

Your Strategies Worksheet 1

for Healthy Eating Guidelines

Eating healthier is a trajectory. There is no end-game. We simply become more wise at nourishing the complexity of who we are with the simplicity of our informed habits.

common issues	*opportunities*
<p>What are your crutch emotional-eating foods or beverages?</p>	<p>What I want to change first to better nourish myself is:</p>
<p>What are your crutch emotional eating routines or habits? ex. Working while eating lunch to feel productive.</p>	<p>What I want to add in later, once the above change is natural is:</p> <p>What my ideal body nourishment looks like a year from now is:</p>

Your Strategies Worksheet 2

for Healthy Eating Guidelines

What is your biggest obstacles in the healthier eating checklist?

What is your strategy around the obstacle?

What do you sense would be the side benefits you'd experience if you refined your eating habits?

What commitment would be easy for you to make to eat healthier 4 or 5 days a week?