

Dr. Susan Albers
Eat, Drink & Be Mindful™



10 Day EatQ Challenge:

Knowing Yourself = Eating Well



DAY 1

**PACING
YOURSELF:**

ARE YOU A RACER OR PACER?

DAY 2

**NOTICING
YOURSELF:**

STAY AWAKE AT THE PLATE



DAY 3

**CHOOSING
YOURSELF:**

EENIE MEENIE MINY MO

DAY 4

**STOPPING
YOURSELF**

MARSHMALLOW METHOD



DAY 5

**MINDING
YOURSELF:**

EDIBLE MOMENTS

DAY 6

**TALKING TO
YOURSELF:**

WOULDA, SHOULDA, COULDA



DAY 7

**HELPING
YOURSELF:**

THE HELPERS VS. HINDERERS

DAY 8

**NOURISHING
YOURSELF:**

BE A COUCH TOMATO



DAY 9

**COMFORTING
YOURSELF:**

TOO CLOSE FOR COMFORT

DAY 10

**DISTRACTING
YOURSELF:**

THE ROAD LESS TRAVELED



Contact here:

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