

WHAT POSITIVE TRIGGER OR ANCHOR HABIT WILL PROMPT YOU TO DO EACH HABIT?



WHAT WILL MOTIVATE YOU FOR EACH HABIT?



STRATEGIES TO DEAL WITH CHALLENGES OR OBSTACLES FOR EACH HABIT?



HOW WILL YOU CONTINUE TO BUILD ON EACH HABIT IN THE FUTURE?



# Changing Your Problematic Food Behaviors

Reflect on your problematic use of foods, overeating, bingeing, and eating when not planned.

1. What food or foods are most problematic for you?

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2. When are most likely to struggle with food?

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3. What happens when you eat problematic food? How do you feel, for how long, and any other responses?

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4. How likely is it that you can change your patterns if you continue using/eating your problematic food(s)?

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5. What specific pattern or behavior are you willing to change?

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6. What barriers do you need to remove or put into place to help change your habits?

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