



## **Ditching Diet Culture**

*This resource was created to help you as you participate in our online event. We encourage you to use these questions as an opportunity to reflect on how these themes may apply to your own life.*

1. What can bring me more connection with my friends, family, values?
2. What can I add to my life to expand it, rather than shrink it?
3. Is this resolution the product of an internal cue or an external cue? Am I going to feel shame if don't do this resolution "successfully" or "perfectly"?
4. What are vulnerabilities I struggle with that I could create more awareness around? (psychological, social, environmental, biological)
5. What are my top 5-10 values, and why do I think I'm drawn to these values?
6. Which values could use some more attention in my life? How can I work toward accomplishing this?



*Compiled January 2020*