



End Your FOOD OBSESSION

— 5 DAY VIDEO TRAINING —

Hosted by Debbie Lichter

Day 2

Day 2 Handout:

Get Out Of Your Head And Into Your Body

When it comes to our bodies, we are _____ but we are hardly ever _____!

When we get disconnected from our bodies, we get stuck _____.

The disconnected mind is also where all of the _____, _____, _____ and _____ lives and this creates an internal _____ and _____ which will _____.

Which of the 6 "diseases of disembodiment" do relate to? _____

Notes:

Biggest Takeaway:

Day 2 Action Steps: (See the Day 2 ACTION STEPS "sticker" in the FB Group for directions)

Completing all 3 of your Day 2 action steps will enter you to win \$6000 worth of coaching with Deb.

Completed? ☐ Yes ☐ No



Day 2 Handout:

Get Out Of Your Head And Into Your Body

6 "Diseases of Disembodiment" Diagram

