**Awareness Worksheet**

**Triple “A” – Awareness, Acceptance, Action**

Use the following prompts to keep your own journal of **Awareness** of your current relationship with food. When you consider your relationship with food be sure you are tuning into how you feel, what you are thinking, and what are you reacting too…… physically, mentally and emotionally. **Awareness** is the 1st Tool to changing your relationship with food, for life!

1. **When you eat “off” program** (foods that trigger cravings – sugar, flour, fast/fatty foods or more than your weight loss portion)….ask yourself

…..what triggered you or made you crave it? (someone else eating it, stress, tired ect..)

..…how do you feel physically? (bloated, sluggish, tired….find your own words)

…..how do you feel mentally? (what is your self-talk? how honest is that talk? What do you tell yourself that you are going to do next time to keep yourself from eating off plan?)

…..how do you feel emotionally? (disappointed, angry, depressed….find your own words)

2. **When you eat “on” program** (following the food plan and portions)….

…..how do you feel physically? (clean, energetic, tired?)

…..how do you feel mentally? (how is your-self talk different?)

…..how do you feel emotionally? (strong, satisfied with yourself, anxious)

You may feel both good and bad to eating on program and eating off program. This exercise is about Honesty and Awareness, not Judgment. Just write your truth.

Journaling is a powerful tool and maybe one you will adopt into your own design for living…