

MAKE IT HAPPEN

Be gently aware of how bingeing plays a role in your life and write down all the areas in which you think you may binge. Ask yourself how it's affecting your emotional well-being and your relationships.

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Be gently aware of how your magical human machine is doing and make a habit of checking in with your physical self.

- SLEEPY
- HUNGRY
- PMS-ING
- STRESSING
- FEELING COLD/HOT
- OTHER

