

My Journal - What's My Body Telling Me?

Our bodies are a scientific masterpiece. They know exactly what we need to live a long, enjoyable life. When we eat something our body doesn't like, it tells us! Whether through stomach aches, indigestion, headaches, skin rashes, etc. The key is to listen to our body, and learn why it's not happy.

Checking in with ourselves at least once a week, if not every few days, helps us figure out what our body is saying.

Use the following questions and prompts to learn more about what your body is trying to tell you:

Do I notice any patterns to how I feel?

What causes me to eat certain food?

Have there been any changes if I have cut out food?

Do certain meals keep me full longer?

Do I have cravings? When and what are they?

Do I notice my body feeling bloated, gassy, tired, etc. after eating particular food?

Do my moods change based on what and when I eat?

How are my energy levels throughout the day?

Does my energy change based on what and when I am eating?

Do I eat particular food when I'm stressed?

What does healthy mean to me?

What was my experience with week ____?

What are 3 things I observed during week ____?

- 1.
- 2.
- 3.

What are 3 things I learned during week ____?

- 1.
- 2.
- 3.

What are 3 practices or goals I want to implement next week?

- 1.
- 2.
- 3.

What did I do well this week?

What did I struggle with this week?

If I struggled on a particular day(s), what do I think the root of the cause was?

If I did struggle, what am I going to improve next week to get back on track?
