

Intuition Worksheet

for Healthy Eating Guidelines

Notice the insight when you draw in how you feel in your body, mind and spirit below.

What I feel like when I have better eating habits:

What I feel like when I slack into habits that suck me down:

How Am I Nourished Worksheet

for Healthy Eating Guidelines

Take a moment to take stock of your current physiology from your body's perspective. Write in your honest answers:

What have you eaten this week?
Write below:

Do you feel energized after sleeping and after eating?

Do you nourish yourself with self-care therapies in a rhythmic cycle from bathing to oiling your body daily, to resting during your menses monthly? Are you nourishing yourself with care as well as food?

Does your diet feel vibrant or dull?

What % of processed foods are in your diet?

What percentage of your diet is made of fresh plant foods?

How many plant species are in your diet over the course of a year?

Are you increasing this number (dietary species diversity) every year?

Do you sprout, indoor garden, outdoor garden, or wild harvest food for yourself?

What nourishment sounds dreamy to you right now?

Which sense organs are involved?