

Emotional Eating Toolbox™ Next Steps Action Planner

What You Know	What You Don't Know	What You Need That You Already Have That You Could Rely on MORE	What You Don't Have That You Might Need	Support You Can Rely on (Note Whether You Need To Find It Or Already Have It)
	<p>These may be things to journal about. These are great questions to ask for help with.</p>	<p>Look at what you have written here and challenge yourself with a small, do-able action step.</p>	<p>Who could help you with this? Where could you learn more? These are great journal topics.</p>	