

Emotional Eating Freedom Masterclass™

Grace

If you believe in God:

Heavenly father, thank you so much for this _____. I am blessed to have it. Let it nourish my body and give me strength. In your name, I pray. Amen.

If you don't believe in God but are spiritual:

I give gratitude to the universe for providing me with _____. I am grateful to have it. Let it nourish my body and give me strength.

If you aren't spiritual or religious:

I am thankful to myself for providing _____. I am grateful to have it. Please let it nourish my body and give me strength.

If you aren't spiritual or religious and can't say anything serious:

I am thankful to have the monies to buy _____. Please let it keep me healthy and make me strong like Popeye. Holla!

3D Journaling

- Details
- Dooms
- Desires

Goal Setting

Big 3 - Six week goals

- 1.
- 2.
- 3.

Key 3 - Weekly goals

- 1.
- 2.
- 3.