

Skills and Practices

- What skills do you need to achieve this goal?
- What skills do you already have that you can put to use?
- What do you need to practice to build the skills needed?
- What practices/habits will you form to complete the goal?

Example

Outcome: lose weight

Goal: This week I will follow hunger and fullness cues daily at supper and will stop eating when satisfied as per my rating on the hunger/fullness scale

Skill: Improved hunger and appetite awareness

Practices:

- 1) Eat slowly
- 2) Eat until satisfied

 **Habits:**

- 1) Deep breathes before starting meal
- 2) stopping ½ way through your meal to check in
- 3) Sitting at table to eat- limit distractions