



# SELF REWARD (NEW)

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

## Self Reward

**Good behavior has been rewarded with food for centuries.**

**Know that** - 1. Eating behaviors are learned habits; 2. Habits can be replaced or changed; 3. Realize that **you have control** over habits; 4. You are worth the effort

### **What You Think Drives What You Do – Think Pleasure**

1. Decide how important it is for you to change.
2. Make a chart of your goals; include (non-food) pleasurable rewards each goal is reached.
3. Know that weight management is a way to be good to yourself.
4. Make it a life-long effort

### **Enjoy Small Everyday Pleasures – Slow down your eating**

1. Chew slowly and let yourself taste the flavors of your food.
1. Allows the brain to better control when to stop eating
2. Increases 'Family Time' at meals