



# Homework Invitation and Action Steps

## Module 8

Module 8 is all about deciding what your eating plan is going to look like when you start to add some sweetness back in. Plus we need to celebrate all of your hard work, learnings, efforts, successes and milestones. And then you need to think about then next steps and moving forward after the program wraps up. The articles handouts and worksheet all support you through these three phases.

### During module 8, you are invited to:

- Read the articles for lots of tips and information on sugar and sweet alternatives.
- Decide on your Week 8 Transition Plan (See worksheet from Mod 7)
- Review the Sweet Treat recipes for some ideas for those special occasion, once-in-a-while homemade indulgences.
- Familiarize yourself with Geneen Roth’s Eating Guidelines and the Intuitive Eating Principles and decide what feels right to add into your life.
- Review the What’s Next handout and complete the Celebration and Moving forward worksheet
- Bookmark some of the websites I’ve provided in the Additional Resources handout for future recipe reference.
- Complete the final week 8 personal wellness tracker.
- Celebrate!

### Additional Action Steps or Accountabilities you want to commit to for this week:

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### Are there additional sources of support you need to put in place for this week:

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