

# *Am I Ready to Change My Eating Habits?*

*Answer the following questions to help you decide if you are ready to get serious about your food intake.*

*What do I believe will be different when I reach my goal weight?*

*What is my reason for (Why am I) changing what I eat?*

*What type of "diet" or plan am I choosing? Why?*

*What am I currently using food for?*

*How do I want to react if I veer from my plan?*

*What feelings are going to come up when I don't eat what I am used to?*

*Am I willing to feel those feelings?*

*Really think about this one:*

*Do I believe that the diet will do most of the work for me and make it easy or am I ready to do the work?*

*Mary Preston, LMFT*

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