
INTRO TO
INTUITIVE EATING:
CULTIVATING A POSITIVE
RELATIONSHIP WITH FOOD & BODY

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This workbook is dedicated to you.
Your courage to explore your relationship
with food and body inspires us in the work we do.

- step 1 introduction
- step 2 cultivating curiosity
- step 3 cultivating connection
- step 4 cultivating creativity
- step 5 cultivating awareness
- step 6 cultivating intuition
- step 7 cultivating joy
- step 8 the cultivated self

step 1 introduction

introduction

who we are

A common thread of passion for working with individuals who struggle in their relationship with food and body is what connected us (Emily and Liz); a shared vision of changing the way our clients engage with diet culture is what led to us writing the *Intro to Intuitive Eating: Cultivating a Positive Relationship with Food and Body*.

We are both Registered Dietitians based out of Lincoln, NE. Emily comes with a background of providing nutrition counseling to individuals who struggle with eating disorders, disordered eating patterns, and those who desire to cultivate an intuitive relationship with food. Liz has brought her knowledge and skills developed at a residential level of care for eating disorders to the outpatient world. We are both now in private practice working with individuals and groups. It is a privilege to enter the vulnerable place of our clients' relationship with food and their bodies.

our philosophy

Our philosophy at Sage Nutrition is that food is meant to nourish our bodies and be enjoyed. We value the whole human and celebrate differences in our bodies. Health does not look the same for every individual; it includes aspects of physical, mental, emotional, and spiritual health that must be defined by each person. We seek to provide our clients with evidence-based nutrition knowledge to make informed choices about food and normalize behaviors around food to decrease shame and guilt. Our clients dig into their relationships with food, body, and movement (our term for exercise) with curiosity, so they understand how those relationships were cultivated over time. By understanding the past, clients can define their present and future relationships with food, body, and movement.

introduction

why we created the *Intro to Intuitive Eating* workbook

Our American culture provides an abundance of messaging about food and bodies—a message that we are not enough yet too much. While we know 95% of diets fail, we continue to see individuals reach for the next fad diet, weight loss program, diet pill, or surgery to “fix” themselves. We respect that people may not feel comfortable in their bodies and have a desire to change them. As entering the diet culture hasn’t worked time and time again, we desired to create a program that offers the opportunity to begin to understand *why* diets don’t work and what can be done if someone is feeling stuck, insecure, and lost in their journey. *Intro to Intuitive Eating* was designed to meet individuals where they’re at and help heal their relationship with food and body. Being able to write and share our practice and philosophy has been a process of carefully defining the pathways we have found most successful and sustainable with our patients.

who the *Intro to Intuitive Eating* workbook is for

Intro to Intuitive Eating is for anyone who has...

- felt like they’ve tried every diet imaginable without having long-term success
- experienced frequent weight fluctuation related to dieting
- a love/hate relationship with food
- felt like they’re eating all the ‘right’ foods, knows how to eat ‘healthy,’ and still feels stuck
- been overwhelmed with all the nutrition and diet-related messages
- felt like they’ve ruined their metabolism from years of dieting
- found themselves turning to food when they’re not hungry and aren’t sure why or how to stop

introduction

what is the cultivated self?

Intro to Intuitive Eating: Cultivating a Positive Relationship with Food and Body is a program and workbook designed to guide you in cultivating a positive relationship with food and your body by seeking to find freedom from obsessive or negative thoughts so you can live a joy-filled, meaningful life that aligns with the values you hold.

guiding objectives

1. Understand how the foundation of your relationship with food and body impacts your sense of self.
2. Discover how the Cultivated Eating Cycle offers freedom from obsessive or negative thoughts around food and body.
3. Initiate the principles of the Cultivated Eating Cycle to align your sense of self with the values you hold.

what has motivated you to take this step?

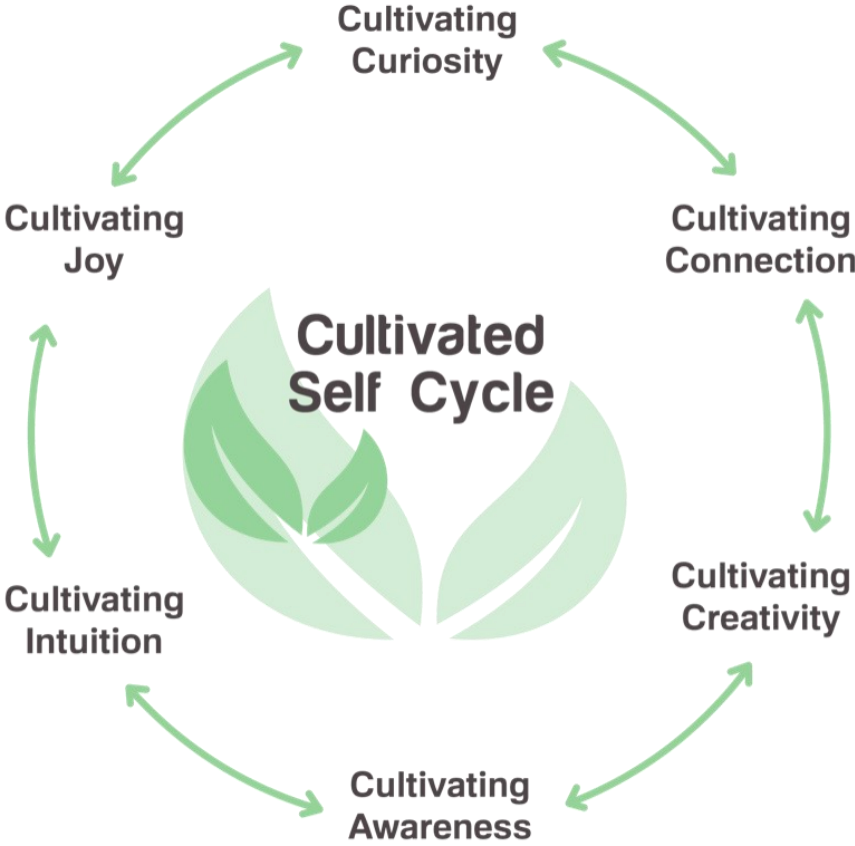
- 1.
- 2.
- 3.

quiet the diet

This worksheet is a collection of beliefs and statements that reflect a diet mentality. It is designed to help provide insight into the relationship you have with food, exercise, and your body. It is a starting place. No answers are right or wrong – they just are. These are beliefs and statements we will consider throughout this workbook and will offer some areas to reflect on as we consider our relationships with food and body. Check the statements that are true for you.

