



DEPRIVED



REVIVED

3 MONTH COACHING PROGRAM

Deprived to Revived

BODYIMAGEDETOX.COM

If years of dieting have left you feeling physically and emotionally deprived - and you're ready to finally trust your body - the *Deprived to Revived* program is for you!

We'll work together 1-on-1 to create a customized plan that will reset your diet mindset, reshape your relationship with your body, and revitalize your life.



This 3-month program includes:

- 10 coaching sessions (60 minutes each over phone or Skype)
- 2 structured Independent Action weeks where you can focus on implementing your new habits
- Email support throughout the entire 3 months
- Notes, handouts, and resources



Each session will unfold based on your goals. Sessions may include:

Session One: Real Goals, Real Results

- Discover where you're at, why you're here, and what's been holding you back
- Create goals that will lead to success
- Establish daily habits that create lifestyle changes and mindset shifts

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Session Two: Your Relationship with Food

- Uncover & debunk deep-seated food myths
- Define your relationship with food
- What does your diet and your size mean to you?

Session Three: "Good Food / Bad Food"

- The dangerous game of Food Morality
- Eat the diet/binge/punish cycle...for good!



Session Four: Detox your Diet Brain

- Challenge your beliefs
- Mythbusting: "Healthy Shame"
- Fear of gaining weight

Session Five: Redefining Body Love

- How to nurture your body and treat it with kindness
- Taming your Inner Critic

Session Six: Your True Desires

- What do you *really* want?
- Decluttering to create space for new desires
- Stop waiting on the weight



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Session Seven: Intuitive Living

- Learn how to trust your body for effortless eating
- Reconnect to foods that excite you
- Discover exercise that you actually enjoy

Session Eight: Self-Sabotage and Emotional Eating

- Stress management toolkit
- Stop self-sabotage before it starts

Session Nine: Is Willpower Real?

- The truth about cravings
- Dealing with "forbidden foods"
- The willpower myth

Session Ten: Letting Go & Rising Up

- Choosing joy over control
- Embrace your "Worst Case Scenario"
- Living your fullest life



I'd love to share even more details with you so that you can imagine what a transformative 3-month program will look like for *you*.

[Click here to book your free 30-minute Discovery Session](#)

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