ACTION PLAN WEEK 8

This week’s focus is on **BODY BOUNDARIES.** It’s likely others have violated your body boundaries; resulting in you feeling inner discomfort in your feminine body (and potentially not feeling safe), or you didn’t use your voice to assert your boundaries. These can result in the subconscious mind driving overeating and weight gain as a means to protect the physical body. If you’ve had any experiences that have made you feel uncomfortable in your physical body then it is essential you process and heal those memories so the brain knows it’s safe. It’s also essential you begin to establish healthy body boundaries moving forward to assure your brain that it doesn’t need weight as protection because you can take appropriate action to keep yourself safe. TIP: Schedule 30 minutes a day to complete one activity such as a worksheet, tapping, meditation or breathing.

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|  | MON | TUE | WED | THU | FRI | SAT | SUN |
| Read Body Boundaries and make your LIST of events. Complete the healing process for whichever event you feel called to address.  |  |  |  |  |  |  |  |
| Complete Tapping Audio\_ Safety & Boundaries  |  |  |  |  |  |  |  |
| Read BONUS: What Are Personal Boundaries?  |  |  |  |  |  |  |  |
| Read BONUS: How To Create Healthy Boundaries.  |  |  |  |  |  |  |  |
| Complete Tapping Audio\_Healing Those Who Hurt Us for any individual who has caused you pain (whether related to body boundary violations or something else).  |  |  |  |  |  |  |  |
| Complete the Journal Prompts for Self Reflection  |  |  |  |  |  |  |  |
| Practice any other tapping, meditation, breathing or strategies.  |  |  |  |  |  |  |  |