

A woman with long blonde hair, wearing a white one-piece swimsuit, stands on a sandy beach. She is holding a large, colorful towel with a vibrant, abstract pattern of red, orange, yellow, green, and blue. She is looking up and smiling, with her arms raised. The background shows the ocean waves and a bright, sunny sky.

# End Your FOOD OBSESSION

— 5 DAY VIDEO TRAINING —

*Hosted by Debbie Lichter*

# Day 1

# Welcome!

Congratulations for saying YES to your path of ending your food obsession! I'm so glad you'll be with us for this special series.

As we begin this journey together, I invite you to consider...

How would it be for you to go through your day without feeling anxious? To eat only when you're hungry? And to naturally stop eating when you get full?

This is completely possible for you, and it is my honor to show you how.

This 5 Day Training will initiate you onto the path of freedom from food addiction and obsession - where you trust yourself to make healthy choices and you feel comfortable in your skin.

## **How To Get The Most From Your Training:**

- ✓ Show up for every session (It will be recorded, but if you can, be there LIVE).
- ✓ Have your daily handouts printed so you can take notes during every training.
- ✓ Complete every action step on your daily "ACTION STEPS" Sticker in the FB Group.

Showing up for this whole training can be a turning point for you...

My suggestion? Treat this like it's the most important moment in your life. Give it everything you've got.

That starts now...

Print out this handout, grab a pen, and join me for our first livestream happening TODAY (July 26th at 5pm PST). You don't want to miss a thing!

To your freedom,

*xo Deb*



## Day 1 Handout:

# Clarity About What The REAL Problem Is

The #1 most common mistake that keeps most smart women stuck in the binge/restrict/obsess cycle with food: \_\_\_\_\_.

Definition of food addiction and obsession:

When we \_\_\_\_\_ to \_\_\_\_\_ or \_\_\_\_\_ ourselves from an \_\_\_\_\_ and \_\_\_\_\_ that when we \_\_\_\_\_ find we can't.

The path of lasting freedom from food addiction and obsession MUST address the \_\_\_\_\_.

Notes:

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Biggest Takeaway:

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Day 1 Action Steps: (See the Day 1 ACTION STEPS "sticker" in the FB Group for directions)

Completing all 3 of your Day 1 Action Steps will enter you to win \$6000 worth of coaching with Deb.

Completed? ☐ Yes ☐ No



## Day 1 Handout:

# Clarity About What The REAL Problem Is

" \_\_\_\_\_ " **Conflict**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**=**

\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

**In order to get free from food addiction and obsession I need to...**

\_\_\_\_\_ an \_\_\_\_\_ sense of \_\_\_\_\_  
and \_\_\_\_\_.

**Which happens by becoming** \_\_\_\_\_.

**And in order to do that I need to:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**This is the formula that has the food addiction and obsession fall away without diets, cleanses or even focusing on food.**

