



FINALLY FREE

## *Facing Your Intuitive Eating Fears*

Limiting belief/fear	Reframe (what else might be true that would feel MORE empowering)
<i>i.e. I will gain a ton of weight when I start intuitive eating</i>	<i>i.e. Science proves that when I learn to eat intuitively, my body will naturally reach its healthiest and happiest set point weight</i>