

7 Steps to Get Off Sugar and Carbs Course

Step 5: Action Steps

Write down the date you accomplish each task.

1. Read the fifth chapter (Step 5: Plan for the Start Date) of *7 Steps to Get Off Sugar and Carbohydrates*.

Date completed: _____

2. Susan is a Certified Christian Health and Wellness Coach. Check out her services at SusanUNeal.com/Health-Coaching.

3. Check out the Handout: Recommended Products from the Introduction of the course.

4. Implement the Seven-Day Eating Plan listed in your handout. Date you will start this plan (remember to start on a Wednesday): _____.

5. Plan for the pitfalls. Utilize the Step 2 Handout: Food Addiction Battle Strategies, and use these strategies as you stumble.

Date completed: _____

6. Implement the Five-Step Binding the Strong Man Plan and print a copy of the it from the handout.

Date started: _____

7. Speak out loud the specific verse you chose to use when the strong man of addiction tempts you. Write the verse on an index card and memorize it.

Date completed: _____

8. Continue to record pertinent information in your journal such as: what are you grateful for (see the Gratitude Log in the *Healthy Living Journal*).

9. Every time you overeat, immediately confess your sin to God.

Date started: _____

10. If you are not wearing the full armor of God, work on the area where you are weak (Day 4 and 5 of the Christian Study Guide).

Date completed: _____