

CONSCIOUS WELLNESS DIARY



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INTRODUCTION

THE FIRST STEP in creating lasting, sustainable changes to our health is becoming conscious of the thoughts and feelings prompting or surrounding our daily activities. Our bodies have a lot to tell us, and being open to these lessons can transform our lives. Understanding our relationship with food is just the beginning of an exciting journey to know ourselves better.

This diary is a tool to help you bring awareness to your eating. As you use the diary this week, pay attention to how your food choices affect the various aspects of your life. What effect do they have on your relationships with partners, friends, and family members? How do they influence the way you work? How do they affect your spiritual practice, if you have one? How do they relate to your feelings about your life's purpose?

There are no right or wrong answers to these questions. This is a time for curiosity, not judgment. Have fun, and thank you for trying out our diary!

“Go confidently in the direction of your dreams. Live the life you have imagined.”

—Henry David Thoreau

DAY ONE

Date _____

MORNING CHECK-IN

What is my vision and intention for today? _____

How would I like to feel at the end of the day? _____

What am I grateful for? _____

“Everything you’ve
ever wanted is on
the other side of
fear.”

-George Addair

MORNING NOURISHMENT

Drink warm water with lemon upon waking.

Enjoy 15 minutes of soulful, restorative activity. This might include journaling, meditating, listening to peaceful music, practicing yoga, reading inspirational passages or whatever else nourishes me.

Eat a nourishing breakfast with protein.

BREAKFAST

For breakfast, I ate the following foods: _____

Did I have enough food? Yes No

Was I satisfied? Yes No

How do I know? _____

Did I eat too much? Yes No

Did I feel uncomfortable? Yes No

This food was: Nourishing Depleting

How did my body let me know that my food was nourishing or depleting? What sensations did I experience? (Please refer to body sensations reference guide if necessary) _____

Did breakfast sustain me until lunch? Yes No

I did not have breakfast. These choices(s), circumstance(s) or emotion(s) kept me from eating this morning: _____

LUNCH

For lunch, I ate the following foods: _____

Did I have enough food? Yes No

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SNACKS

List snacks: _____

When did I eat them? _____

BEVERAGES

List beverages: _____

When did I consume them? _____

CRAVINGS

Did I have cravings? No Yes, I craved these foods: _____

Was there a stressor associated with the craving? No Yes, this stressor: _____

Was there an emotion associated with the craving? No Yes, this emotion: _____

What were my body sensations and emotions while I was having the cravings? _____

Was I hungry? If so, where was my hunger located in my body? _____

How did I respond to the cravings? _____

If I satisfied the cravings, what body sensations and/or emotions did I experience? _____

Was there a biochemical reason for my craving? For example, did I have low blood sugar? _____

What unmet needs (if any) did I have—physical, emotional, or spiritual?

I can support these needs by: _____

EVENING CHECK-IN

How was my energy today? Was it higher or lower at different times?

What was my mood? Did I have mood swings, or feel balanced? _____

How was my digestion? Did I comfortably digest my food? _____

What am I grateful for? _____

Choices that nourished me today: _____

Choices that depleted me today: _____

How I supported my vision today: _____

DAY TWO

Date _____

MORNING CHECK-IN

What is my vision and intention for today? _____

How would I like to feel at the end of the day? _____

What am I grateful for? _____

"You don't need a silver fork to eat good food."

-Paul Prudhomme

MORNING NOURISHMENT

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What am I grateful for? _____

Choices that nourished me today: _____

Choices that depleted me today: _____

How I supported my vision today: _____

DAY THREE

Date _____

MORNING CHECK-IN

What is my vision and intention for today? _____

How would I like to feel at the end of the day? _____

What am I grateful for? _____

“The most common way people give up their power is by thinking they don’t have any.”

–Alice Walker

MORNING NOURISHMENT

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What am I grateful for? _____

Choices that nourished me today: _____

Choices that depleted me today: _____

How I supported my vision today: _____

DAY FOUR

Date _____

MORNING CHECK-IN

What is my vision and intention for today? _____

How would I like to feel at the end of the day? _____

What am I grateful for? _____

“We can easily
forgive a child who
is afraid of the
dark; the real
tragedy of life is
when men are
afraid of the light.”

-Plato

MORNING NOURISHMENT

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How was my digestion? Did I comfortably digest my food? _____

What am I grateful for? _____

Choices that nourished me today: _____

Choices that depleted me today: _____

How I supported my vision today: _____

DAY FIVE

Date _____

MORNING CHECK-IN

What is my vision and intention for today? _____

How would I like to feel at the end of the day? _____

What am I grateful for? _____

“He who has health,
has hope; and he
who has hope, has
everything.”