I count calories, points, macros, exchanges of food and/or drinks.	If I perceive that I ate too much at a meal or snack, I feel that I have to exercise more to make up for that food.
I measure or weigh my food to make sure I'm not eating too much.	If there is a meal that I plan on eating more at (i.e. holidays or going out to eat), I will try to exercise before the meal so I don't feel guilty for eating.
I cut out carbs like bread, pasta, rice, and potatoes.	I choose the type of exercise that I do based on how many calories it burns.
I avoid sugar.	I view foods as "good" or "bad" and "healthy" or "unhealthy."
I avoid fat.	I often describe a day of eating as either good or bad.
I avoid eating processed foods.	When eating with others, I worry about what they will think of what I am eating or how much I am eating.
I don't allow myself to drink beverages that contain calories.	I compare how much I eat and what I eat with others. I try to eat less than they do, regardless of how hungry I am.
When I eat at restaurants that list calories, I will choose the meal that contains the least amount of calories.	I like to participate in weight-loss challenges, juice cleanses, and other diets.
I try to eat carefully during the weekdays so that I can eat whatever I want on the weekends.	I read articles about new diets and how to lose weight quickly.
If I do "good" with my diet, I will allow myself "cheat days" to eat whatever I want, regardless of how hungry I am.	I have tried or currently take supplements that promise weight loss.
If I perceive that I messed up on my diet, or ate a forbidden food, I feel like I "blew" it, and end up eating whatever I want, regardless of how hungry I am.	I weigh myself frequently.
If I perceive that I ate too much food at a meal, I will make a point to eat less at the next meal regardless of how hungry I am.	I believe that I have to lose weight to be healthy and accept my body.
If there is a meal that I plan on eating more at (i.e. holidays or going out to eat), I will limit how much I eat leading up to that meal.	I follow profiles on social media that encourage dieting and weight loss.

the cultivated self cycle



the cultivated eating cycle

1 cultivating curiosity

Discover how food functions for you. Food is necessary for nourishing our bodies; however, it often becomes used for comfort, reward, connection, and more. Curiosity will guide us in understanding how to respond to physical, emotional, and environmental signals.

2 cultivating connection

Connect with your body's hunger and fullness cues. If you've been deciding when and how much you should eat based on rules and/or your perception of self, you can start to ditch the rules for good and learn how to listen to your body.

3 cultivating creativity

Explore how your beliefs about food and your definition of health influences your relationship to food and body. Uncover the truth about food with evidence-based research and find freedom with food.

4 cultivating awareness

Develop mindfulness while eating so you can truly enjoy the food you eat, focus on the experience of eating, and listen to your body's cues.

5 cultivating intuition

Build trust with your body. Begin to recognize how your body communicates what and how much food it needs to become an intuitive eater again.

6 cultivating joy

Define what joy feels like for YOU. What do you want to invest your time and energy in? What would freedom from negative thoughts around food and body open the door for you to experience and enjoy?

core values

We are often drawn toward people that demonstrate the values that are important to us. Begin this process by noting 5-10 values that describe the people you admire most.

ACCEPTANCE	FUN	OPENNESS
ACHIEVEMENT	GENEROSITY	OPTIMISM
ADVENTURE	GRATITUDE	ORDER
ASSERTIVENESS	GROWTH	PATIENCE
AUTHENTICITY	HAPPINESS	PEACE
AUTHORITY	HEALTH	PERSISTENCE
AUTONOMY	HONESTY	PLEASURE
BALANCE	HUMILITY	POPULARITY
BEAUTY	HUMOR	POWER
CARING	INDEPENDENCE	REPUTATION
COMMUNITY	INFLUENCE	RESPECT
COMPASSION	INNER HARMONY	RESPONSIBILITY
COMPETENCY	INTIMACY	SAFETY
CONNECTION	INTEGRITY	SECURITY
CONSISTENCY	INTELLIGENCE	SELF-AWARENESS
COOPERATION	JOY	SELF-CARE
COURAGE	JUSTICE	SELF-DEVELOPMENT
CREATIVITY	KINDNESS	SERVICE
CURIOSITY	KNOWLEDGE	STABILITY
DETERMINATION	LEADERSHIP	SUCCESS
ENCOURAGEMENT	LEARNING	STATUS
EQUALITY	LOGIC	TRUST
FAIRNESS	LOVE	VICTORY
FAITH	LOYALTY	WEALTH
FAME	MATURITY	WHOLENESS
FLEXIBILITY	MEANINGFUL WORK	WISDOM
FORGIVENESS	MINDFULNESS	

what are your top five core values?

From the list of core values you identified on the previous page, choose five that you connect with most.

In what ways do these values guide your everyday life—in relationships, career and business, volunteer experiences, decision making, self-development, etc.? Highlight the ways you see yourself living in accordance to these values in your day-to-day life.

core value	how does this value influence my day-to-day life:

core values in relationship to food & body

When you examine your values in the context of your relationship to food and body, consider how you are currently living in alignment and where there may be conflict in relationship to your core values.

core value	how am I in <i>alignment</i> to this value in relationship to food and body?	how am I in <i>conflict</i> to this value in relationship to food and body?

questions to consider

- 1 How much time and energy do you feel you spend daily/weekly basis do you spend engaging in “diet mentality” (as defined by thoughts and behaviors in the *Quiet the Diet* questionnaire)? Consider what percent of your day is consumed, either directly or indirectly, by thoughts of food, weight, and body image struggles. How might the distraction of diet mentality pull you away from people you enjoy spending time with, places you enjoy going, and things you enjoy doing?
- 2 What is it in your every day, ordinary life—your sleeping, eating, going-to-work, and walking-around life that gives you a sense of purpose? If you could take all the energy that is invested in thinking negatively about food, weight, and body image and invest it in something else, where would you put that energy?
- 3 Without judgement, how might your relationship with food and your body pull you away from your values? How could your behaviors and self-talk shift to more fully live in accordance with your values?

food and body timeline

Start off by drawing a timeline that notes the significant events from childhood to present. Then go back through the timeline and add notes detailing what you recall about beliefs, patterns, and behaviors happening with regard to food, weight, and body image.

Questions to Consider

What is your first memory with food?

When did you start your first diet?

Did anyone ever make comments to you about your body?

How have you felt *in* your body at different ages?

How have you felt *about* your body at different ages?

Who/what has influenced your ideal body image?

What messages have you heard about food and your body?

When is a time you enjoyed food?

When is a time you've felt connected to your body?

Every piece of your story is relevant—no matter how big or small it may feel.

reflections of step one

Journal about the insights you experienced through step one.

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step 2 cultivating curiosity

cultivating curiosity

<p>ENVIRONMENT</p> <p>What influences why I choose to eat?</p>	<ul style="list-style-type: none">• Physical Signals<ul style="list-style-type: none">• Physical responses from the body that send chemical, hormonal, or physical signals to eat.• Emotional Signals<ul style="list-style-type: none">• Feelings that encourage you to turn to food to cope because that's what you've learned works or have been taught to do.• Environmental Signals<ul style="list-style-type: none">• External sights, smells, places, events, and people that have created associations with food.
<p>BEHAVIOR</p> <p>How do I respond when I am aware of why I am eating?</p>	<ul style="list-style-type: none">• Cultivate Curiosity<ul style="list-style-type: none">• Explore the physical, emotional, and environmental signals that are influencing your decision to eat and respond to those signals accordingly.• Create Space<ul style="list-style-type: none">• Use distractions or separate yourself from the food until you are ready to be curious or eat the food without judgment.• Consume<ul style="list-style-type: none">• Eat the food without judgment. Reflect on the signals that influenced your decision to eat (if it was not hunger) to learn from that experience.
<p>SELF</p> <p>How do I feel about the reason I am choosing to eat and how I respond?</p>	<ul style="list-style-type: none">• Self-Worth<ul style="list-style-type: none">• Your self-worth is not dictated by what and how much you eat, nor is it dictated by your body.• Non-Judgmental<ul style="list-style-type: none">• Food is neither good or bad, it is simply food. Allow yourself unconditional permission to eat the food. If you are feeling guilty for eating, engage your curiosity. We do not need to blame the food for our behavior, but we also don't need to punish ourselves.

what are examples of signals?

