

Freedom Eating: Week 4/Day 1

TODAY, I SEE ONLY THINGS I WANT TO SEE

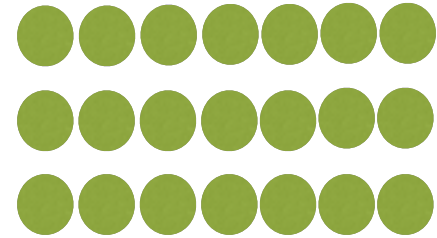


Morning Checklist

- Gratitude for
five specific
blessings
from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Daily Water Intake

Each circle represents an 8 oz. glass



Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/
Other self-care practice

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 4/Day 2

TODAY, I SEE ONLY THINGS I WANT TO SEE



Morning Checklist

Gratitude for five specific blessings from yesterday



Lemon water



Stretching



Deep breathing



I am affirmation



Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Hugs & Kisses



Exercise/movement



Dry brush



Quiet time



Laughter



Fresh air/sunshine



I am affirmation

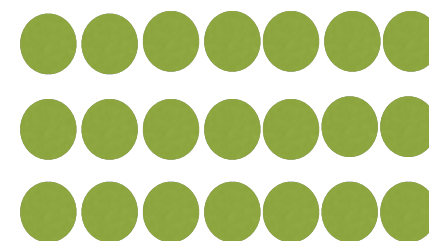


Aromatherapy/
Other self-care practice



Daily Water Intake

Each circle represents an 8 oz. glass



Today, I crowded out:

Anything I would change about today?

Goal for tomorrow: Tomorrow, I...


Freedom Eating: Week 4/Day 3


TODAY, I SEE ONLY THINGS I WANT TO SEE





Morning Checklist


- Gratitude for
five specific
blessings
from yesterday


- Lemon water


- Stretching

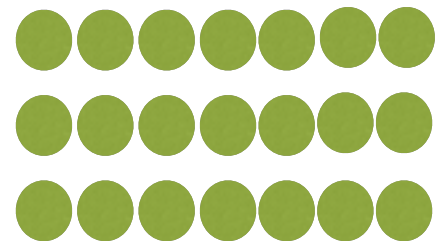

- Deep breathing


- I am affirmation



Daily Water Intake

Each circle represents an 8 oz. glass



Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses

- Exercise/movement

- Dry brush

- Quiet time

- Laughter

- Fresh air/sunshine

- I am affirmation

- Aromatherapy/
Other self-care practice


Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 4/Day 4

TODAY, I SEE ONLY THINGS I WANT TO SEE



Morning Checklist

- Gratitude for five specific blessings from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Daily Water Intake

Each circle represents an 8 oz. glass

Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/
Other self-care practice

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 4/Day 5

TODAY, I SEE ONLY THINGS I WANT TO SEE

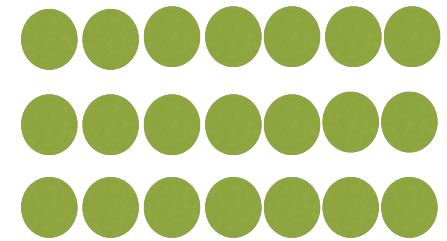


Morning Checklist

- Gratitude for five specific blessings from yesterday
 ●
- Lemon water
 ●
- Stretching
 ●
- Deep breathing
 ●
- I am affirmation
 ●

Daily Water Intake

Each circle represents an 8 oz. glass



Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses
 ●
- Exercise/movement
 ●
- Dry brush
 ●
- Quiet time
 ●
- Laughter
 ●
- Fresh air/sunshine
 ●
- I am affirmation
 ●
- Aromatherapy/
Other self-care practice
 ●

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 4/Day 6

TODAY, I SEE ONLY THINGS I WANT TO SEE



Morning Checklist

- Gratitude for
five specific
blessings
from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Daily Water Intake

Each circle represents an 8 oz. glass

Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

Anything I would change about today?

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/
Other self-care practice

Goal for tomorrow: Tomorrow, I...

Freedom Eating: Week 4/Day 7

TODAY, I SEE ONLY THINGS I WANT TO SEE



Morning Checklist

- Gratitude for five specific blessings from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/ Other self-care practice

Goal for tomorrow: Tomorrow, I...

Daily Water Intake

Each circle represents an 8 oz. glass

Today, I crowded out:

Anything I would change about today?
