

A Love Letter to Myself

How do I love thee? Let me count the ways...

I am in charge of my eating, physical activity, and self care.

I am mindful of my physical and emotional needs and do my best to meet them appropriately.

I am aware of what I'm experiencing in the present moment so I can respond instead of reacting mindlessly.

I eat to meet my needs for fuel, nourishment, and pleasure.

Whenever I feel like eating, I pause to ask, Am I hungry?

I use my hunger and fullness signals to guide me about when, what, and how much to eat.

When I feel like eating even though I'm not hungry, I recognize an opportunity to meet my true needs.

When I'm hungry, I ask three questions: What do I want? What do I need? What do I have?

I eat the foods I love mindfully and without guilt.

I practice balance, variety, and moderation not just in the way I eat, but in the way I live.

I pay attention to the effects of my choices to guide my future decisions without judgment.

I eat mindfully with intention and attention.

I eat with the intention of feeling better when I'm done than I did when I started.

When I eat too much, I turn the situation into a learning experience by noticing how I feel physically and emotionally.

I cultivate a strong support system that includes my family, friends, co-workers, and trusted health professionals.

I am physically active to give me the stamina, strength, and flexibility to live my life to the fullest.

I make quiet time a priority to help me feel calm and centered.

I don't compare myself to others. My journey is my own.

I practice self-care for my whole self—body, mind, heart, and spirit.

I live mindfully and vibrantly.

www.AmIHungry.com

From *Eat What You Love, Love What You Eat* by Michelle May, M.D.