

EFF FOOD!

Your Guide To Claim Emotional Freedom From Food

SET UP FOR SUCCESS- WORK BOOK

Before any goal can be hit, you first have to believe that it is possible for you. I know recovery from emotional eating can seem impossible in this moment, but I have found that anything is achievable if you are given the right environment. It is like that quote "if a flower doesn't bloom, you do not blame the flower. You change the environment."

The goal of this course is to change your internal environment so you can find emotional freedom from food and use that freed up energy to live your life.

To get started, let's set an intention for this week. Your intention should add value to your life, not take anything away. What we focus on expands. So if you set an intention to avoid a certain food that is all you will focus on. Instead, focus on adding something positive to your life - such as drinking more water, doing yoga daily, taking a walk during your lunch break, drinking a protein shake daily, having breakfast each day, ect. Focusing on the positive allows more positivity into your life.

Now let's set a positive intention for the week:

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Now let's dig deep, girl. You did not just drop money on this course for no reason. You are here for a reason. You are so effing ready for change.

Why did you purchase this course?

How do you want your life to look in a year?

Affirm: I am the creator of my reality.

What will happen if you don't make a change right now?

How will finding freedom from food change your life?

What does your dream life look like?

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Next, I want you to ask someone for support. Life is so much easier when we have a support system to lift us up. Usually, this is a spouse, parent, or whomever you live with. This is especially important since you most likely share food with them. You are free to share as much - or little - as you would like with this person. The journal prompts above are a great guide for your conversation. Sharing that you are taking your health more seriously, ready for massive change, and looking for their support is all that is really needed.

If you do not have a person in your life like this, WE are here for you. I - and the other ladies in this course - are here to support you on this journey. I truly believe that when one woman succeeds we all do! So share your triumphs and struggles with us along the way.

Affirm: Everyone loves to support my dreams and I.

I truly believe that this course is not just about finding food freedom. It is about radically transforming your life. (Remember - fixing the internal environment will allow you to thrive in all areas)

One of the things that completely changed my mindset (and my life) was creating a daily morning alignment ritual. This can be as long or as short as you'd like and should only include things that you love. I am dropping a few of my favorite blogs below as well as additional resources for you to look at implementing this week. As with anything in this course - take what you love, leave what you don't.

Additional resources:

- [How To Change Your Life In 10 Minutes A Day](#)
- [How To Create The Perfect Morning Alignment Ritual](#)
- [How To Love Yourself and Lose The Weight \(my story\)](#)



Affirmations:

- I am the creator of my reality
- My past is not my present
- My natural state is healthy af
- Everyone loves to support my dreams and I
- I choose to see myself through the eyes of love
- My life improves every single day
- Everyday I am one step closer to my highest self

Homework:

1. Set an intention for the week
2. Complete journal prompts above
3. Ask for someone for support
4. Create your own morning alignment ritual

Massive love,

Tara Simone

