

PLEASURE PRINCIPLES

EVERYTHING | HOLISTIC SELF-CARE



Date

Every healthy change you make will make it easier to maintain your care-based commitments around food and eating.

Below, list 5-10 areas of life not directly related to food where you can practice the PRINCIPLES to nurture deep pleasure (SPACE) and support you healing your relationship to food and eating.

Examples

Around screen-time

Around bed-time

With my kiddos on the weekends

Please remember to SAVE YOUR WORK before you close this page.

