

BY INSHAA ARORA

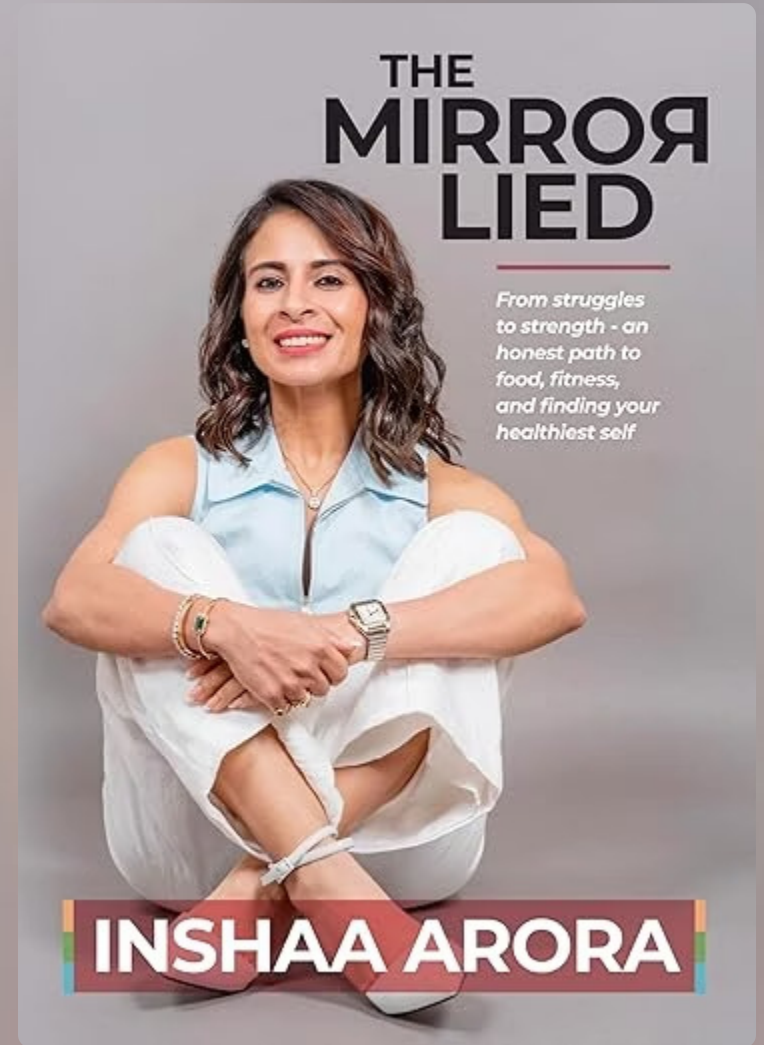
# THE MIRROR LIED

## 6C PROGRAM

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Reclaiming Your Energy, Body & Self-Trust

*A Gentle, Science-Backed Journey Back to Yourself*



WELCOME

# This Is Not Another Diet.

This is not another 'start again from Monday' plan.

This is not about willpower, restriction, or perfection.

This is a 6-week guided experience to help you reconnect with your body, restore your energy, and rebuild deep self-trust – from the inside out.

If you are tired of overthinking food, forcing motivation, and feeling disconnected from yourself – this program is for you.

THE FRAMEWORK

# The 6C Method

Six pillars. One journey back to yourself.



