

10 Day EatQ Challenge

KNOWING YOURSELF=EATING WELL

DAY ONE

PACING YOURSELF

ARE YOU A RACER
OR PACER?



DAY TWO

NOTICING YOURSELF

STAY AWAKE AT
THE PLATE



DAY THREE

CHOOSING YOURSELF

EENIE MEENIE
MINEY MO



DAY FOUR

STOPPING YOURSELF

MARSHMALLOW
METHOD



DAY FIVE

MINDING YOURSELF

EDIBLE
MOMENTS



DAY SIX

TALKING TO YOURSELF

WOULDA, SHOULDA
COULDA



DAY SEVEN

HELPING YOURSELF

THE HELPERS
VS. HINDERERS



DAY EIGHT

NOURISHING YOURSELF

BE A COUCH
TOMATO



DAY NINE

COMFORT YOURSELF

TOO CLOSE
FOR COMFORT



DAY TEN

DISTRACT YOURSELF

THE ROAD
LESS TRAVELED



Dr. Susan Albers
Eat, Drink & Be Mindful™

www.eatq.com