

Emotional Eating Freedom Masterclass™ Class #3

Create Your Coping Toolkit

Mind Games

1. Re-frame stories
2. Gratitude
3. Acceptance
4. Therapy
5. Self-Compassion

Activities

1. Change something
2. Journal
3. Exercise
4. Support
5. Hobbies

To do:

- Find a young picture of yourself
- Create your coping toolkit for two emotions

Key 3 - Weekly goals

- 1.
- 2.
- 3.