

THE PATH TO FREEDOM

EAT . THINK . LOVE

LEVEL 1: QUICK START

WHERE YOU ARE
<ul style="list-style-type: none"> • Not clear on your hunger and fullness • Run from stress and other emotions • Self-care isn't a priority • Lose motivation easily
WHAT YOU'LL DO
<ul style="list-style-type: none"> • One lesson and worksheet per week • Attend live coaching calls or listen to replays • Celebrate what's going well • When struggling, ask for support so you keep going
WHERE YOU'LL BE
<ul style="list-style-type: none"> • In touch with your hunger and fullness signals • Seeing the connections between your moods and eating patterns • Starting to take care of yourself • Motivated to succeed

LEVEL 2: DEEP DIVE

WHERE YOU ARE
<ul style="list-style-type: none"> • You've got the basics of EAT, THINK and LOVE, but want consistency • Still worry about eating situations instead of seeing the big picture • When plans fall apart, you get off track too easily
WHAT YOU'LL DO
<ul style="list-style-type: none"> • One lesson and worksheet per week • Attend live coaching calls or listen to replays • Celebrate what's going well • When struggling, ask for support so you keep going
WHERE YOU'LL BE
<ul style="list-style-type: none"> • Creating your personal EAT protocol for consistency • Making eating decisions much easier • Taking responsibility for your habitual moods • Having a Plan B ready to use

LEVEL 3: MASTERY

WHERE YOU ARE
<ul style="list-style-type: none"> • Frustrated with your personal food triggers and the occasional slip back into old habits • Want to create positive habits that stick • Don't always feel good about yourself, despite the progress you've made
WHAT YOU'LL DO
<ul style="list-style-type: none"> • One lesson and worksheet per week • Attend live coaching calls or listen to replays • Celebrate what's going well • When struggling, ask for support so you keep going
WHERE YOU'LL BE
<ul style="list-style-type: none"> • When something isn't going well, you know how to troubleshoot on the spot • Able to look at your habits and manage them with ease • Feeling confident now, at your current weight

LEVEL 4: TRANSFORMATION

WHERE YOU ARE
<ul style="list-style-type: none"> • Ready to stop thinking about your weight and food as the focus of your life • Ready to embrace all of your emotions without feeling triggered • Ready to create a life you love
WHAT YOU'LL DO
<ul style="list-style-type: none"> • One lesson and worksheet per week • Attend live coaching calls or listen to replays • Celebrate what's going well • When struggling, ask for support so you keep going
WHERE YOU'LL BE
<ul style="list-style-type: none"> • Eating naturally, honoring your body's signals • Happy with your weight or heading in that direction • Your moods are no longer a reason to eat • You're free to explore the rest of your life!