<p>PHYSICAL SIGNALS</p>	<ul style="list-style-type: none"> • Hunger • Thirst • Fatigue • Salivation • Urge to chew, crunch, or suck 	<ul style="list-style-type: none"> • Pain • Hormonal cycles • Medication side effects • Medical conditions
<p>EMOTIONAL SIGNALS</p>	<ul style="list-style-type: none"> • Pleasure • Reward • Love • Connection • Boredom • Feeling overwhelmed • Stress • Loneliness • Worry/Tension • Sadness • Guilt/Shame 	<ul style="list-style-type: none"> • Anger • Avoidance • Negative self-talk • Perfectionistic thinking • Communicating with body size • Dieting mentality to cope with emotional needs • Eating disorders • Body dissatisfaction • Spiritual needs • Comparison
<p>ENVIRONMENTAL SIGNALS</p>	<ul style="list-style-type: none"> • Meal time • Dieting • High-risk times (i.e. habitual eating during afternoon slump) • Holidays • Weather • Preventative eating –fear of being hungry • Food suggestibility • Trigger foods • Advertising 	<ul style="list-style-type: none"> • Social events • Grocery shopping • Cooking • Food associations • Eating while driving • Talking on the phone • Obligatory eating—"rude to refuse food" • Eating what's left/"clean plate club" • Serving sizes • Dining out • Business entertaining • Eating at work

what is your body telling you?

<p>PHYSICAL SIGNALS</p>	<ul style="list-style-type: none"> • Are you thirsty? • Are you hungry? • Are you tired? • What have you had to eat today? [have you included a balance of carbs, protein, and fat in your day?]
<p>EMOTIONAL SIGNALS</p>	<ul style="list-style-type: none"> • How do you want to respond to the emotion you're experiencing? • Would this response offer short-term emotional relief or emotional release? <ul style="list-style-type: none"> • Short-Term Emotional Relief = temporary response to an emotional need • Emotional Release = identifying and engaging in the process to meeting your true need
<p>ENVIRONMENTAL SIGNALS</p>	<ul style="list-style-type: none"> • In considering the environmental signal, does it serve your body in any way to move forward with consuming the food? <ul style="list-style-type: none"> • i.e. mealtimes, access to food, and work/school/event schedules • Can you remain mindful through the experience? • Can you consume the food without judgement?

CURIOSITY	CREATING SPACE	CONSUME
<p>You may experience more than one signal.</p>	<p>Make a list of 3-5 helpful distractions away from the food and offer room for curiosity.</p>	<p>Remember you have unconditional permission to eat the food without judgement.</p>

cultivating curiosity

Practice cultivating curiosity when you eat on at least 3 days of the week. Use the log below and the example signals as a guide to discover the physical, emotional, and environmental signals that lead you toward food.

what time is it?	curiosity why am I eating? *what signals did you experience?	curiosity what do I need? *what is your body telling you?

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what is your ideal body image?

In this space, consider and draw or write about your ideal body image. Consider what image and characteristics come to mind about the body that, if given the option, you would like to have. Using words, define/describe the characteristics of your ideal body.

Questions to Consider

How would you describe this body?

What physical attributes are important to you?

How do you think you would feel in this body?

Are there physical abilities that are important to you?

What makes a person beautiful/attractive?

What aspects of your body cause you to feel insecure?

Do you find a certain weight or clothing size ideal?

Would you ever consider surgically changing a part of your body?

questions to consider

- 1 What core beliefs do you hold in relationship to weight and body image? (i.e. "I'll be happy when I'm thinner," "I'll be healthier if I lose weight.")
- 2 What barriers do you have in recognizing and responding to the signals you experience?
- 3 How do your beliefs and ideals surrounding body image align with and/or conflict with your core values?

experience of emotion

In our society, we often experience a sense of urgency to hurry and “fix” our bodies, hide our emotions, and push aside the past. The past. The very place in which our beliefs and ideals stem from—an important place. We want quick fixes. Easy fixes. Fixes that don’t involve looking back or feeling the emotions connected with current circumstances. Our goal in this exercise is to discover how and where we experience different emotions and whether we use food or movement in response to different emotions.

1 When have you experienced feeling hurt?

Do you turn toward or away from food when feeling hurt?

If so, what would be a healthy coping skill to utilize when feeling hurt?

2 When have you experienced anger?

Do you turn toward or away from food when feeling anger?

If so, what would be a healthy coping skill to utilize when feeling anger?

3 When have you experienced guilt or shame?

Do you turn toward or away from food when feeling guilt or shame?

If so, what would be a healthy coping skill to utilize when feeling guilt or shame?

4 When have you experienced feeling anxiety?

Do you turn toward or away from food when feeling anxiety?

If so, what would be a healthy coping skill to utilize when feeling anxiety?

5 When have you experienced boredom?

Do you turn toward or away from food when feeling bored?

If so, what would be a healthy coping skill to utilize when feeling bored?

experience of emotion

6 When have you experienced stress?

Do you turn toward or away from food when feeling stress?

If so, what would be a healthy coping skill to utilize when feeling stress?

7 When have you experienced loneliness?

Do you turn toward or away from food when feeling lonely?

If so, what would be a healthy coping skill to utilize when feeling lonely?

8 When have you experienced worry?

Do you turn toward or away from food when feeling worried?

If so, what would be a healthy coping skill to utilize when feeling worried?

9 When have you experienced insecurity?

Do you turn toward or away from food when feeling insecure?

If so, what would be a healthy coping skill to utilize when feeling insecure?

10 When have you experienced grief?

Do you turn toward or away from food when feeling grief?

If so, what would be a healthy coping skill to utilize when feeling grief?

goals and values

reflecting on everything you've learned and discovered in Cultivating Curiosity, consider 3-5 ways being curious about your relationship with food and body would bring you closer to your core values.

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step 3 cultivating connection

cultivating connection

<p>ENVIRONMENT What influences my ability to listen to hunger cues?</p>	<ul style="list-style-type: none"> • Rules: do past diet rules dictate when you are “allowed” to eat? A rule implies that your body cannot be trusted and that you need to control it. Ditch those rules because every body is different. • Physical Distractions: many things can interfere with allowing yourself to check in with hunger. You may choose to ignore hunger because you’re busy with other things. Practice pausing during your busy day to check in, listen to your body, and honor what you need. • Emotions: sometimes you will bring emotions into a meal. It’s okay. Rather than shutting down emotion, reflect back to Cultivating Curiosity to explore them; consider how you can meet those emotional needs before or after eating.
<p>BEHAVIOR When do I respond to hunger?</p> <p>*Refer to the Hunger/ Fullness Scale found on next page.</p>	<ul style="list-style-type: none"> • Physical Sensations: notice how your body cues hunger. <ul style="list-style-type: none"> • Light headed, stomach growling, headache, irritability, fatigue/ low energy, difficulty concentrating. • Hunger Scale: aim to honor hunger around 3 or 4. Waiting until you are between 0 and 2 on the scale can often lead to overeating. • No Sensations: maybe your body doesn’t cue hunger right now or only does so when you’re extremely hungry. Oftentimes, bringing in structure can help with cuing our body to send hunger signals. Aim to eat every 4-5 hours (or sooner if you are experiencing hunger cues).
<p>SELF How do I feel when I experience hunger?</p>	<ul style="list-style-type: none"> • Preventative Eating: if the feeling of hunger often leads to overeating or bingeing, you may avoid letting yourself get hungry. With increased connection to your body, you’ll be able to respond when your body is closer to a 3 or 4 on the hunger scale and nourish your body without overeating. • Willpower: ignoring hunger pains, despite diet culture, is not a sign of willpower. Instead, it is ignoring your body’s way of communicating what it needs. Listen to your body—it’s full of wisdom. • Trust: trusting your body may feel like a two-way street right now, moving in opposite directions. Trusting that your body will communicate, as your body trusts that you will respond to its needs will turn that street into a parallel road.

