

letting go of the diet mentality WORKSHEET

diet tools/triggers to get rid of:

food freedom inspo to add:

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

**Heal Your Body &
Mind From Dieting**
5 day challenge

brought to you by:
the
SOC • i • EAT • y