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love, Louise x

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WELLBEING WARRIORS

**life  
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## ~ Shake Off Sugar ~ Worksheet 1 - January 2023

Hello sugar! Quick worksheet to check in at the start of this module to assess your relationship with sugar.

11 signs you may have a sugar addiction

1. Do you crave sweet things?

Yes  No

What?

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When?

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2. Do you find it hard to say no to sweet things?

Yes  No

3. Do you start eating sugary things and find it hard to stop at one piece or one slice?

Yes  No

4. Do you make deals with yourself about deserts or sweet treats?

Yes  No

5. Do you need more and more sweet stuff to satisfy your craving?

Yes  No

6. Do you eat sugar when you are not really physically hungry?

Yes  No

7. Have you ever hidden sugary foods, or the wrappers of them?

Yes  No

8. How do you feel when you eat sugar to excess? How do you feel physically? How is your mood?

Yes  No

9. Do you use sugar to soothe or comfort yourself? To make yourself feel better?

Yes  No

10. Do you know excess sugar is not great for your health ... but can't stop yourself having it anyway?

Yes  No

11. Do you feel guilty about the amount of sugar you sometimes consume?

Yes  No

How many did you tick 'Yes' for, out of 11?

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**BONUS FUN CHALLENGE:**

Go back through this worksheet and replace every time I say "sugar" or "sweet treats" with "broccoli"? How many do you tick then?!

*Uhuh...THAT my friend, is the perfect illustration of the chemically addictive properties of sugar.*

*Interesting Mister Bond, no?*

*Hop on over to the tutorial and I will see you there.*