physical hunger/fullness scale

0	Starved —Significant physical distress (hypoglycemic, light headed) or disconnect. Increased likelihood of overeating or bingeing when food becomes available.
1	Uncontrollable —Unable to control strong urges to eat; more apt to eat mindlessly.
2	Empty —Overtly aware of physical hunger cues. Body is in need of food, but could still eat mindfully while nourishing the body.
3	Hungry —Ready to eat; physical cues are present but not uncomfortable or urgent.
4	Slightly Hungry —Interested in eating but could wait if needed. Could also make the choice to eat if the next eating opportunity was going to be a long wait.
5	Neutral —no urge to restrict or eat.
6	Comfortably Satisfied —Don't feel the need to eat more but could make the choice to eat more without feeling uncomfortable.
7	Full —Content; don't physically need more food. Would start to feel uncomfortable if more food was eaten.
8	Stuffed —have no interest in food.
9	Uncomfortable —Have no interest in food; somewhat uncomfortable physically.
10	Physically Sick —physically unable to eat food.

cultivating connection

Practice cultivating connection when you eat on at least 3 days of the week. Use the log below to continue engaging curiosity when deciding to eat, while also using the hunger/fullness scale to connect to your body's experience of hunger.

what time is it?	curiosity why am I eating? *what signals did you experience?	connection rate your hunger level *hunger/fullness scale

cultivating connection

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what time is it?	curiosity why am I eating? *what signals did you experience?	connection rate your hunger level *hunger/fullness scale

what is your perceived body image?

In the space below, write about or draw how you perceive your own body image. Define/describe the characteristics that define how you perceive the attributes of your body.

Questions to Consider

When you look in a mirror, what do you see?

What parts of your body do you like/dislike or feel neutral toward?

How do you feel in this body?

How do you think others perceive you?

Are there parts of your body that you try to hide?

Describe the features of your body that you feel most self-conscious about.

How would you describe your body to someone else?

What about your body do you celebrate?

self-perception

The way we perceive ourselves is rooted in beliefs that have developed from the influence of family, peers, society, and lived experiences. Consider how you perceive yourself in the following four aspects of life.

APPEARANCE AND BODY IMAGE | PHYSICAL, MENTAL, AND EMOTIONAL HEALTH

I want to be perceived as:

I do not want to be perceived as:

1) Why are things important to you?

2) Where did you receive the messages that fuel these desires and perceptions?

questions to consider

- 1 Reflecting back on the different levels of hunger you've experienced, how did that relate to the hunger signal (physical, emotional, or environmental) you were experiencing?
- 2 What has been your experience with hunger in the past (i.e. waiting until you're ravenous or maybe not allowing yourself to experience hunger) and how has that played a role in your relationship to food and your body?
- 3 How has your perceived body image been influenced by your peers, family, and culture?

goals and values

reflecting on everything you've learned and discovered in Cultivating Connection, consider 3-5 ways listening to and honoring your needs may bring you closer to your core values.

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step 4 cultivating creativity

cultivating creativity

<p>ENVIRONMENT</p> <p>How does my environment impact what I choose to eat?</p>	<ul style="list-style-type: none"> • Home: how your kitchen is organized can influence your food choices. <ul style="list-style-type: none"> • Do you see variety in colors, textures, and flavors of food? How are your pantry and refrigerator organized? What food do you keep on your counters? • Work: how does your workplace influence what you choose to eat? • Other: your environment can also include any other places you might eat or think about food. It also includes the people around you. How do these relationships influence your food choices?
<p>BEHAVIOR</p> <p>What do I choose to eat?</p>	<ul style="list-style-type: none"> • Desires: ask yourself what sounds good. Use your senses—do you want something warm/cold, salty/sweet, spicy/bland, crunchy/smooth? • Needs: your body needs a variety of nutrients and you can balance this with your desires. When you begin listening to your body's needs, your desires will naturally become those needs. • Availability: check what you have available in the moment, wherever you are at. If the food you want and/or need is not available, is it reasonable to go get it? Or, can you work with what you have available right now? Give yourself permission to get what you really wanted when it becomes more available and if it still sounds good.
<p>SELF</p> <p>How do I feel emotionally in relationship to my food choices?</p>	<ul style="list-style-type: none"> • Food rules/beliefs: allowing food rules to dictate what you eat, or feel guilty for eating, gives the food more power than it deserves. Challenge food rules with truth and remember food is meant to be enjoyed. • Liberalizing food choices: if you have foods that have been off-limits or restricted, gradually re-introduce those foods. Use the hierarchy worksheet and food challenge journal on the following pages. • Challenging comparisons: it can be hard to not let others' comments or food rules influence your own. Your body has it's own desires and needs—learn to trust YOUR body.

kitchen assessment

1 how do you feel when you walk into your kitchen?

2 where do you enter the kitchen?

- the garage
- the living room
- the dining room
- the front door

3 how do you feel this influences when and what you eat?

4 how confident are you in the food choices you make?

1 5 10

(1=not confident at all; 10=very confident)

5 if applicable, describe any food choices you would like to gain confidence with:

- choosing vegetables that are in season
- easy-to-pack lunches for work
- putting together a balanced meal
- choosing foods at restaurants

6 how confident are you in navigating and purchasing foods at the grocery store?

1 5 10

(1=not confident at all; 10=very confident)

kitchen assessment

- 7 what electronic devices do you tend to keep and use in the kitchen?
- phone
 - computer
 - iPad
 - tablet
 - other: _____
- 8 what cooking appliance(s) do you keep on the counters?
- toaster
 - blender
 - microwave
 - coffee maker
 - food processor
 - hand-mixer/stand-mixer
 - other: _____
- 9 what cooking appliance(s) do you keep in the cupboards?
- toaster
 - blender
 - microwave
 - coffee maker
 - food processor
 - hand-mixer/stand-mixer
 - other: _____
- 10 what cooking appliance(s) do you use most often?
- toaster
 - blender
 - microwave
 - coffee maker
 - food processor
 - hand-mixer/stand-mixer
 - other: _____
- 11 are there any appliances that you avoid using because they are not convenient to get to?

kitchen assessment

- 18 how much time do you typically spend preparing your meals?
- 5-15 min
 - 15-30 min
 - 30-45 min
 - 45-60 min
 - more than 1 hour
- 19 what factors influence how much time you have to prepare your meals?
- 20 how do you feel when you look into your refrigerator?
- underwhelmed
 - neutral
 - overwhelmed
- 21 how is your refrigerator organized?
- what is at eye-level?
 - what is above eye-level?
 - what is below eye-level?
- 22 how often do you find that you buy food(s) and don't use them before their expiration date, or let food spoil?
- 23 how often do you clean out your refrigerator?

kitchen assessment

- 24 how do you feel when you look into your pantry?
- underwhelmed
 - neutral
 - overwhelmed
- 25 what pantry-staples do you keep on hand most of the time?
- 26 how is your pantry organized?
- what is at eye-level?
 - what is above eye-level?
 - what is below eye-level?
- 27 do you have adequate dishware?
- yes
 - no
- 28 how often do you clean your dishes?
- daily
 - every few days
 - wait for a full sink
- 29 does access to clean dishware influence your decision to prepare meals at home?
- yes
 - no
- 30 where do you eat the majority of your meals?
- couch
 - car
 - counter
 - dining room table
 - other: _____

kitchen assessment

31 what electronic devices, if any, are present during meal times?

- tv
- computer/tablet
- phone
- other: _____

32 how do electronic devices influence your dining experience?

33 how much time do you (typically) spend eating your meals?

