

Pleasure Inventory

Make a big list of ALL the people, places, things... anything that brings you pleasure or joy. Dig deep, find as many as you can.

Think about:

- Family
- Friends
- Pets
- Movies
- Tv shows
- Colors
- Sounds
- Smells
- Your body
- Topics
- Magazines
- Music
- Games
- Foods
- Drinks
- Things you wear
- Places
- Activities
- Hobbies
- Books

Get specific and make a big list here:



When you do these things, do them with a loving attitude and allow yourself the time and space to feel good about it. These pleasures will fuel you and fill you more than your emotional eating.

This is an excerpt from the [7-Day End Your Emotional Eating Action Plan](#)