

EFF FOOD!

Your Guide To Claim Emotional Freedom From Food

LASTING SUCCESS - WORK BOOK

OMG! Last module vibes. You probably have one of two emotions:

1. AHHH! It worked. I can't believe it was that simple. I haven't binged in _____ and it wasn't even hard. THANK YOU THANK YOU THANK YOU.
2. This isn't working. I'm hopeless. Why can't I do this?

GIRL, I have felt both of these emotions during my journey to recovery and want to let you know it's okay. This is YOUR journey and everyone heals in their own way on their own time.

Luckily, you have access to this course forever and can repeat the videos as much as you'd like. Keep working it until it works!

This module we will focus on practices to help maintain your freedom from food and change your mindset on your body, eating, and life even more.

Affirmation: Everyday I am healing and growing.

EFF FOOD! - Workbook

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Imagine your healthiest and happiest self - what does she eat for breakfast, lunch, and dinner?
What is a staple in her diet daily? How does she stay active?

What is stopping you from showing up as her today?

What is one thing you could focus on this week to stay a healthier lifestyle?
Remember: ADD something to your life. Do not take away.

What is one thing you could do daily to show yourself more love?
Examples: Journaling, yoga, meditation, sipping coffee in silence, ect.

What will you do when you feel the urge to binge? Create a game plan for yourself.



Tips for a healthier body:

1. Drink half your body weight in ounces of water (or 9-11 glasses)
2. Find healthier swaps for a few foods
 - a. Cauliflower rice for white rice
 - b. Lettuce boats for taco shells
 - c. Zoodles for pasta
3. Stay active! 30 minutes a day of working out, walking, or yoga is more than enough
4. Get enough sleep. Typically 7-9 hours is enough for most

Tips for a healthier mind:

1. Start a morning practice. A few of my favorites are [here](#).
2. Continue to use the practices in this course that you loved
3. Take a self care day once a month and do whatever feels good to you

Details about Happy BOD Babes, my healthy lifestyle support group with workouts and coaching from me can be found [here](#) or email healthbytara@gmail.com

Homework:

1. Implement the tips above for a healthier body
2. Choose your daily self care ritual
3. Message me about Happy BOD Babes if you'd like

Affirmations:

1. The better it gets, the better it gets
2. Everyday I am one step closer to my highest self
3. Healing and growth comes easily to me
4. I create my reality with my actions
5. My natural state is healthy af

Massive love,

Tara Simone