- <15 min
- 15-30 min
- 30-60 min

34 how do you serve yourself for a meal?

- family-style (at the table)
- pre-portioned
- buffet-style (at the counter)
- other: _____

35 are you eating your meals:

- alone
- with others

how do you think this affects the choices and/or portions you make/take?

36 how many times do you go out to eat in a week?

- 0-1 times
- 2-4 times
- more than 5 times

37 what factors influence whether you prepare a meal or go out to eat?

- time
- convenience
- other: _____

cultivating creativity in your kitchen:

10 strategies to consider

- 1 Create a kitchen that you enjoy being in. This may be through cultivating a welcoming environment by minimizing clutter, refreshing the décor, or reorganizing to make your kitchen more accessible.
- 2 What you see at eye-level in your refrigerator and pantry tends to influence your choices first. Consider arranging your refrigerator, pantry, and cupboards with this in mind—highlight the choices you want to enjoy and explore at eye-level.
- 3 Keep cooking utensils and appliances that you use most often (or that you want to experiment with) in easy-to-reach locations to make meal prep more efficient.
- 4 There are many different styles of meal planning. Consider a variation of meal planning that works within your lifestyle. This can be as simple as planning your meals one day in advance or planning and prepping your meals for the week. Do what works best for YOU!
- 5 Consider food items that add convenience when it would be helpful—such as, pre-cut fruits and veggies, microwavable grains, pre-made sauces, Rotisserie chicken, pre-seasoned meat/poultry/seafood, and frozen entrees.
- 6 Don't forget you can plan meals out into your week! This allows you to be more intentional in the meals you choose to eat out, it adds flexibility with meals during busy times, and
- 7 Create a designated space where you eat the majority of your meals and snacks. Minimize distractions such as TVs, phones, and other devices so you can more fully experience the
- 8 The recommended amount of time for a meal is 30 minutes; this may vary if you're eating alone or with others. A slower pace and using your senses generally improves the enjoyment and experience while eating.
- 9 Many grocery stores have Registered Dietitians available to provide tours to help you grow your confidence in picking out produce, meat, and new products you'd like to try.
- 10 Check out local cooking classes available to learn new cooking methods and skills. Sites like YouTube have many great tutorial videos available for free to hone your cooking methods and skills.

cultivating creativity

Practice cultivating creativity when you eat on at least 3 days of the week. Use the log below to continue engaging curiosity and connecting to your body's experience of hunger. Ask yourself what you want, need and have available when deciding what to eat.

<p>creativity what did I choose to eat and why?</p>	
<p>connection how did I decide when to eat? *hunger/fullness scale</p>	
<p>curiosity why am I eating? *what signals did you experience?</p>	
<p>what time is it?</p>	

cultivating creativity

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<p>what time is it?</p>	

food challenge

Are there any foods you're avoiding, eliminating, or that cause you distress when consumed (with the exception of a food allergy or medical condition)? Part of Cultivating Creativity with food is to give yourself permission to liberalize *all* foods. Use this activity to begin that practice.

- 1 **Make**—a list of all the foods that you avoid or foods that are “off-limits” using the hierarchy on the next page.
- 2 **Pick**—one food to liberalize
- 3 **Schedule**—a day and time that you are going to practice giving yourself unconditional permission to eat this food. Scheduling a day and time is not something you'll always have to do, but it helps to set yourself up for success if this is a food that you've avoided for a long period of time or have given significant power to.
 - **Choose**—a time of day when you are not likely to be too hungry and you have adequate time to eat the food (~20 minutes).
 - **Choose**—a place to eat the food that is not distracting or chaotic.
- 4 **Buy, Prepare, or Order**—one serving of the food.
- 5 **Check-in**—before, during, and after eating the food.
 - **Before**—What emotions are you experiencing? How hungry are you? What fears do you have about eating this food?
 - **During**—Notice the taste, texture, smells. Does the food meet your expectations? How fast are you eating? What emotions are you experiencing?
 - **After**—How did the experience go? Did anything surprise you? How do you feel physically and emotionally? If you are experiencing any negative thoughts or guilt/shame, how can you counter these thoughts?
- 6 **Remind**—yourself that you will be able to have this food again, with unconditional permission. Notice that you may initially want to have this food often, which is normal if you've restricted the food for a period of time. This urge to eat the food frequently will subside with unconditional permission.
- 7 **Continue**—practicing this exercise until you feel a sense of freedom with the food. If applicable, challenge yourself to have the food available in the house when you feel ready (not just one serving at a time).
- 8 **Repeat**—with the other foods on your list

hierarchy of “off-limits” foods

do not avoid		rarely avoid		sometimes avoid		usually avoid		always avoid		
0	1	2	3	4	5	6	7	8	9	10
no distress		slight distress		definite distress		strong distress		extreme distress		
	DESCRIPTION							AVOID	DISTRESS	
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										

food challenge journal page

Review— the list of all the foods you avoid or foods you consider “off-limits.”

Pick one food to liberalize: _____

Choose a day: _____

Choose a time: _____

Choose a place: _____

Prepare— one serving of the food.

Check-in—

- Before—

What emotions are you experiencing?

How hungry are you?

What fears do you have about eating this food?

- During—

Notice the taste, texture, smells. Does the food meet your expectations?

How fast or slow are you eating?

What emotions are you experiencing?

- After—

How did the experience go?

Did anything surprise you? How do you feel physically and emotionally?

If you are experiencing any negative thoughts or guilt/shame, how can you counter these thoughts?

food challenge journal page

Review— the list of all the foods you avoid or foods you consider “off-limits.”

Pick one food to liberalize: _____

Choose a day: _____

Choose a time: _____

Choose a place: _____

Prepare— one serving of the food.

Check-in—

- **Before**—

What emotions are you experiencing?

How hungry are you?

What fears do you have about eating this food?

- **During**—

Notice the taste, texture, smells. Does the food meet your expectations?

How fast or slow are you eating?

What emotions are you experiencing?

- **After**—

How did the experience go?

Did anything surprise you? How do you feel physically and emotionally?

If you are experiencing any negative thoughts or guilt/shame, how can you counter these thoughts?

food challenge journal page

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Choose a place: _____

Prepare— one serving of the food.

Check-in—

- Before—

What emotions are you experiencing?

How hungry are you?

What fears do you have about eating this food?

- During—

Notice the taste, texture, smells. Does the food meet your expectations?

How fast or slow are you eating?

What emotions are you experiencing?

- After—

How did the experience go?

Did anything surprise you? How do you feel physically and emotionally?

If you are experiencing any negative thoughts or guilt/shame, how can you counter these thoughts?

questions to consider

- 1 What strategies do you want to implement to Cultivate Creativity within your kitchen environment?
- 2 What are the food rules or beliefs that you still hold onto or find it hard to let go of? Where did those beliefs originate?
- 3 Has cultivating curiosity and connection influenced your attitude or beliefs about food? If so, how?

goals and values

through Cultivating Creativity, you have worked toward finding freedom with food. consider 3-5 ways this freedom may extend to other areas of your life that would bring you closer to your core values.

