

NOTICE

your hunger

action guide

DAY 4

Stress eating is a common and understandable way of coping with work and life distress. But for the longer term, we've got to develop some better strategies to manage our emotions.

You may be surprised how often food choices are based on emotional hunger rather than physical hunger. Today, you'll look at specific recent times when you fed your emotions. This will help you identify the underlying emotions so you can develop other ways of coping with them.

Discuss your last two emotional eating experiences:

I ate _____ because I was feeling _____. Eating these foods made me feel _____ and I would have rather felt _____.

I ate _____ because I was feeling _____. Eating these foods made me feel _____ and I would have rather felt _____.

List ways you can soothe your emotions without food:

- _____
- _____
- _____
- _____
- _____

THE CONNECT TO CONQUER MASTERCLASS



Stop the Madness:
3 things you must STOP doing now to get through this crisis without sabotaging your health.

THREE DATES TO CHOOSE FROM

Friday, April 10th 6:30 PM CST / 4:30 PM PST / 7:30 PM EST
Saturday, April 11th 9 AM CST / 7 AM PST / 10 AM EST
Monday, April 13th 6:30 PM CST / 4:30 PM PST / 7:30 PM EST

Don't miss out on this extra training. Space is limited and registration is required.

CLICK HERE TO REGISTER!

DON'T MISS THIS!

DAY 4 - ACTION STEPS

To get the most out of this 5-Day Lean Routine Challenge, be sure to:

1. COMPLETE THIS ACTION GUIDE.

Take some time today to pause, notice, and be mindful of the underlying emotions that drive you to eat. Fill out the top portion of the action guide with two emotional eating experiences. Then print and bring this to the training.



2. POST YOUR "I ATE BECAUSE " STORIES UNDER TODAY'S GRAPHIC.

Today I'll help you identify what makes you hungry so can feed physical hunger while soothing emotional hunger without turning to food.

3. JOIN ME ON FB LIVE AT 6:30 PM CST / 4:30 PM PST / 7:30 PM EST (OR CATCH THE REPLAY).

If you need to catch up on Day 1 or Day 2, they are recorded in our Facebook Group. Check your daily emails, print out the Action Guide for that day, and watch the training. Each one is packed with great info that you can apply right now to your life.

Join me today at 6:30 PM CST / 4:30 PM PST, 7:30 PM EST in our [Kelly's Healthy Weight Loss Challenge Facebook Group](#) for a powerful and FUN mini-course on soothing your emotions without food!

4. CELEBRATE YOUR PROGRESS WITH THE [CONNECT TO CONQUER SCORECARD](#)

I know the power of accountability (and prizes!) in helping you achieve your goals. That's why I created a colorful scorecard for you to track your progress. Grab it here, print it out, and give yourself some love as you check off each task you complete. We'll raffle off some great prizes at the end of our time together!. Good luck!