

better body image in 24 hours

your complete hour-by-hour guide

Brought to you by
Registered Dietitian,
Intuitive Eating Counselor,
and your diet-ditching
gal pal behind
[@no.food.rules](#) on Insta,

Colleen Christensen!



Whether you're brand spanking new to Intuitive Eating or you've tried it before, identify your next steps or the missteps that left you bingeing and feelin' like 🤢 !

no food rules.

live new member coaching call



get started the
RIGHT way!

I'm Struggling With Body Image

- 5 Minute Better Body Image Morning Routine
- Do you feel bad or feel like you're being bad- embodiment
- How does the way you're fueling your body FEEL- focus on that
- Discuss "and" therapy
 - One of the tools in stage 2- more tools to add to your toolbox there
- Mantras/Affirmations
- Post in the FB group
- Got 60 minutes? Watch this better body image workshop