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step 5 cultivating awareness

cultivating awareness

<p>ENVIRONMENT How does my environment influence my ability to eat mindfully?</p>	<ul style="list-style-type: none"> • People—Eating with others can be a way to connect and build relationships; however we can also become distracted when eating socially and eating mindlessly. • Technology—Do you multitask while eating? Watching TV, scrolling through your phone, listening to podcasts or music are all distractions that can lead to mindless eating. • Emotions—Recognize when you might be bringing emotions into a meal. Create a plan to acknowledge your emotions and meet those needs, even if it has to happen after the meal. • Other—Is your kitchen, dining room, or desk at work cluttered? Does that distract you from eating mindfully?
<p>BEHAVIOR How do I eat?</p>	<ul style="list-style-type: none"> • Location—Eating in a designated location [i.e. dining room] and sitting down while eating allows your body and mind to focus on making the connection that you are nourishing your body—not just checking a task off your to-do list or as something associated with watching TV. • Pace—It's true that it takes time for your stomach to communicate to your mind that you are full. Try creating a pause in the middle of eating to assess your pace if you tend to eat quickly. A recommended duration for a meal is 20-30 minutes. • Senses—When eating becomes intentional and mindful, you gain awareness of every aspect of the food—tastes, smells, colors. Rather than saving the “best for last” with your food, try eating what looks best first. The sensitivity of your taste buds actually decreases as you eat as a way to communicate satisfaction and fullness to you.
<p>SELF What do I experience emotionally when I eat?</p>	<ul style="list-style-type: none"> • Before—Enter into a meal or snack with neutral thoughts toward the food and with the purpose of nourishing your body. • During—When you pause to re-orient yourself to mindful eating techniques, check in with your thoughts and emotions. • After—Reflect on the experience of eating and any thoughts or emotions that are lingering or have developed while eating.

mindful eating exercise

Begin by connecting to your breath and body, feel your feet on the ground and notice your experience in this moment. With your awareness in this moment, notice any thoughts, sensations or emotions you are experiencing. (Pause)

Tune into the awareness or sensation that you have in your body of feeling hungry, thirsty or maybe even feeling full. If you were going to eat or drink something right now, what is your body hungry for? What is it thirsty for? Just pay attention and notice with awareness the sensations that give you this information. (Pause)

Now, bring your attention to the item in your hand and imagine that you are seeing it for the first time. Observe with curiosity as you pay attention and notice the color, shape, texture, and size. Is there anything else that you notice, sense or feel? (Pause)

Imagine what it took for this item to get to your hands: sunshine, water, time, processing, and shipping. You may choose to be aware of gratitude for everyone involved in the cultivation and preparation of this item of food. You may choose to bring in your own gratitude or spiritual blessing. (Pause)

Now place the item between your fingers and feel the texture, temperature and ridges. You may notice smoothness or stickiness. Again, notice if you have any thoughts, sensations or emotions at this time. Continue to breathe and be fully present in this moment. (Pause)

Take the piece of food and bring it toward your nose and smell with your full awareness. Notice if you have any memories, sensations or reactions in your body. Even before you eat it, you may notice that you begin to have a digestive response in your body just by noticing and smelling. (Pause)

With full awareness of your hand moving toward your mouth, place the object (fruit or chocolate) into your mouth without chewing or swallowing it. Just allow it to be in your mouth, roll it around to different parts of your mouth and tongue. Notice the flavor and texture. Notice the physical sensations within your body, especially your mouth and your gut. Continue to breathe as you explore the sensation of having this item in your mouth. (Pause)

Next take just one bite and notice the flavor, notice the change of texture. Then very slowly begin to chew this piece of food, and notice the parts of your mouth that are involved in chewing. Notice the sound and movement of chewing, as you continue to notice the sensations and flavor. (Pause)

When you are ready, swallow this item and notice the path that it follows from your mouth and throat into your stomach. Notice the sensation and taste that may linger in your mouth. Connect again to your body and your breath and notice your experience in this moment. (Pause)

The Mindful Eating Script written by Christine Milovani, LCSW, based on information from KabatZinn's book Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness published by Delacorte Press in 2013 and McWatter's article Mindful Eating 101: Eating in the Present Moment available at http://www.drmcwatters.com/files/Mindful_Eating_101.pdf.

mindful eating practice

Using the mindful eating instructions, complete the mindful eating exercise three times throughout the week and journal about your experiences below. Ideally, choose three different eating experiences such as a weeknight dinner, weekend lunch, and work day snack to explore how you can build awareness with different eating scenarios.

What meal are you eating? _____

What did you choose to eat? _____

Location/Time: _____

Technology/Distractions: _____

People Present: _____

Check-in—

- Before—

What expectations do you hold for this meal? (*i.e. favorite meal=high expectations; something new=unknown expectations; least favorite meal=low expectations*)

What emotions, thoughts, and physical sensations are you experiencing?

- During—Notice the taste, color, texture, smells.

How fast or slow are you eating?

What emotions, thoughts, and physical sensations are you experiencing?

- After—

Did technology/distractions influence your ability to eat mindfully? If yes, how?

What emotions, thoughts, and physical sensations are you experiencing?

How did this meal compare to your expectations for it?

mindful eating practice

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- During—Notice the taste, color, texture, smells.

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What emotions, thoughts, and physical sensations are you experiencing?

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What emotions, thoughts, and physical sensations are you experiencing?

- During—Notice the taste, color, texture, smells.

How fast or slow are you eating?

What emotions, thoughts, and physical sensations are you experiencing?

- After—

Did technology/distractions influence your ability to eat mindfully? If yes, how?

What emotions, thoughts, and physical sensations are you experiencing?

How did this meal compare to your expectations for it?

cultivating awareness

Practice cultivating awareness when you eat on at least 3 days of the week. Use the log below to continue engaging curiosity and connecting to your body's experience of hunger. Ask yourself what you want, need and have available when deciding what to eat. Practice incorporating mindful eating techniques.

awareness how did I practice mindfulness?	
creativity what did I choose to eat and why?	
connection how did I decide when to eat? <small>*hunger/fullness scale</small>	
curiosity why am I eating? <small>*what signals did you experience?</small>	
what time is it?	

cultivating awareness

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creativity what did I choose to eat and why?	
connection how did I decide when to eat? *hunger/fullness scale	
curiosity why am I eating? *what signals did you experience?	
what time is it?	

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<p>curiosity why am I eating? *what signals did you experience?</p>	
<p>connection how did I decide when to eat? *hunger/fullness scale</p>	
<p>creativity what did I choose to eat and why?</p>	
<p>awareness how did I practice mindfulness?</p>	

questions to consider

- 1 What barriers did you encounter in practicing mindful eating? What actions have you taken, or do you want to take, to cultivate an environment that supports mindful eating?
- 2 How did practicing mindful eating change your experience with food?
- 3 As you were going through the mindful eating practice, were there any negative or disruptive thoughts that popped up toward the food, your body, or yourself? If so, what were those thoughts?

negative self-talk awareness

The way you to speak to yourself matters. When the messages that you tell yourself about food and your body are negative, those messages start to feel like the truth and diminish your self-worth. For now, you are just creating awareness of what those thoughts are and why they feel like the truth when you say them to yourself (i.e. Where did you hear this message from? Who did you hear this message from?)

Questions to Consider

What thoughts do you have related to food and your body?

What thoughts do you have related to your weight?

Do you criticize yourself for the food you eat?

Do you criticize yourself when you look in the mirror? If so, what are those thoughts?

Do you talk negatively about your body to other people?

Does the number on the scale influence how you perceive yourself?

Do your negative thoughts impact your social life?

what is the thought?

why does this feel true?

goals and values

how could Cultivating Awareness (the process of mindfulness) be applied to your five core values?

