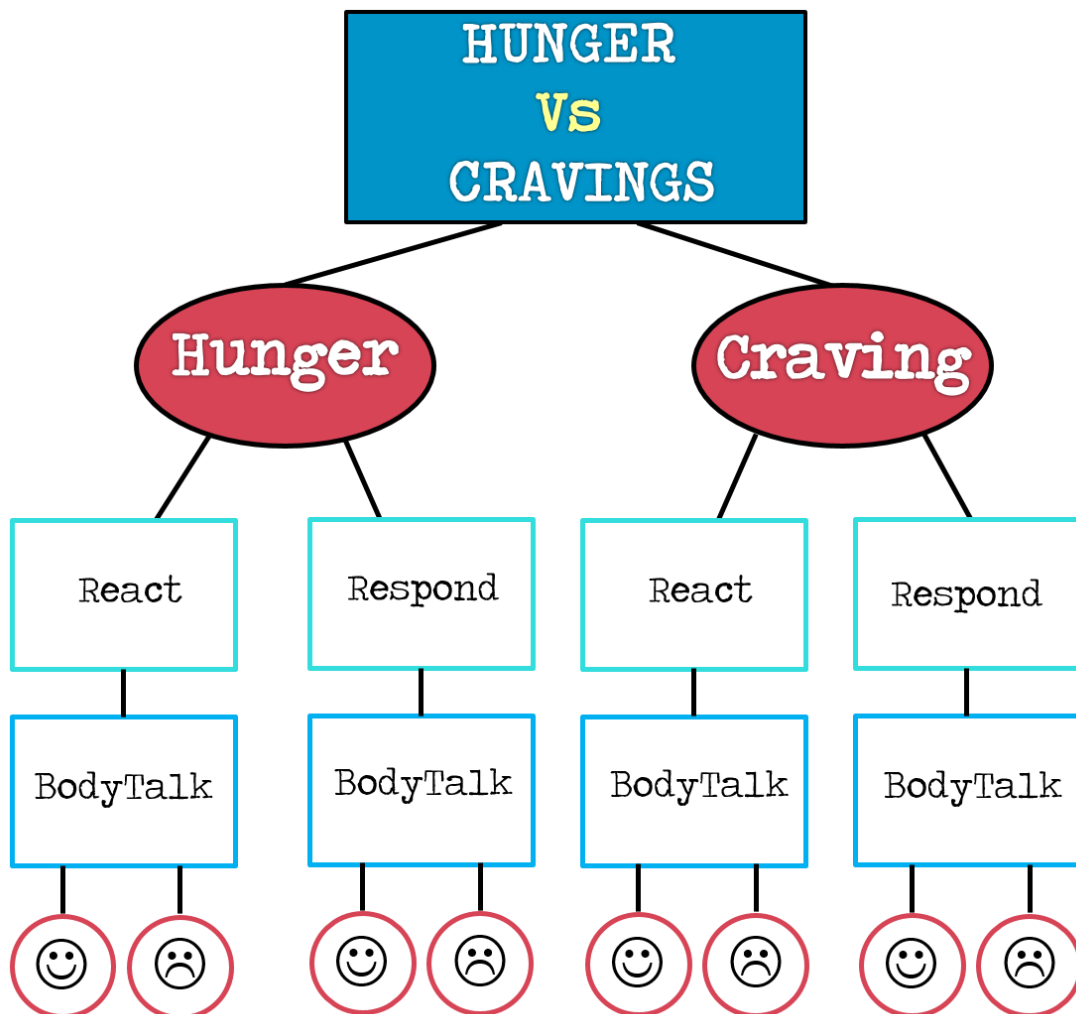
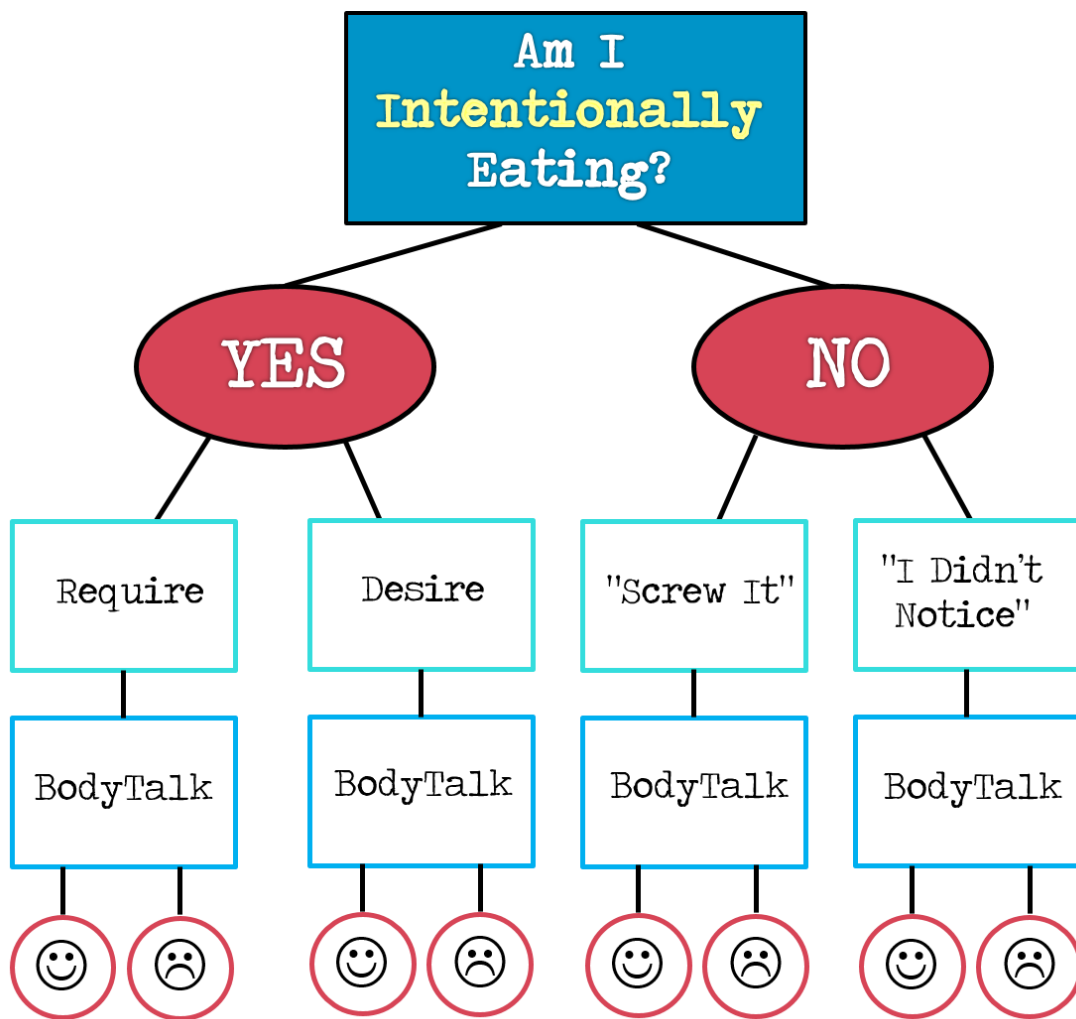




EAT. PLAY. LOVE. *Live* [NOW]

How To Eat

[Made Simple]



FOOD FREEDOM



Think about your current relationship with food. Where are you currently trying to 'control' what or how much you eat...rather than influencing YOURSELF around food? What situations or circumstances does this arise?

Think about your current eating habits/patterns. Where/when are you currently eating mindlessly or eating for comfort? Are there certain situations/circumstances that you find yourself eating WITHOUT intention?

FOOD FREEDOM



Think about your current eating habits/patterns. When do you find you are **REACTIVELY** eating (eating without thinking or letting food decide for you)? When do you feel like you are **RESPONDING** (eating **WITH** intention and fully influencing what you eat)? Do you notice any patterns or other observations?

Think about your current eating habits/patterns. . Are you able to distinguish when you are genuinely hungry....vs when you are simply craving something? And once again, when do you find yourself **REACTING** vs **RESPONDING** to food in the face of hunger or cravings?

FOOD FREEDOM



Think about all the times you either gave yourself too much RESTRICTION or too much PERMISSION when it came to food/diets. What would your 'sweet spot' be when it comes to eating so that you felt like you were positively influencing your results... without feeling like you had to sacrifice all the things you like? Create YOUR version of that 'sweet spot'.

FOOD FREEDOM



Read the list of "Food Bitches" below. Then next to each one that you recognize showing up in YOUR life, describe this Bitch in detail. What does this inner-bitch say/think/or do?

Control Bitch:

Unintentional Eating Bitch:

Reactive Bitch:

All or Nothing Bitch (permission vs. restriction):

Guilt/Shame/Blame/Comparison Bitch:

3 Magic Questions:

Why Am I Eating?

- ★ Is it Because I Need It? Require It?
- ★ Is it Because I Want It? Desire It?

**Getting to know your body and understanding the difference between hunger vs. "I just want to eat"

How Do I Want To Feel? (before, during, after)

- ★ Will this make me feel Good/Positive/Happy?
- ★ Will this make me feel Bad/Negative/Unhappy?

**Coming from a place of how you want to FEEL...and then moving in the direction that would bring you closer to THAT

What Am I Eating?

- ★ Is this friendly to my Nervous System? Is it real?
Would my body even recognize it?
- ★ Do I like it? Does it make me feel good?

**Focusing on being mindful of what you are putting in your body and if your brain considers it to be 'healthy'

Eat, Play, Love, & Live Pillars To Food Freedom

(The What, The Why, The How)

- ★ **WHAT:** What are you eating? Is it real? Does your body recognize it, and it is able to process it? Does it make you feel good? Does it [serve you/nourish you/feed you]? No foods are 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of **WHAT** you are feeding yourself.
- ★ **WHY:** Why are you eating? Is it because you require food and you are truly hungry? Or is it because you desire it, fancy it, or are craving it? Neither one is 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of **WHY** you are feeding yourself.
- ★ **HOW:** How are you eating? Are you feeling guilt, shame, blame, or comparison before, during, or after you eat (and in turn being bathed in stress hormones)? Is how you are eating stressing you out or costing you lots of time and energy? How you are feeling before, during, or after you eat isn't 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of **HOW** you are feeding yourself.

Eat, Play, Love, & Live

Permission Slips To Eat!

I Give Myself Permission To EAT!

- ★ I give myself permission to be mindful and intentional about what I eat, why I eat, and how I eat.
- ★ I give myself permission to ditch the dieting, the restricting, the weighing and measuring
- ★ I give myself permission to STOP taking food personally -- to ditch any shame, blame, guilt or comparison that comes alongside it.
- ★ I give myself permission to lay down the weapons of control, punishment, or persuasion around food.
- ★ I give myself permission to stop reacting, and start responding to food.
- ★ I give myself permission to enjoy food for pleasure, connection, culture, and a tickling of the senses.
- ★ I give myself permission to learn how to eat with permission, freedom, choice, and pleasure