autophagy.

Research from leading scientists like Dr. Yoshinori Ohsumi (who won the Nobel Prize for this discovery) shows that this cellular "spring cleaning" can reduce inflammation, support hormone balance, and even slow signs of ageing.

So while we don't call it "fasting" in this workbook - the rhythm of when you eat is one of the most powerful tools you have for energy, confidence, and long-term health.

It's not about eating less - it's about eating with intention.

Creating calm instead of chaos.

And building a body - and mindset - that works with you, not against you.



Pillar Four:

Move
Your Body...



@CinchYourLife

Move that Fabulous Body!

At Cinch, we don't move to punish our bodies, we do it to boost our mood, our mindset and create a stronger, more fabulous body that our Future Selves will thank us for!

Movement isn't about burning calories or earning food; it's about reconnecting with your body and feeling strong, grounded, and alive.

When you move with intention - even in small ways - you shift your energy, boost your mood, and remind yourself of what your body is capable of.

Movement is about finding your flow.

Not a workout plan you dread, but movement that fits your life and lifts your spirit.

That might be a walk at lunchtime, a few squats while the kettle boils, a stretch before bed, or a proper sweat session when you feel fired up.

Why Movement Matters

1) Mood & Motivation:

Moving your body releases endorphins and serotonin - your natural mood boosters.

It lifts brain fog, calms anxiety, and helps you think more clearly.

2) Strength & Stability:

As women, we lose muscle mass more quickly with age, especially through perimenopause and menopause.

Building strength through movement protects your bones, metabolism, and confidence.

3) Fat-Burning & Focus:

Movement helps regulate insulin and metabolism, complementing your eating rhythm perfectly.

It teaches your body to burn stored fat more efficiently and gives you steady, sustainable energy.

4) Self-Trust & Discipline:

Every time you move - even for ten minutes - you're keeping a promise to your future self.

That's where real confidence is built.



Move that Fabulous Body!

Find What Feels Good.

Movement should never feel like punishment - it's a form of self-respect.

Some days you'll want to lift, sweat, or stretch; other days you might need rest, nature, or stillness.

All of it counts.

The goal is consistency, not intensity.

To show up for your body - because she shows up for you,
every single day.



Your Movement Intention

This week, I will move my body to feel:

My focus for the week:

- ☐ Strength
- ☐ Energy
- ☐ Calm
- ☐ Confidence
- ☐ Joy

My movement plan (keep it simple!):

Move that Fabulous Body!

Movement is medicine for your body and mind.

It resets your mood, sharpens your focus, balances your hormones, and helps you burn fat naturally.

Most importantly, it reminds you that you're strong, capable, and very much in control of your own energy.

The goal?

To move daily in a way that matches how you feel - and to celebrate what your body can do, not criticise how it looks.



1. Strength - Build the Foundation

Strength training helps you build your future you, one rep at a time - it means building the muscles that support your posture, protect your bones, and power your metabolism, that your future you will thank you for.

From bodyweight squats to resistance bands, Pilates to carrying shopping bags - every rep builds resilience.

Try this:

- 10-30 minutes of resistance work 3x per week (your local gym, go on YouTube or get a PT)
- Add squats, lunges, planks, push-ups, or light weights
- Focus on form and control, not speed

2. Muscle & Metabolism

As we age, we naturally lose muscle — which slows metabolism and makes it easier to gain weight.

Strength training keeps our muscles active, helping us stay leaner, stronger, and more energised.

Bone Health

Falling oestrogen levels can weaken bones, but lifting weights or using resistance bands helps rebuild strength and protect against bone loss.

3. Mood & Mindset

Those hormonal ups and downs? Movement helps.

Strength training releases endorphins - your natural mood-lifters - and builds a deep sense of confidence as you watch yourself get stronger week by week.

Move that Fabulous Body!

4. Cardio – Boost the Burn

Cardio lifts your heart rate and mood at the same time.

It improves stamina, helps your body access fat stores, and releases feel-good endorphins that boost motivation.

Try this:

- Brisk walk, jog, dance (our fav!), cycle, or ruck
- 20–30 minutes, 3–5 times per week
- Mix it up - it's not about the miles, it's about the movement

“Move for your mind first, your body will follow.”



3. Stretch – Create Space

Stretching improves flexibility, releases tension, and helps you reconnect with your body.

It's a powerful act of self-care that supports better sleep and faster recovery.

Try this:

- 5–10 minutes each morning or before bed
- Gentle yoga, mobility flow, or simple deep breathing stretches
- Focus on slowing down and feeling your body open

4. Stillness – Restore & Reset

Rest is part of the programme.

Your nervous system needs downtime to recover, rebalance hormones, and regulate appetite.

Stillness might look like a slow walk in nature, meditation, journaling, or just saying “no” when you need to. Getting to bed early and prioritising sleep is also ESSENTIAL!

Try this:

- 5–10 minutes of stillness daily - either first thing or last thing at night works for us.
- Breathwork, meditation, quiet reflection, or gratitude practice

“Rest isn't quitting - it's recharging.”

Movement Planner

Record your daily steps or workouts in here...

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	<i>Notes :</i>			

It's not the end, this is just the beginning...



You did it - four weeks of showing up for yourself.

Four weeks of creating calm, building structure, and reconnecting with your body and mind.

No matter how perfectly (or imperfectly) it went, you've built something powerful: momentum.

You've proven you can follow through,
find balance, and choose progress over
perfection.

This Reset was never just about food, movement, or the scales.

It was about remembering who you are - building the future you! Strong, capable, calm, and confident - and bringing her forward, one choice, one day at a time.

Reflect on Your Wins

Take a moment to notice how far you've come.

Something I'm proud of:

Healthy habits that are now part of my life:

The New (Even More Fabulous) Me

How I want to feel moving into this next month...

How I'll support myself to stay in my flow:

One promise I'll keep to myself:

Remember

You're not starting again in January - you're stepping forward stronger.

Every choice, every pause, every act of self-care adds up.

You've built discipline through kindness, confidence through consistency, and calm through connection. So take a deep breath.

Smile.

You did this.