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step 6 cultivating intuition

cultivating intuition

<p>ENVIRONMENT</p> <p>How does my environment influence how much I eat?</p>	<ul style="list-style-type: none"> • Rules/Beliefs: Explore the rules or beliefs that may play a role in determining how much you eat at meals/snacks. For example, past diet rules like “no more than ‘X’ number of calories for a meal.” Go back to your childhood; were there rules about cleaning your plate before you could have dessert or leave the table? How do these influence you today? • Distractions: Reflect back to Cultivating Awareness to explore if the places you tend to eat the most are (reasonably) free of distraction. If you still tend to multi-task while eating, how does this impact your ability to check in with fullness? • Comparison: Do you eat different amounts when you eat with others? Remember, every body has different energy needs. How much you eat does not need to be dictated by how much someone else is eating.
<p>BEHAVIOR</p> <p>How do I decide how much my body needs?</p> <p>*Refer to the Physical Hunger/Fullness Scale found on next page.</p>	<ul style="list-style-type: none"> • Physical Sensations: notice how your body cues fullness through physical sensations <ul style="list-style-type: none"> • Increase in energy—slowed pace of eating • Taste of food less appealing—fullness in stomach • Stretching sensation of stomach—physical discomfort • Finding Contentment: aim to recognize fullness between a 5 and 7 on the hunger/fullness scale.
<p>SELF</p> <p>How do I feel emotionally and physically about the amount of food I eat?</p>	<ul style="list-style-type: none"> • Normalizing Overeating: the occasional overeating is normal! Make it intentional when you do, such as a special meal or food that you rarely get or a holiday, and try not to allow guilt to creep in. • Trust: trust that your body knows how to digest and absorb the food you just ate. If you know you ate too much (feel overly full), don't punish yourself by limiting yourself at future meals. • Grow: each time you eat is a new opportunity to build that connection with your body.

physical hunger/fullness scale

0	Starved —significant physical distress (hypoglycemic, light headed) or disconnect. Increased likelihood of overeating or bingeing when food becomes available.
1	Uncontrollable —unable to control strong urges to eat; more apt to eat mindlessly.
2	Empty —overtly aware of physical hunger cues. Body is in need of food, but could still eat mindfully while nourishing the body.
3	Hungry —ready to eat; physical cues are present but not uncomfortable or urgent.
4	Slightly Hungry —interested in eating but could wait if needed. Could also make the choice to eat if the next eating opportunity was going to be a long wait.
5	Neutral —no urge to restrict or eat.
6	Comfortably Satisfied —don't feel the need to eat more but could make the choice to eat more without feeling uncomfortable.
7	Full —Content; don't physically need more food. Would start to feel uncomfortable if more food was eaten.
8	Stuffed —have no interest in food.
9	Uncomfortable —have no interest in food; somewhat uncomfortable physically.
10	Physically Sick —physically unable to eat food.

physical hunger/fullness scale

Now that you have been tuning into your body's cues for hunger, practice tuning into fullness. As you listen to your body, you may notice different sensations along the scale from "starved" to "physically sick." Below is a blank scale for you to personalize based on the sensations that you experience - include any physical sensations or thoughts that might help you identify when your body is ready to eat and when it is satisfied.

0	Starved—
1	Uncontrollable—
2	Empty—
3	Hungry—
4	Slightly Hungry—
5	Neutral—
6	Comfortably Satisfied—
7	Full—
8	Stuffed—
9	Uncomfortable—
10	Physically Sick—

cultivating intuition

Practice cultivating intuition when you eat on at least 3 days of the week. Use the log below to continue engaging curiosity, connecting to hunger, expanding creativity, and building awareness. Use the hunger/fullness scale to explore how your body cues satisfaction and fullness.

what time is it?	curiosity why am I eating? *what signals did you experience?	connection how did I decide when to eat? *hunger/fullness scale	creativity what did I choose to eat and why?	awareness how did I practice mindfulness?	intuition how did I decide when to stop eating? *hunger/fullness scale

questions to consider

- 1 Identify moments in your life where you trusted or ignored your intuition in making a decision about food or your body. What allowed you to or prevented you from listening to your intuition?
- 2 How does your ability to listen to your fullness cues change based on the environment you're eating in (i.e. eating alone versus eating among others or at home versus at work/social outings)?
- 3 Engaging in the negative self-talk cycle generally results in behaviors that disrupt the relationship you have with food and body. How could challenging this cycle with kindness and compassion toward yourself improve those relationships?

challenging negative self-talk

At the beginning of The Cultivated Self, you identified areas that you struggle with negative self-talk. Cultivating Awareness provides space to examine the consequences of holding onto these thoughts and the impact that they have on your life.

what is the thought?	how does this thought influence my behaviors toward food and my body?	what is a neutral or positive response that challenges this thought?

goals and values

consider 3-5 experiences where trusting your intuition connected you with your values. how do you feel when you're able to honor your intuition and values?

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step 7 cultivating joy

cultivating joy

<p>ENVIRONMENT</p> <p>How does my environment influence where I invest my energy?</p>	<ul style="list-style-type: none"> • Meaningful Work—Finding a sense of purpose in the work that you do, no matter how significant or minute, brings greater fulfillment. Meaningful work can also be in the form of volunteering and other avenues. • Meaningful Relationships—Identify those relationships surrounding you that truly bring you joy. Practice setting boundaries around relationships that may diminish your joy. • Playfulness—Make time for play. How do you let yourself have fun just for the sake of fun? [i.e. dancing, singing in the shower, playing with your kids]
<p>BEHAVIOR</p> <p>How do I invest my energy?</p>	<ul style="list-style-type: none"> • Physically—Consider your definition of physical health and where you want to invest your energy. How do your goals for your physical health align with your values? • Emotionally—Identify your strengths, how you handle challenging situations, setting boundaries to avoid unnecessary stress, and build compassion for yourself. • Mentally—Building up your mental health—cognitive thinking, focus, memory, learning, reason—can provide you with tools to cope with emotions and stress so that you don't feel like you have to turn to food.
<p>SELF</p> <p>How do I feel when I invest energy in my sense of self?</p>	<ul style="list-style-type: none"> • Relationships—You may experience relationships differently when your sense of self aligns with your values. Connections may be stronger and you may feel more present with others when you are not focused on food or your body as often. • Affirmation—When your language around food and your body is more neutral or positive, your own perception of yourself shifts to be more positive and compassionate. • Values—Our values speak to who we are at our core and how we want to grow as individuals. With peace of mind around food and more gratitude toward your body, spend time exploring how you want to strengthen the connection between yourself and your values.

cultivating joy

Practice cultivating joy when you eat on at least 3 days of the week. Use the log below to continue engaging curiosity, connecting to hunger, expanding creativity, building awareness, and exploring how your body cues satisfaction and fullness. Discover gratitude for the energy that your food provides and what this energy allows you to do in your everyday life.

