

# Practicing Affirmations

- Desire to learn about eating and body cues such as hunger, fullness, and satiety.
- Willingness to listen to hunger/fullness.
- Being aware of eating and body cues such as hunger, fullness, and satiety.

# Writing Prompts: 3 Affirmations Hunger/Fullness

- Ability to become aware of eating and body cues such as hunger, fullness, and satiety.
- Ability to identify steps to listen to hunger or fullness.