

OVERCOMING FOOD ADDICTIONS CHECKLIST

EMPOWER
HUMANS

During moments of temptation, ask yourself:

- 1 By choosing to eat this food, am I *really* loving myself by giving my body the nourishment it needs?
- 2 Is this food good for my physical, emotional, mental and spiritual health?
- 3 Am I eating because I'm hungry or am I eating because I want an escape?
- 4 Am I strong enough to say *no* to things that harm my body?

How will I prove to myself that I am strong enough?

STEP 1:

STEP 2:

STEP 3: