



BREAK  
FREE  
FROM  
BINGE  
EATING

**7 STEPS TO COURSE COMPLETION GUIDE**

*These are the seven steps to take before each module to make sure you are ready to dive in deep, get the most out of this course, and break free from binge eating.*

Step 1 | Be in a quiet comfortable place

Step 2 | BE YOUR OWN FRIEND

Step 3 | Have patience and be kind to yourself

Step 4 | Be present, put phone away, limit distractions

Step 5 | Take your time with each Module and Lecture/Video, this is not a race

Step 6 | Complete all homework from each Module before proceeding to the next one. With the practice/action items, engage in them at least 3 times before moving on.

Step 7 | Trust the process. Trust Yourself. You got this!