

SELF LOVE

SCHOOL JUNIOR

WEEK 4 WORKBOOK

5 LOVE LANGUAGES:

- 1- ACTS OF SERVICE
2. PHYSICAL TOUCH
3. RECEIVING GIFTS
4. WORDS OF AFFIRMATION
5. QUALITY TIME

Put a star next to the one you think is your love language. Or which of these sound great or like something you're not getting enough of?

How can you speak your own Love Language?

Enjoy your food, Drop the food guilt and shame for good.

ABCDE of eating

Allow- no restrictions

Breathe- 5-5-5 turns on parasympathetic response to relax

Chew- improves digestion, can taste the food

Dance- I dance when I eat because I am soooo happy

Enjoy the food- 20 min meals. Don't rush babe. Enjoy it!

If you have an unhealthy relationship with food Try eating in this way this week. Try it even if you do have a good relationship. This is the healthiest way to eat. It's not about what as much as it is about HOW.

NOTES:
