EATING NUTRITIOUS, BALANCED MEALS HAS A POSITIVE IMPACT ON HOW I FEEL PHYSICALLY, MENTALLY, AND EMOTIONALLY

I DON'T NEED TO BE PERFECT WHEN IT COMES TO MY EATING HABITS

I RECOGNIZE THAT FOOD IS FUEL AND NOURISHMENT FOR MY BODY

PRACTICING MINDFUL EATING ALLOWS ME TO APPRECIATE THE FLAVORS OF THE FOOD I EAT

I ENJOY BEING A
MINDFUL EATER

EATING MINDFULLY IS A JOURNEY, AND I TAKE THE TIME TO APPRECIATE EACH STEP OF THE WAY.

I RECOGNIZE THAT I HAVE CONTROL OVER MY FOOD CHOICES AND HOW IT IMPACTS MY BODY.

I WILL BE MINDFUL OF MY EATING HABITS AND MAKE DECISIONS THAT BEST SUPPORT ME AND MY HEALTH.

I MONITOR MY INNER DIALOGUE AND FOCUS ON POSITIVE THOUGHTS AND AFFIRMATIONS AROUND FOOD.

I AM PATIENT, UNDERSTANDING, AND COMPASSIONATE WITH MYSELF WHEN IT COMES TO EATING AND NOURISHING MY BODY.

I CAN HEAL MY RELATIONSHIP WITH FOOD AND LEARN TO TRUST MY BODY.

EATING HEALTHY IS NOT ABOUT DEPRIVATION OR RESTRICTION, IT'S ABOUT BALANCE

I AM MINDFUL AND
IN TUNE WITH MY
BODY'S NEEDS

I EAT FOR NOURISHMENT, NOT PUNISHMENT OR REWARD

I CAN LEARN TO
TRUST MYSELF
AROUND FOOD

IT IS OKAY TO INDULGE OCCASIONALLY WITHOUT GUILT OR REGRET

EATING SLOWLY HELPS ME ENJOY MY MEALS AND APPRECIATE THE FLAVORS

I MAKE CONSCIOUS FOOD CHOICES TO NOURISH MY BODY

IT'S OKAY TO EXPERIENCE PLEASURE WHEN EATING

I CAN LEARN TO BE GENTLE AND KIND TO MYSELF WHEN IT COMES TO FOOD

LISTENING TO MY HUNGER AND FULLNESS CUES HELPS ME EAT IN A MINDFUL WAY

I AM FREE FROM THE GUILT ASSOCIATED WITH INDULGING IN UNHEALTHY FOODS

I ENJOY EATING A VARIETY OF NUTRITIOUS FOODS THAT MAKE ME FEEL GOOD

ALLOWING MY BODY TO TAKE BREAKS FROM DIETING HELPS ME CULTIVATE A HEALTHIER RELATIONSHIP WITH FOOD

I RECOGNIZE AND RESPECT THE PHYSICAL, EMOTIONAL, AND SPIRITUAL ASPECTS OF NOURISHING MY BODY

I CAN APPRECIATE
FOOD WITHOUT
BEING CONSUMED
BY IT

LISTENING TO MY INTUITION ALLOWS ME TO MAKE MINDFUL DECISIONS ABOUT FOOD

IT'S OKAY TO EXPERIMENT WITH DIFFERENT FOODS WITHOUT JUDGMENT OR COMPARISON

ALLOWING MYSELF TO TUNE INTO MY BODY'S HUNGER AND FULLNESS CUES HELPS ME MAKE MINDFUL FOOD CHOICES

I CAN TRUST THAT I AM CAPABLE OF MAKING THE BEST DECISIONS FOR MY HEALTH