

Different Results
Require
Different Actions

Every **B**ite,
Lick, **T**aste
matters

Do I know
why

I am thinking about food??

Am I **physically hungry**, **thirsty**, **bored**, **tired** or
emotionally triggered?

My Top 3 Benefits:

1. _____
2. _____
3. _____

Cravings, Thoughts, Feelings are conquered with:

Water

Bilateral Stimulation

Emotional Freedom Tapping (EFT)

My Safe Place or Color

Recordings (envisionhypnosis.com/home)