

EFT – Tapping for Weight Loss Program Content

Weeks 1 – 7

Week 1 - Introduction to EFT's Meridian Tapping - The Door to Releasing the Past & Engaging New Possibilities - How to Get Results

Week 2 - Addressing Your Truth, Rationalizations & Excuses - Changing Inner Habits, Rules & Restrictions - Taking Control of Your Outcomes

Week 3 - Tapping on Cravings & Addictive Urges - How to Effectively "Crush Your Cravings" – Releasing Inner Resistance to Taking Action

Week 4 – Changing Your Inner Critic - Removing Your Limiting Beliefs - Accepting Positives: I CAN Do This... and it CAN Be Easy!

Week 5 - Releasing Emotionally Driven Eating - Letting Go of Past & Present Negative Emotional Intensities - Filling "the Void"

Week 6 - Changing Emotional Patterns - Finding Your Inner Safety and Healthy Boundaries – A Self-Caring Approach to Forgiveness

Week 7 - Showing Up for Yourself in Multiple Ways - Getting Physical... and Enjoying It! – More Energy, More Movement, More Happiness