



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Food & Freedom ~ Worksheet - April 2018

What did you have for breakfast this morning?

How much of it did you eat?

Is this more or less or the same as usual?

How would you describe your relationship with food?

What's your favourite food?

When did you last eat when you weren't really hungry? What did you eat? Why?

When do you find it hard to eat well?

When do you most want to overeat?

Why?

What foods do you regularly overeat?

Good work lady! This is such a great first step in gently starting the unraveling of the complex relationship many women have around emotions and food. Good work you! Now go dive into the tutorial: I'll see you there.

Louise