

# Female Empowerment EFT

## SISTERHOOD OF IDEAL WEIGHT

### Weekly Outline

Each group is unique. Every week's meetings are also unique. Below is the general outline that we will follow. The needs of the participants will be incorporated into each meeting in the way that serves the group best. In doing so, some weeks may become altered.

#### Upon signing up:

- Receive a partner (optional)
- Complete Wheel of Health
- Complete Vision Statement
- Begin Mindful Eating- Putting your fork down after each bite & blessing food before eating
- Feel free to begin removing any foods from your diet from list below

#### Week 1:

- As a group we will remove all wheat products from our diet.
- Group tapping on wheat based food cravings; cookies/cake, bread, crackers, pasta

#### Week 2:

- As a group we will remove all rice products from our diet.
- Group tapping on rice based food cravings; rice, cereal, crackers

#### Week 3:

- As a group we will remove all corn products from our diet.
- Group Tapping on corn based food cravings; chips, tortillas, cereal, corn syrup items

#### Week 4:

- As a group we will remove all refined sugars from our diet.
- Group tapping on refined sugar food cravings; candy, chocolate, sugar in coffee
- New partnerships begin

#### Week 5:

- Individual reflection on diet - are there more foods to remove?
- Final food craving based tapping meeting- at this point all members should be comfortable and confident with tapping for food cravings.

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### **Week 6:**

- Half way point check-in.
- Reflect on Wheel of Health. Review Goals.
- Vision Statement check-in
- Group tapping on law of attraction/goal achievement

### **Week 7:** Clean Plate Club

- Group tapping on childhood programming- finishing food, guilt around not eating all your food, punishment from not eating food

### **Week 8:** Treat Yourself

- Group tapping on “deserving” foods- how to treat yourself without compromising health
- New partnerships begin

### **Week 9:** Safe to release weight

- Group tapping on any protective aspects of the weight that are protecting us yet preventing weight loss

### **Week 10:** Food and money

- Group tapping on wasting food, financial ability to purchase healthy food

### **Week 11:** Social Situations

- Group tapping on eating in social situations, family gatherings, restaurants

### **Week 12:** Closing meeting.

- Number=Value, you are not your weight
- Reflect on Wheel of Health and goals.
- Set long term goals.