<p>what time is it?</p>	
<p>curiosity why am I eating? *what signals did you experience?</p>	
<p>connection how did I decide when to eat? *hunger/fullness scale</p>	
<p>creativity what did I choose to eat and why?</p>	
<p>awareness how did I practice mindfulness?</p>	
<p>intuition how did I decide when to stop eating? *hunger/fullness scale</p>	
<p>joy what will this energy allow me to do today?</p>	

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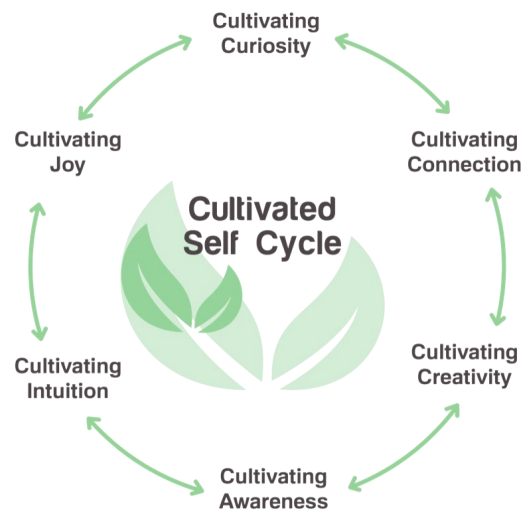
cultivating joy

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<p>curiosity why am I eating? *what signals did you experience?</p>	
<p>connection how did I decide when to eat? *hunger/fullness scale</p>	
<p>creativity what did I choose to eat and why?</p>	
<p>awareness how did I practice mindfulness?</p>	
<p>intuition how did I decide when to stop eating? *hunger/fullness scale</p>	
<p>joy what will this energy allow me to do today?</p>	

finding joy in sharing a meal

In the space below, journal about your experience of sharing a meal with friend or loved one. Consider the components of the Cultivated Self Cycle and what your experience was in each of those areas. Were you able to find joy in the time spent with others rather than be consumed by the old pattern of thought around food?



questions to consider

- 1 What action steps can you take to cultivate an environment that encourages you to invest your energy in ways that align with your values?
- 2 In what ways do you want to continue to invest your energy toward your physical, emotional, and mental health?
- 3 Describe a time when you experienced joy regardless of what your body looked like. What about that experience brought you joy and how does it connect to your core values?

affirmation of self

As we near the end of this journey, consider how you would extend kindness to yourself through affirmations. Take some time to write these affirmations on your drawings. If you choose, write affirmations on sticky notes that will remind you of the compassion you are working to show yourself.

“you are welcome here”

“thank you for being here”

“trust yourself”

“I hope you can forgive”

“I forgive you”

“I respect what you think and feel”

“you are wonderful today”

“you are capable”

“you are just right”

“I will sit by you”

“you are stronger than you know”

“I love you no matter what”

“you are going to be okay”

“I love who you are”

“you are not alone”

“you are valuable”

“you are irreplaceable”

“you can do difficult things”

“I will love you no matter what”

“it's okay to cry”

“it's okay to take a break”

“you make a difference”

“I love who you are becoming”

“listen to YOUR deepest truth”

“be brave and stay on your own path”

“you are meant for a beautiful life”

“you are not invisible”

“your dreams matter”

“I value who you are”

“your thoughts matter”

“I want to learn from you”

“I would love to help you with that”

“your life is important”

“I believe in you...”

“there is a spot for you here...”

“you get to choose”

“you get to decide”

“this is your life”

“that must have been hard”

“you are braver than you think you are”

“what do you want to do”

“you can rest here”

“I love how unique you are”

“I am thankful you are here”

“I honor you and who you are”

“you are doing a great job”

“it is okay to ask for help”

“you are going to make it through this”

“you are amazing”

“it's okay to change your mind”

“you have worked so hard”

“you are not trapped”

“you are not alone”

“you are safe here”

five strategies to practice affirmations

- 1 **Focus on the present**—affirming yourself in the here-and-now will develop a positive association to the change you are trying to make.
- 2 **Keep it positive**—rather than speaking what you are not (*I am not weak*), speak truth of what you are (*I AM strong*).
- 3 **Make them visible**—create sticky notes, flash cards, a message on your mirror, or a piece of jewelry that holds a special reminder.
- 4 **Speak them out loud**—there's power in hearing your voice.
- 5 **Be consistent**—repetition of affirmations have been proven to cultivate more positive self-talk.

goals and values

identify 3-5 areas (i.e. connections, hobbies, meaningful work, self) you want to invest your energy in that also align with your values.

1

2

3

4

5

step 8 the cultivated self

the cultivated self

what is the cultivated self?

Cultivated Self: one who's values and sense of self guide their relationship with food and their body as they continually explore how to live deeper into their values and find joy in life.

how has this program shaped your relationship with food and your body?

1.

2.

3.

the cultivated self

This journey is about creating sustainable change. Oftentimes this change is subtle and gradual - you may not always recognize the progress you've made until you reflect on it. Use the spaces below to acknowledge all of the successes - both little and big - you've experienced on your journey so far, as well as how you want to continue your journey.

<p>ENVIRONMENT</p> <p>How have I begun to create an environment that aligns with the Cultivated Self Cycle and my values?</p>	<p>SUCCESS:</p> <p>GOAL:</p>
<p>BEHAVIOR</p> <p>How can I continue to use The Cultivated Self Cycle to improve my relationship with food, weight, and body?</p>	<p>SUCCESS:</p> <p>GOAL:</p>
<p>SELF</p> <p>How can I continue to use the Cultivated Self Cycle to explore my sense of self and live within my values?</p>	<p>SUCCESS:</p> <p>GOAL:</p>

relationship to body

Considering the two letters you wrote, from body to self and self to body, explore how you can carry the insights you gained forward in building a positive relationship to body.

1 What insights have you gained about how your body desires to protect you rather than work against you?

2 What emotions surfaced when writing the letter to your body? Is there anything you need to let go of or reflect on in an effort to move toward respecting your body? If so, write about that here.

3 What are ways you have learned to extend compassion to yourself and body?

how will you practice self-care?

Practicing self-care benefits our physical and emotional/mental health. It can help with managing stress, improving mood, and reminding us that our needs are important. Practicing self-care also allows us to care for others more effectively. In the space below, take note of how you will practice self-care as you move forward from this program. Consider new avenues of self-care that you may not have tried in the past.

List 3 things you currently do for self-care:

1. _____
2. _____
3. _____

What barriers do you have in practicing self-care?

1. _____
2. _____
3. _____

What are 3 new things you want to try?

1. _____
2. _____
3. _____

examples of self-care
go to a movie
have a cup of hot chocolate and read a book
take a hot bath
board game night
do a creative project
staycation day
go to a café or coffee shop for relaxation
read happy news
write in your journal
reconnect with an old friend
try a new restaurant
go for a hike

things to remember

- 1 Consider your values.
- 2 Curiosity leads to discovery.
- 3 Respond to your emotions with kindness and care. Ask yourself, “what do I really need?”
- 4 All foods fit.
- 5 Practice awareness through the experience of eating.
- 6 Trust your body.
- 7 Discover what brings you joy.
- 8 Live a life free of diet mentality.

what's next?

stay the course

As you learned at the beginning of this course, this cycle is one that will keep evolving throughout your journey. You are free to visit the different stages as they are relevant to life in the moment and move through them at your own pace. As you become more familiar with the different stages you will find that you recognize and move through them more seamlessly.

navigating roadblocks

There will be challenges that you will have to navigate through. Whether there is a significant life change, new medical diagnosis, or if you're struggling to do this on your own, we want you to know you don't have to do this alone. There are trained professionals (i.e. registered dietitians and licensed counselors) who can come alongside you.

are you ready?

If you are ready to connect with our team and continue this journey, you can reach out to us at hello@sagenutrition.org and begin the process. The continuation of this journey will be individualized specifically for you. Our team is looking forward to exploring what your personalized plan will entail with you. This is your journey and we are grateful for the opportunity to walk alongside you.

with gratitude

We are grateful you've joined us on this journey. The foundation that you've set through this course will be the key to propelling you forward. Just like your relationship with food and body didn't develop overnight, the journey to healing these relationships will take time. Quick fixes and fad diets aren't going anywhere. Stay the course! When you're tempted to pursue an unrealistic promise, reflect back on the values you established in Step One. These values serve as a reminder for how you want to live your life. You likely chose this program because you were looking for something different—something sustainable. Way to rebel against societal norms! Contrary to what the media would have you believe, you're on the right path. We promise... this is just the beginning.

-Liz & Emily