

Panel of Experts

Tiny Habits for Emotional Eating

Presented by Tiny Habits® Academy

Experts

Tiny Habits for Emotional Eating



Host and Moderator
Andrea Spyros



Julie Bergfeld



Sarah Levine



Debi Talbert



You will:

- **Learn the Tiny Habits Method**
- **Learn successful Tiny Habit recipes**
- **Feel more empowered**
- **Have access to more resources and support**



Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Julie Bergfeld

Tiny Habits Certified Coach

Julie's 3 Tiny Habit Recipes

1

After I notice I am craving sugar, **I will** get curious and ask: What emotion(s) am I feeling?

2

After I sense that I am hungry, **I will** check in with my body to see if it is emotional or physical hunger.

3

After I catch myself eating directly from the bag of chips, **I will** stand up, stretch and put the bag away.



Sarah Levine

Tiny Habits Certified Coach

Sarah's 3 Tiny Habit Recipes

1

After I notice I'm going from salty to sweet, **I will** put my hand on my heart and ask: What am I really hungry for?

2

After I open my secret stash, **I will** give myself self-compassion.

3

After I wake up to eating while standing, **I will** walk to the nearest chair and sit down.



Debi Talbert

Tiny Habits Certified Coach

Debi's 3 Tiny Habit Recipes

1

After I park my car at home, **I will** take three deep breaths and think one loving thought about my home life.

2

After I finish a stressful conversation/meeting, **I will** step outside.

3

After I close the dishwasher, **I will** put up the “Kitchen Closed” sign.



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- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach