**FIRES Principles**

F-Fast on a regular basis

I-Identify True Hunger

R-Reduce sugar and white simple carbohydrates

E-Enjoy real food without deprivation

S-Stop before you’re full

**1. Rate the FIRE Principles: Which principle are you the best at?**

1.

2.

3.

4.

5.

6.

**2. List 3 emotions/adjectives that come to mind when you think of the following words:**

Fireplace: (Example: Comforting)

1.

2.

3.

Fireworks: (Example: Exciting)

1.

2.

3.

House Fire: (Example: Devastating)

1.

2.

3.

**3. Which of these emotions is the #1 reason you overeat?**

**4. Are there any other emotions we are missing that make people overeat?**

**5. Write down specific examples of what triggers you to eat.**

**Examples: Someone does not pay their bill. Stress from running a business.**

1.

2.

3.

4.

5.

**6. Which of the triggers you listed do you feel most likely to give in to?**

**7. What are a few questions you should ask yourself when these triggers happen?**

**Example: Am I going to allow this person not paying for me to overeat? No, me eating food right now when I’m not physically hunger because of this one trigger is not going to help anything.**

1.

2.

3.

**8. What are some positive things you can do to help yourself in these situations?**

**Examples: Call a friend. Talk a walk.**

1.

2.

3.

**9. How long do you typically take to eat a meal?**

Sample goal: Take 20 minutes to eat. Then, in the middle of eating, take a 4 -5 minute break.

**Hunger Scale**

A picture containing sitting, table, food, man

Description automatically generated

**10. How do you decide when to eat? How do you determine when you’re physically hungry? When do you stop eating (on a scale of 0 to 5)?**

**11. Identify True Hunger**

**Think of your body like a gas tank for a car. If you overfilled your gas tank, what would happen? List 4 cons about overfilling your gas tank.**

1.

2.

3.

4.

**12. Fast On A Regular Basis**

**There are five kinds of fasts. List them below and give an example of each.**

1.

Example:

2.

Example:

3.

Example:

4.

Example:

5.

Example:

**13. Reduce Sugar And White Simple Carbohydrates**

**Red light, yellow light and green light foods. Red light foods are foods you completely stay away from especially if you have a food allergy or sensitivity. Yellow light foods are foods you don’t eat all the time, but you still eat. Green light foods are foods you eat all the time. Make a list of your red light, yellow light and green light foods.**

Red light foods:

Yellow light foods:

Green light foods:

**14. Enjoy Real Food Without Deprivation**

**Discernment not deprivation. Got to the root, not the fruit. Instead of running to food, you should go to the root of the problem. List 3 different examples of what might trigger you to run to food and an example of what you can do to fix the problem instead.**

1.

Fix:

2.

Fix:

3.

Fix:

**15. Stop Before You’re Full**

**List the 5 Steps for Slowing Down When You Eat.**

1.

2.

3.

4.

5.

**16. How would you describe a strong “eating ethic”?**

**17. How does your current “eating ethic” match up to the description you gave?**

**18.List three positive “momentum habits” you can develop to help keep moving you forward toward your goals:**

1.

2.

3.

**19. List the top three tips or strategies that you think will be the most helpful to you when you are feeling like you might overeat:**

1.

2.

3.

**20. List 5 positive “Go-To” ideas that you can turn to instead of eating:**

1.

2.

3.

4.

5.