



## **My Health Pledge**

The days of dieting are over. It is time to reclaim control over food. The first step is to look at where we are and how we got there. What role has food played on our lives? The second is to decide how we want to do things differently. Leaving behind the idea that quick weight loss through dieting is possible and successful in the long term can be sad but the journey will show you how much better life is on the other side. By signing the health pledge the commitment to improve your quality of life begins and you believe you are worth it.

**I believe diets have failed me. All the chronic dieting has brought me back to a place to reclaim my health and for that I am grateful.**

**I have the will power to control my choices around food; I just need to regain the confidence to use it.**

**I will open myself to question the meaning of hunger and fullness. I will learn how food affects these internal signals and use it to reach my goals without judgment.**

**There is and never will be a food I will tell myself I cannot have! I may decide I do not want it, but if I want it I will not deprive myself as long as I am physically hungry.**

**I will learn how my emotions affect my hunger and food choices.**

**I accept that people will use diet talk around me or make comments which set me back. I will remind myself yo-yo dieting is not an option for me anymore and focus on the ways I am feeling better without deprivation.**

**I will work on accepting myself right here, right now. I am loved for many reasons, but the number on the scale is not one.**

**I will think about what foods satisfy me. When I choose a meal, I will ask myself if it will taste good and make me feel good.**

**I will work on being present at my meals and lessening the distractions around me.**

**I will eat desserts until satisfied but not until I am full.**

**I will listen to my stomach and choose when to stop eating even if it means food is left on the plate.**

**I, \_\_\_\_\_, makes this pledge for myself and commit to be an active member of the group.**

**Sign:**

**I, Karen Diaz, pledge to guide and support you along the way. To help you develop a healthy voice and challenge the diet beliefs. To help make food choices easier. To celebrate your successes and guide you through struggle.**

**Welcome to The Free Life!**

