



Session 1 – My Commitment To Myself

I, _____ have made the decision to introduce Eating Freely™ into my life. I have decided that I want to live a happier and healthier life, with less stress and more peace in my relationship with food. In order to do so I must:

I commit to giving myself some daily time to focus on my program, which I believe is self-care and something I deserve and will benefit from. I look forward to seeing the difference that being more mindful, using my tools and challenging my mindset to change will make to my life and to the decisions I make around nourishing or punishing myself with food.

In the event that I drift away from my Eating Freely Program, I further commit to return to it and not allow it to lapse completely. I acknowledge that I need to practice a lot of new thoughts, beliefs and reactions, and I will need to invest my time and energy into turning mindfulness around food into a regular habit.

Actions that will move me closer to practising Mindful Eating every day:

Deciding what time of day I can commit to myself to check in and see how I am doing: _____

Checking in on my Accountability Question responses and committing to them: _____

Planning a Sacred Space at home, where I can learn, journal and reflect in peace: _____

In addition, I commit to continuing to practice my new habits around eating, being more mindful when I eat for reasons other than hunger, and choosing to nourish myself, not punish myself with food. I can do this by:

By giving myself the gift of this Eating Freely Program, I have already invested in myself and committed to better self-care, being more nourishing and less punishing towards myself. I pledge to continue this work.

SIGNED: _____ **Date:** _____