

What You Want Food To Be

Puts words to the kind of relationship with food you would want, not only the one you have.

WHEN TO USE THIS

Use this when you are tired of the fight and want something to aim at.

How would you describe your relationship with food right now?

What do you want more of around food, and what do you want less of?

MORE OF THIS

LESS OF THIS

If that were true, what would an ordinary week look like?

What is one step toward that you could take this week?

This takes time and it goes in both directions. Knowing where you are headed still helps.