

eating
with
intention



Lesson 1

LEARNING ABOUT CONSCIOUS EATING AND YOUR MOTIVATIONS BEHIND WELLNESS



How many times have you grabbed a bowl of ice cream when you were watching a sappy movie and having a good cry?

We all enjoy these 'comfort foods' at some point because food IS love and that is totally okay!

It's when we use food to stuff down our emotions and not FEEL them that we get into trouble.

Recognizing how to meet our emotional needs without food is the first step in dealing with emotional eating.

There are several ways to train yourself to stop using food to soothe. Let's look at a few:

- Find ways to better manage stress like getting a massage, yoga, breathe work and meditation
- Check in with yourself before you eat & ask if you're truly hungry
- Take away temptation by having a kitchen stocked with healthy foods
- Have healthy snacks on hand and don't let yourself get too hungry

Having a reason **WHY** you want to get healthy and lose weight is super important, too.

Do you know what motivates you and what fuels your desires?

These motivations are your "why" — the reason you're on this journey to feeling great.

In the next section you'll have a chance to uncover some of your "why" and get a little more clear.

DIGGING DEEPER

QUESTIONS

WITHIN MY BODY ARE ALL THE SACRED PLACES OF THE WORLD, AND THE MOST PROFOUND PILGRIMAGE I CAN EVER MAKE IS WITHIN MY OWN BODY. - SARAHA



NEW TOOLS TO IMPLEMENT

What are 1-3 ways you can manage your stress in a healthy way?

REMEMBERING WHY

Dig deep and list the top 5 things that motivate your reasons to change your health. After this is complete, make a list of all the things that will change in your life if/when your goals are reached. What is stopping you from living this way NOW?

BEING PREPARED

What are 3 healthy snacks you can have on hand so you don't resort to quick fixes?

EATING WITH INTENTION

DIGGING DEEPER
WORKSHEET

SESSION 1



WHAT ARE YOUR TOP 5 MOTIVATIONS TO IMPROVE YOUR HEALTH?



HOW WOULD YOUR LIFE CHANGE IF YOU ACHIEVED YOUR GOALS?



WHAT ARE 3 HEALTHY SNACKS YOU CAN HAVE ON HAND SO YOU DON'T RESORT TO QUICK FIXES?

Lesson 2

TAPPING IN AND LISTENING TO WHAT YOUR BODY IS ASKING FOR



Learning to listen to what your body is actually asking you for and not eating out of habit, ritual or emotions can take a lot of time of practice. When you feel hunger approaching, stop and ask yourself what your body is asking for? What does it need for nourishment? Ask what would give you energy; what would sustain you, what would make you feel satisfied and well nourished. Is your body asking for a cold salad or something more warming? When you get comfortable with this, your eating experience will change. Your body knows what it needs deep within its core — listen to it.

Food goes far beyond satiating hunger. Providing our bodies with the nutrients it needs to thrive is a special gift our body provides. Appreciating and honoring our body is so important when creating a healthy relationship with food. In our daily hustle and bustle, we sometimes forget to slow down and thank our body for it's hard work. Slowing down also helps you become more aware of your eating experience, increasing mindfulness. Pay attention to your breathing throughout your meals, too. Taking time to breathe deeply and connect with your food can help with digestion.

Deep breathing and mindfulness can help you to manage stress, which is a crucial component to your overall health.

Eating with a sense of mindfulness helps with digestion, which elevates your overall eating experience.

Chewing your food well also helps aid in digestion. This is great way to prevent digestive issues such as bloating, gas and constipation and also allows you to slow down and appreciate your meal to an even greater extent.

DIGGING DEEPER

QUESTIONS

YOU ARE ALLOWED TO BE BOTH A MASTERPIECE AND A WORK IN PROGRESS, SIMULTANEOUSLY.” – SOPHIA BUSH



UNDERSTANDING HABITS

Do you find yourself eating more out of habit or hunger? Why do you think this is? What are you feeling or doing when you have the urge to eat outside of meal times?

NEW TIPS TO WORK ON

How can you create a more mindful eating experience for yourself? What are some ways you can slow down and connect more deeply with your food?

PICKING OUT PATTERNS

Spend an entire day concentrating on what runs through your mind before you eat. Write down your pre-meal thoughts to see what patterns emerge.