## C1 – CLARITY

Understanding Your Body & Your Story



## C2 – CONNECTION

Rebuilding Your Relationship With Food



## C3 – CONSISTENCY

Creating Real, Sustainable Energy



## C4 – CAPACITY

The Hunger Beneath the Hunger



## C5 – COURAGE

Setting Boundaries & Protecting Your Energy



## C6 – CONFIDENCE

Rewriting Your Mirror Story



# C1 – CLARITY

## Understanding Your Body & Your Story

*Before changing anything, we learn to see clearly.*

### In This Phase, You Will:

- Understand what your fatigue, cravings, bloating, and mood swings are communicating
- Identify patterns that keep you stuck in cycles of guilt and control
- Explore your personal "mirror story" and body beliefs
- Learn to observe without judging yourself

### You Will Gain:

Awareness  
instead of confusion

Language  
to understand your body

Relief  
from self-blame



WEEK 2

## C2 – CONNECTION

### Rebuilding Your Relationship With Food & Hunger

*Food is not the enemy. Disconnection is.*

In This Phase, You Will:

- Learn the difference between physical, emotional, and habitual hunger
- Understand why calorie counting and restriction backfire
- Practice mindful nourishment rituals
- Reconnect with natural satiety and satisfaction cues

You Will Gain:

Trust with food

Freedom from obsessive tracking

Confidence in your choices



WEEK 3

# C3 – Consistency

## Creating Real, Sustainable Energy

*Motivation fades. Systems last.*

In This Phase, You Will:

- Learn how sleep, light, timing, and blood sugar affect energy
- Build simple morning and evening rituals
- Identify energy drainers in your life
- Create rhythms that support you, not exhaust you

You Will Gain:

Stable daily energy

Better sleep patterns

Reduced burnout





## C5 – COURAGE

### Setting Boundaries & Protecting Your Energy

Theme: Burnout Recovery

You cannot heal in the same environment that drains you.

In this phase, you will:

- Recognise people-pleasing and overgiving patterns
- Learn nervous system regulation tools
- Practice saying no without guilt
- Redefine success and self-worth

You will gain:

- ✓ Stronger boundaries
- ✓ Emotional resilience
- ✓ Inner stability

## C6 – CONFIDENCE

### Rewriting Your Mirror Story

Theme: Integration & Self-Trust

This is where everything comes together.

In this phase, you will:

- Reflect on your personal transformation
- Build a self-trust framework
- Create sustainable wellness identity
- Anchor new habits and beliefs

You will gain:

- ✓ Confidence from within
- ✓ Long-term sustainability
- ✓ Freedom from restarting cycles



# PROGRAMME FORMAT

## Duration

6 Weeks

## Live Sessions

Weekly (75–90 minutes)

## Workbooks

Guided Workbooks & Reflection Prompts

## Community

Private Support Community

## Support

Practical Tools + Emotional Support

## Format

1-on-1 or Small Group (max 8)

- ☐ This programme is available as a personalised 1-on-1 journey or in intimate small groups of up to 8 women – so every participant receives the attention, care, and space they deserve.

## WHAT MAKES THIS PROGRAMME DIFFERENT

- ✓ No dieting or restriction
- ✓ No shaming language
- ✓ No unrealistic expectations
- ✓ No "perfect plan" pressure

Instead, you get:

- ✓ Science + empathy
- ✓ Structure + flexibility
- ✓ Community + privacy
- ✓ Education + integration

## WHO THIS PROGRAMME IS FOR

This program for you if:

- You feel tired despite trying your best
- You struggle with consistency
- You overthink food and health
- You feel disconnected from your body
- You want calm confidence, not control

# YOUR TRANSFORMATION

By the end of 6 weeks, you will:

✓ Understand your body deeply

✓ Experience calmer energy

✓ Trust your food choices

✓ Feel emotionally grounded

✓ Stop restarting every few months

✓ Lead your wellness from within





# A MESSAGE FROM INSHAA

"The Mirror Lied was born from my own journey of learning that healing is not about fixing yourself – it is about finally listening to yourself. This program is my way of walking beside you as you rediscover that wisdom within you."

– Inshaa Arora

## READY TO BEGIN?

This is your invitation to stop fighting your body and start trusting it.

**Join The Mirror Lied – 6C Program and reclaim your energy, clarity, and confidence.**

## Get In Touch

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Response Time

We respond within 24 hours

*Fill in your details above to go live. You can also link a Google Form or Typeform for direct registrations.*