



MANTRAS

FOR YOUR FOOD RELATIONSHIP TYPE

NOURISH^{with} Heather

MANTRA

RELATIONSHIP TYPE

I trust myself and choose what is best for me in the present moment

CONNECT•or

I trust connection, not perfection

OBSESSIVE•er

I am supported, what else do I need?

COMFORT•er

What is my energy and what is other people's "stuff"?

NUMB•er

Even though I am complicated, I adore myself.

REBEL•er

I can receive and be generous with pleasure

PLEASE•er

I am worth the time it takes to nurture myself.

DETTACH•er

I am ready to be honest with myself.

GUILT•er