



CAST				
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Sunday				
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Monday				
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Tuesday				
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Wednesday				
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Thursday				
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Friday				
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Saturday				
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Using the CAST acronym above, identify *individual* areas where nutritional choices are used as a crutch, an escape, an emotional filler for love, a coping mechanism for stress or any other false idol. Pray and listen. Let God lead you to the root issues by identifying triggers for dysfunctional food and beverage consumption. Once identified, make a strategic plan to overcome these roadblocks. Look up scriptures and create affirmations that will empower you to CAST your cares upon the Lord. Be specific by providing positive behavioral choices to replace the negative.

Use the space below to further elaborate:

C -
A -
S -
T -