

The 5 MOST Important Mindset Shifts to Becoming An Intuitive Eater

This worksheet was designed by Paige Schmidt ([Healthy Hits the Spot](#)) and Simi Botic ([The Micro Harvest](#)) for you to use on your intuitive eating journey! These reflections are available to you ANYtime you need reassurance, support, or encouragement.



1. When you are tempted to overeat today, ask yourself: **“will I be any more satisfied than I am right now if I continue to eat?”**
2. Food only brings temporary comfort - **the moment you are done eating is the same moment that the comfort from eating will end.** Then you're left with what you started with. Instead of using food, find a non-food source of nourishment that is truly fulfilling and satisfying.
3. Believe that you are enough, exactly where you are in this moment. **You are always enough.** Wake up and, stretch first thing in the morning and repeat with a smile: **“I am so glad to be in my own body.”**
4. Know that **when you're stressed, you will naturally eat more.** Getting stuffed forces your body to feel heavy, deeply relaxed, and acts as a

temporary distraction. Instead of stuffing yourself, think of other non-food ways that you could get comfortable and relax without using food.

5. The way you view others is often a direct reflection of how you view yourself. **Start looking for true beauty in other women apart from their bodies:** a smile, confidence, joy, love, and kindness.

Together, let's celebrate our amazing, smart, trustworthy bodies! Sending you
love.

XO, Your Coaches Paige & Simi