



Letting Our Wants Guide Our Food Choices

Get curious about your wants in relation to food.

I want to eat food that _____ .

I want to love my food so much that _____ .

I want to give my body _____ .

I want to feel _____ when I prepare a meal.

I want to feel _____ after I finish a meal.

I want my food choices to be made out of _____ .

I want to be _____ .

After you complete the above, ask yourself:
Are my food choices in line with your wants?

If not, what is one simple thing you can do
today to inch a little closer to your wants?

It's never going to be the
perfect time.
You're never going to
have the *perfect*
circumstances.
Stop waiting.
Declare what you want
and start working on it.
You got this.

-Molly