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DIGGING DEEPER
WORKSHEET

SESSION 2



WHAT ARE TWO WAYS YOU CAN BEGIN
TAPPING IN AND ASKING YOURSELF WHAT
YOU'RE TRULY IN NEED OF WHEN YOU FEEL
HUNGER?



WHAT ARE YOU TYPICALLY DOING WHEN YOU
EAT? (DRIVING, WORKING, SITTING DOWN,
ETC)



IN WHAT WAY(S) CAN YOU BEGIN
IMPLEMENTING NEW PRACTICES TO HAVE A
MORE CONNECTED, FOCUSED, MINDFUL
EATING EXPERIENCE?

Lesson 3

EVALUATING YOUR TRIGGERS AND DIGGING DEEPER



Now that you have a better understanding of the feelings that trigger emotional eating — let's dig a little deeper and evaluate those feelings.

Understanding how to process your feelings before they lead to emotional eating will get you one step closer to food freedom.

Your day was stressful. You had an argument with your boss. You're procrastinating about a work project or doing laundry. You're sad.

What causes you to head to reach for food so you don't have to FEEL?

Some common triggers include:

- Boredom
- Social influences
- Stress/anxiety
- Loneliness
- Depression
- Sadness/Anger

Knowing the triggers that cause emotional eating is an important step in changing your habits.

Use a food diary to help you better understand these patterns.

Use it daily, and you will see a change as you start to understand yourself more!

DIGGING DEEPER

QUESTIONS

“WORTHINESS DOES NOT HAVE PREREQUISITES.” - BRENE BROWN



TRIGGERS

What are your triggers for emotional eating? How can you meet these needs without turning to food?

NEW PRACTICES

What are some new practices you can implement to handle your triggers in a healthy way?

FOOD DIARY

Spend an entire day noticing what runs through your mind before you decide to eat.

Write down your pre-meal thoughts to see patterns emerge that trigger you.

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DIGGING DEEPER
WORKSHEET

SESSION 3

 WHAT ARE THREE OF YOUR BIGGEST TRIGGERS FOR UNHEALTHY BEHAVIOR?

 WHEN DO YOU TYPICALLY COMBAT THESE TRIGGERS?

 UPON OBSERVATION, WHAT EMOTION ARE YOU USUALLY FEELING WHEN THESE TRIGGERS ARE PROVOKED?

Lesson 4

SLOWING DOWN AND CONNECTING



While making healthy food choices is incredibly important — making it a priority to be mindful each time you eat is equally important.

Eating when sad or stressed or anxious will have a different impact on your digestion and nourishment than when eating the same meal with gratitude and love. Instead of diving in, take some time to appreciate your food and your body.

How you feel about the food you're eating is just as important as the food itself.

Take the time to pause and enjoy the smells, colors and textures of your food. Imagine the dedicated farmer who cared for and grew the food for you to eat. Give gratitude for your meal.

Enjoying your meal at this deeper level truly allows your food to nourish you. Do this with ALL of your food choices, not just the "healthy" ones.

Food choices should never bring on shame or guilt. All food can nourish you if you change your mindset. Forgive yourself for using food in the past and create new patterns moving forward.

Taking the time to work on your mindset will truly transform your eating experience and your relationship with food.

DIGGING DEEPER QUESTIONS

HEALTH IS DIFFERENT FOR EVERY BODY AT A DIFFERENT SIZE."

- CRYSTAL RENN



GRATITUDE

A wonderful way to have your mind regularly focused on gratitude is to keep a gratitude journal. Begin this practice and see how things begin to change!

FORGIVENESS

The act of forgiveness is powerful. Write a letter of forgiveness to yourself for your past feelings, habits, or thoughts around food that are holding you back from feeling good in your body.

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DIGGING DEEPER
WORKSHEET

SESSION 4



WHAT ARE THREE THINGS YOU
ARE GRATEFUL FOR TODAY?



WRITE A LETTER OF FORGIVENESS TO
YOURSELF FOR ANY UNHELPFUL FEELINGS,
HABITS, OR THOUGHTS THAT ARE HOLDING
YOU BACK FROM YOUR GREATEST
POTENTIAL.

BE TRUE AND HONEST, AND MOST
IMPORTANTLY, TRULY LET GO AND ALLOW
YOURSELF TO MOVE FORWARD INTO
GREATNESS. YOU DESERVE IT!
