



## **Finally Free**

### **Breaking Free from Emotional Eating – Step 4**

**What are some successes that I have ignored because I felt they were too small to amount to anything?**

**What are some ways that can I celebrate small and large successes without using food?**

**How are some ways that I can learn to fail forward?**

**How can I utilize my “failures” to propel me to future success?**

**Has the scale been my only measure of success? How can I change that?**