ACTION PLAN WEEK 1

This week’s focus is on HABITS and retraining your brain to weaken the neural networks of unwanted habit loops (via not using them) and create/strengthen healthier and preferred habits. Schedule ahead when you’ll complete each item, and check it off after.

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|  | MON | TUE | WED | THU | FRI | SAT | SUN |
| Review the Brain & Eating Habits handout. |  |  |  |  |  |  |  |
| Complete the Habit Change Worksheet to become aware of your current habits and develop a plan to change them. Practice the new routines you’ve designed! |  |  |  |  |  |  |  |
| Listen to the Guided Meditation\_Mindfulness of Urges to strengthen your neocortex’s mindfulness muscle so you can choose a conscious response rather than go into the unconscious automatic habit of the Animal Brain. (Aim to practice 3-7 days) |  |  |  |  |  |  |  |
| Practice 4x4 breathing to create a pause, relax the body and urge surf cravings. Option to use Guided Breathing\_4x4. |  |  |  |  |  |  |  |
| Practice Tapping once per day using the following: |  |  |  |  |  |  |  |
| * Tapping Audio\_Rebuild Trust |  |  |  |  |  |  |  |
| * Tapping Audio\_Urge to Binge |  |  |  |  |  |  |  |
| * Tapping Audio\_Food Cravings |  |  |  |  |  |  |  |
| * Tapping Audio\_Basic Formula |  |  |  |  |  |  |  |
| Complete the Week 1\_Journal Promps & Self Reflection |  |  |  |  |  |  |  |