

Healthy Habits & Mindset

14-day Masterclass April 2022

Syllabus

Day	Date	Lesson Agenda	Session Type	Link
Mon	Apr 18	Lesson 1: Intro, Mindset, Paradigm Shifts Resources: Worksheet/Handout	Video PDF	
Tues	Apr 19	Lesson 2: Word Choices, Self-Talk, Self-Compassion, and Your Inner Self-Coach Resources: Worksheet/Handout Live Q&A # 1 at 7:30 PM ET / 4:30 PM PT - Ask your questions related to the above lessons	Video PDF Zoom	Register Here
Wed	Apr 20	Lesson 3: Your Relationship With Food Resources: Worksheet/Handout	Video PDF	
Thurs	Apr 21	Lesson 4: Managing Hunger Resources: Worksheet/Handout	Video PDF	
Fri	Apr 22	Lesson 5: Setting Boundaries for Yourself and Others Resources: Worksheet/Handout Live Q&A # 2 at 1:00 PM ET / 10:00 AM PT - Ask your questions related to the above lessons	Video PDF Zoom	Register Here
Sat	Apr 23	Lesson 6: How to Create and Change Your Habits Resources: Worksheet/Handout	Video PDF	
Sun	Apr 24	Lesson 7: Emotional Eating Resources: Worksheet/Handout	Video PDF	
Mon	Apr 25	Lesson 8: How Our Brain Affects Our Drive and Motivation to Eat Resources: Worksheet/Handout	Video PDF	
Tues	Apr 26	Lesson 9: Cortisol and Stress Resources: Worksheet/Handout Live Q&A # 3 at 7:30 PM ET / 4:30 PM PT - Ask your questions related to the above lessons	Video PDF Zoom	Register Here
Wed	Apr 27	Lesson 10: Disordered Eating and Addiction Resources: Worksheet/Handout	Video PDF	
Thurs	Apr 28	Lesson 11: How To Stop Bingeing or Using Addictive Foods Resources: Worksheet/Handout	Video PDF	
Fri	Apr 29	Lesson 12: Why We Self-Sabotage Resources: Worksheet/Handout Live Q&A # 4 at 1:00 PM ET / 10:00 AM PT - Ask your questions related to the above lessons	Video PDF Zoom	Register Here
Sat	Apr 30	Lesson 13: Strategies to Stop Self-Sabotage Resources: Worksheet/Handout	Video PDF	
Sun	May 1	Lesson 14: Wrapping Up to Move Forward Resources: Worksheet/Handout	Video PDF	



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