

# The Whole30<sup>®</sup> Daily

WORKSHEET #2

# Food for Thought

SELF-REFLECTION FOR MODERN EATING

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As you move through your Whole30, consider both the technical guidelines and the spirit and intention of the program. These self-reflection questions will help you practice mindful eating throughout the duration of your Whole30, and remind you of all of the benefits you're already seeing, should you hit a rough patch and need a little extra motivation.

I FIND MYSELF CRAVING SUGAR, BREAD, OR SWEETS WHEN I'm at the office.

SOMETIMES, I THINK I'M HUNGRY, BUT I'M ACTUALLY JUST Bored or thirsty.

WHEN I'M CRAVING SUGAR, I USED TO EAT Chocolate covered almonds.

DURING MY WHOLE30, I'M GOING TO REACH FOR a scoop of coconut butter INSTEAD.

WHEN I EAT SWEET FOOD LIKE FRUIT, I NOTICE (EMOTION, CRAVING, ETC.) my stomach aches a little.

WHEN I EAT SALTY FOODS LIKE NUTS OR OLIVES, I NOTICE (EMOTION, CRAVING, ETC.) no real changes.

I THOUGHT I'D MISS EATING/DRINKING wine BUT I ACTUALLY DON'T MISS IT/THEM AT ALL.

I DIDN'T THINK I'D LIKE EATING Kale and coconut flakes BUT I'M ACTUALLY REALLY ENJOYING IT/THEM.

I HAVE THE HARDEST TIME STICKING TO THE WHOLE30 WHEN I'M FEELING grumpy.

I HAVE THE HARDEST TIME STICKING TO THE WHOLE30 WHEN I'M IN a group SOCIAL SITUATION OR SETTING.

WHEN I EAT A GOOD BREAKFAST, I FEEL energized and ready for work.

WHEN I PREPARE A HEALTHY MEAL FROM SCRATCH, I FEEL satisfied and prepared.

SINCE I STARTED MY WHOLE30, I'VE NOTICED (ANSWER EACH OF THE FOLLOWING):

THAT MY EXERCISE OR SPORTS PERFORMANCE has improved; increased energy.

THAT MY SLEEP is great! I feel well rested in the morning.

THAT MY ENERGY LEVELS feel neutral to high.

THAT MY EMOTIONS clear; I feel like a clean state of mind.

THAT MY RECOVERY AFTER EXERCISE quick - I don't feel like I need.

THAT MY BODY FEELS light and lean <sup>more time to bounce back.</sup>

THAT MY CLOTHES FIT amazingly - loose, yet they fit like they should.

THAT MY CONDITION (SKIN ISSUES, ALLERGIES, DIGESTIVE DISTRESS, ETC.) brighter skin tone, even.

mood and generally happier.