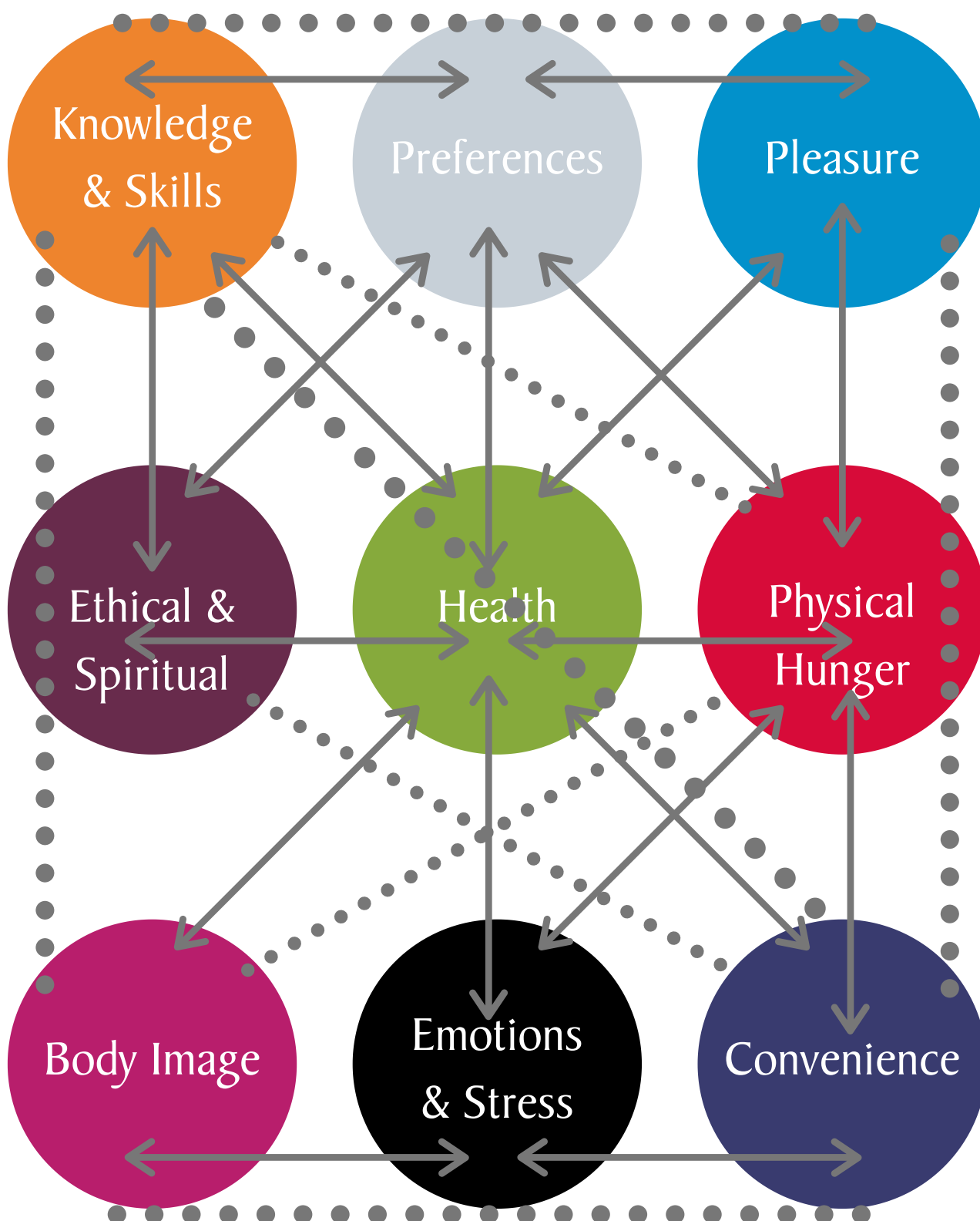


The Nine Drivers are Interlinked

Most of the Eating for You Nine Drivers for Eating are interlinked. So when you first uncover your drivers, it is understandable that you can feel overwhelmed. The starting point for everyone is health and physical hunger and we work down from there.



How would you like to experience the drivers, in order of priority, in your life?

Another way to ask this question is, which drivers would you like to guide you and have the most influence over your food choices? Which ones do you feel would allow you to experience health and wellbeing? So if we put Health as 1 and Hunger as 2, which driver comes next and so on?

1. Health

2. Physical hunger

3.

4.

5.

6.

7.

8.

9.

Now that you can see your list of drivers, in your preferred order of influence, which one driver do you need to work on first? (Circle it above)

There is no right or wrong answer here.

Just say, **convenience and pleasure** are overriding your hunger and health drivers,

- Having a range of simple enjoyable meals and snacks available might overcome this.
- But then you might realise that you require additional **knowledge and skills** to prepare food that you will enjoy.
- Or you might discover that your availability of food is not the issue, it is your ability to tune into your **physical hunger** that needs attention.