

- - - THE 1 ESSENTIAL QUESTION - - -

“What does your perfect relationship with food look like?”

To move out of struggling to change your eating and get away from feeling trapped, ashamed, or crazy, you must have a gorgeous, inspiring end-point in mind. Only then can you find effective ways to get there.

Use these 5 areas of power to help you answer different facets of your ‘perfect relationship with food’ question.

Imagine that you already have that ideal relationship and describe it:

Physically	How does your body feel after you've eaten? And what does the actual act of eating look like?
Mentally	What does your inner monologue sound like?
Emotionally	What emotions surround your eating? How does food make you feel?
Social/ Culturally	How do you feel about food socially and culturally?
Spiritually	How are you able to be more connected or really fulfill your life's purpose?

Now summarize these ideas into an answer:

My perfect relationship with food is...

Perfect! For your next steps and extra guidance, view the full article by [clicking here.](#)