

*Be the Beacon of Light*

# 10 STEPS TO INTUITIVE EATING

*Letting Your Relationship to Self be Your Guide: Letting Go  
of Rigid was of Being Around Food*



CULTIVATE RECOVERY; VISIT [WWW.RECOVERJOY.COM](http://WWW.RECOVERJOY.COM)  
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# REMINDERS FOR MINDFUL EATING

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- 1 Eat when Mildly Hungry
- 2 Do Not Skip Meals; View Food as Fuel & Pleasure
- 3 Rules Don't Serve my Recovery
- 4 Food Amps My Vibe When I Nourish my Body

# REMINDERS FOR MINDFUL EATING

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- ⑤ Calories don't count in weight restoration
- ⑥ Aim for Balance
- ⑦ Feelings Matter
- ⑧ Food is Pleasurable
- ⑨ Be the Hero in My Story

# REMINDE RS FOR MINDFUL EATING

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Have Self-Compassion for My Process and Allow the Conversation in my Head to be one of Partnership and Alligned to Cultivating Joy, Love, and Passion