ACTION PLAN WEEK 3

This week’s focus is on **MINDFUL EATING** and **STOPPING EATING WHEN YOU’RE SATISFIED,** rather than eating all the food on your plate simply because it’s there in front of you or because of eating programming from childhood about finishing the food on your plate. Dedicate 30 minutes a day (or more) to complete a worksheet, tapping process, meditation or mindful eating. **Tip:** schedule the week ahead for when you’ll complete each item, and then check it off after.

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MON | TUE | WED | THU | FRI | SAT | SUN |
| Practice mindful eating of a snack or meal once a day (review the handout HER\_Mindful Eating for guidelines). Use the guided Mindful Eating Audio if you want to follow along while eating. |  |  |  |  |  |  |  |
| Practice tapping on any eating programming from childhood about finishing the food on your plate. Use the following as guides, depending on which messaging resonates with your experience:   * Tapping Script\_Finish Your Plate * Tapping Audio\_Don’t Waste Food or Money * Tapping Audio\_Being Good & Avoiding Consequence * Tapping Audio\_Scarcity-There May Not Be Enough |  |  |  |  |  |  |  |
| Practice a guided meditation or breathing at least *once* this week. |  |  |  |  |  |  |  |
| Practice other tapping scripts/audios as needed based on what comes up for you. |  |  |  |  |  |  |  |
| Complete the Week 3\_Journal Prompts & Self Reflection |  |  |  |  |  |  |  |