ACTION PLAN WEEK 2

This week’s focus is on **FOOD CRAVINGS** and retraining how your brain responds to the thought, sight and taste of your most highly craved foods. Dedicate 30 minutes a day (or more) to complete the following tasks. Schedule ahead when you’ll complete each item, and check it off after.

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MON | TUE | WED | THU | FRI | SAT | SUN |
| Practice tapping on the foods you crave using Food Craving Process worksheet and the Tapping Audio\_Advanced Food Cravings.   * I recommend tapping on as many foods as you can this week. |  |  |  |  |  |  |  |
| Complete the Finding Pleasure & Comfort worksheet.  (Bonus: Complete the Boredom Bucket List). |  |  |  |  |  |  |  |
| Complete the Dear Food Letter exercise. |  |  |  |  |  |  |  |
| Practice a guided meditation at least *once* this week. |  |  |  |  |  |  |  |
| Practice other tapping scripts/audios as needed based on what comes up for you.   * New script available: Tapping Audio/Script\_Forbidden Foods |  |  |  |  |  |  |  |
| Complete the Week 1\_Journal Promps & Self Reflection |  |  |  |  |  |  |  |