



End Your FOOD OBSESSION

— 5 DAY VIDEO TRAINING —

Hosted by Debbie Lichter

Day 3

Day 3 Handout:

Trust Your Gut

We think that gaining control will _____.
but control makes things more _____. It creates MORE _____.

The opposite of control is not _____. The opposite of control is _____.

What is my level of inner trust when it comes to food? Scale of 1-10: _____

10 = I am 100% intuitively guided with what to eat, I eat only when I'm hungry, I stop eating when I get full and I'm naturally drawn to foods that are nourishing for my body.

1 = I don't trust myself at all, I make promises to myself I don't keep, I eat when I'm not hungry, I don't stop eating after I'm full and I reach for foods that don't feel good in my body/give me a tummy ache/make me bloated/aren't nourishing

What areas of my life do I doubt myself or second guess myself in the most? _____

Notes:

Biggest Takeaway:

Day 3 Action Steps: (See the Day 3 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.

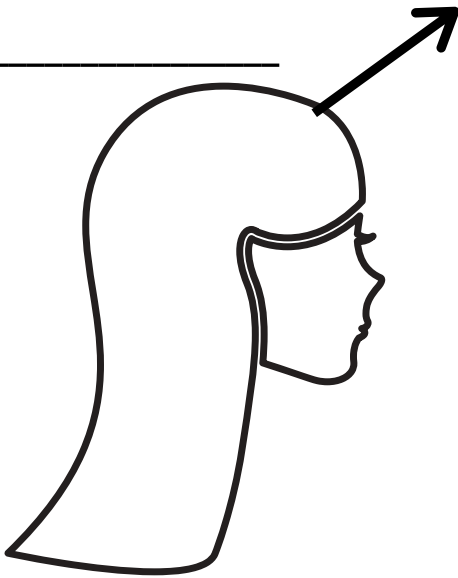
Completed? ☐ Yes ☐ No



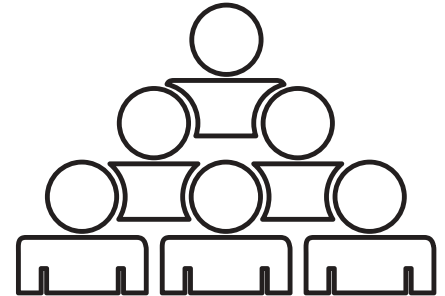
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The " _____ " Dilemma



_____?



In order to get on my path of ending my food obsession, I need to go from the _____
_____ to my _____.

