7 Steps to Get Off Sugar and Carbs Course
Step 7 Handout: Action Steps

Congratulations on taking these seven steps to get off sugar and carbs and improve your health, life, and future! As you continue on with these lifestyle changes, remember to utilize the following actions steps:

1. Please post in the Facebook Group: 7 Steps to Get Off Sugar, Carbs, and Gluten that you completed the course, and tell us about your successes and challenges. Hearing from you will help support others.

2. If you want to find out more information about the GI-Map Stool Test, click here.

3. Remember the 80/20 percent rule. If you improve your eating 80 percent of the time you will improve your diet and health. However, healing takes time so be patient.

4. Expect to stumble. No one is perfect, but give yourself grace, as God does, when you do mess up and eat poorly.

5. Rely on God. Turn to him and the Bible verses you memorized when you stumble.

6. Document your path to recovery in your journal. How do you look at food? Are you using food to comfort and meet an emotional need, or do you think of food as a necessity to keep your body functioning? Have you journaled about this? Do you turn to food to help you deal with the challenges of life? If so, food is your stronghold. Learn from your mistakes as you record what occurred, and figure out why so you can prevent these mishaps in the future.

7. Hand over control of your eating habits to the Lord. Relinquish the outcome of your lifestyle change to God. Submit your life to him. Live in victory through total reliance on him.

8. Mark a date on your calendar to perform your self-assessment at six months into your journey. Compare this assessment to the first one you took at the beginning of this journey. Note your areas of improvement in your journal and let these victories motivate you to continue to improve and maintain your new healthy lifestyle.