

FREEDOM GROUP LESSONS BY LEVEL

LEVEL 1: QUICK START		LEVEL 2: DEEP DIVE		LEVEL 3: MASTERY		LEVEL 4: TRANSFORMATION	
1:1	A Fresh Start	2:10	EAT – Making Eating Decisions Easier	3:19	Your Future Self	4:28	Unshakeable Self-Confidence
1:2	EAT Basics	2:11	Pause, Assess and Move On	3:20	Sexy at Any Weight	4:29	Healthy Relationships
1:3	THINK Basics	2:12	Self-Discipline	3:21	Understanding Levels of Change	4:30	Becoming an Action Taker
1:4	LOVE Basics	2:13	Habitual Moods	3:22	Best Life Habits	4:31	Finessing EAT, THINK, LOVE for Your Best Life
1:5	The Think-EAT Connection	2:14	Self-Care Toolkit	3:23	Perspective and Focus	4:32	Conquering Anxiety, Fear and Worry
1:6	Recovering From a Slip	2:15	Creating a Plan B	3:24	Plan for Trigger Foods, Moods and Events	4:33	Handling Life Altering Events with Confidence
1:7	What to Eat	2:16	Moving Your Body	3:25	Rewrite Your Scripts	4:34	YOU 2.0
1:8	Handling Stress Without Eating	2:17	Perfection and Procrastination	3:26	Brain Science and Your Life	4:35	The Pursuit of Happiness
1:9	Motivation!	2:18	Creating Your Personal EAT Protocol	3:27	How to Troubleshoot	4:36	How to Solve Any Problem