

# # CHANGE CHALLENGE




BUILD CONFIDENCE · LEARN CONSISTENCY · TRANSFORM YOUR LIFE

## *- Eat Food From Your Off-Limits List -*

### THE GOAL

Moderate your restriction and follow a more balanced and enjoyable eating style while rebuilding trust around food.

### ACTION ITEMS

-  Choose a fun food to eat that would normally be considered a trigger food. Think of the most satisfying food you can.
-  Measure out a 200-300 calorie serving to eat and put the rest away out of sight.
-  Eat this food guilt-free. Get as much enjoyment as you can out of it. While eating it remind yourself that you can have more tomorrow if you want it, and the next day, and the next.