-Thomas Carlyle

MORNING NOURISHMENT

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How was my digestion? Did I comfortably digest my food? _____

What am I grateful for? _____

Choices that nourished me today: _____

Choices that depleted me today: _____

How I supported my vision today: _____

DAY SIX

Date _____

MORNING CHECK-IN

What is my vision and intention for today? _____

How would I like to feel at the end of the day? _____

What am I grateful for? _____

“The key is to keep
company only
with people who
uplift you, whose
presence calls forth
your best.”

—Epictetus

MORNING NOURISHMENT

Drink warm water with lemon upon waking.

Enjoy 15 minutes of soulful, restorative activity. This might include journaling, meditating, listening to peaceful music, practicing yoga, reading inspirational passages or whatever else nourishes me.

Eat a nourishing breakfast with protein.

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How was my digestion? Did I comfortably digest my food? _____

What am I grateful for? _____

Choices that nourished me today: _____

Choices that depleted me today: _____

How I supported my vision today: _____

DAY SEVEN

Date _____

MORNING CHECK-IN

What is my vision and intention for today? _____

How would I like to feel at the end of the day? _____

What am I grateful for? _____

**“Problems are not
stop signs, they are
guidelines.”**

-Robert H. Schuller

MORNING NOURISHMENT

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What am I grateful for? _____

Choices that nourished me today: _____

Choices that depleted me today: _____

How I supported my vision today: _____

What did I do well? _____

SELF-CARE ENGAGEMENT SUMMARY

Did I give myself the following today?

Water: _____ glasses

- Conscious eating
- Conscious breathing
- Time to myself
- Movement/exercise
- Soulful time
- Laughter
- Outdoor time
- Loving thoughts

NOTES

WEEKLY SUMMARY

CONGRATULATIONS on completing a week of conscious eating practice!
This week you have practiced the first steps in becoming conscious of your body sensations and emotions as they relate to your eating habits.

What did you become aware of during your seven days of conscious eating?

Did you notice any patterns? _____

Did you notice any links between your emotions and body sensations and how you relate to your food? _____

What connections did you find between food and the different parts of your life? How were your relationships, your family, and your work affected by your food choices? _____

What connections did you notice between your eating and your overall well-being? _____

“Food for the body
is not enough.
There must be
food for the soul.”

-Dorothy Day

Did your food choices support you in your desire to live a meaningful life?

Did you learn to listen to your body? What is the most important lesson about food and your body that you learned this week? _____

With the new awareness you have gained this week, you will be able to begin the process of shifting patterns.

What will you do to change these patterns? _____

What will you ask from others in support of this process? _____

THANK YOU for beginning this process with Conscious Wellness. If you are interested in receiving additional support to create sustainable changes, please consider scheduling a free initial consultation session. We have counseling packages for every budget and are honored to support you in your journey.

Body Sensations and Emotions Reference Guide

achy	dehydrated	frozen
agitated	dense	full
airy	depleted	fuzzy
alertness	depressed	giddy
aliveness	difficulty swallowing	gloomy
anxious	difficulty taking deep breaths	good color
bloated	disconnected	grounded
blocked	dizzy	happy
boiling	draining	headache
bored	dry	heart palpitations
breathless	dry mouth	heated
bright-eyed	dull	heavy
brittle	easygoing	high energy
bruised	elastic	hollow
bubbly	elated	hot
buoyant	electric	humorous
burning	empty	hungry
bursting	energetic	hurting
butterflies	energized	hyper
buzzed	excited	icy
callous	exhausted	inflamed
calm	expanded	inflated
calm	expansive	insensitive
clammy	faint	insomnia
clenched	fatigued	interested
closed	fiery	irritable
cloudy	firm	itching
cold	flaccid	itchy
comfortable	flaming	jabbing
compact	flexible	jagged
confident	floating	jittery
congested	flowing	jumpy
constricted	fluffy	knotted
contracted	fluid	light
cool	flushed	lightheaded
coughing	fluttery	limp
damp	focused	liquid
dark	foggy	loose
deadness	fragile	luminous
deep breathing	frantic	mad
deflated	frothy	moist

muscle cramps
muscle weakness
nauseous
nervous
nervy
numb
open
overwhelmed
packed
pain
pallor
paralyzed
parched
patient
pliable
poking
poor concentration
popping
pounding
pressure
prickling
prickly
puffy
pulsing
queasy
quivering
racing thoughts
radiating
ragged
ravenous
raw
relaxed
releasing
restful sleep
restless
restlessness
restricted
rigid
sad
saggy
satiated

satisfied
scared
scattered
sensitive
shaggy
shakiness
shaky
shallow breathing
shivery
short attention span
short of breath
shuddering
sick
sizzling
sloberly
smoldering
smooth
soft
sore
spacey
spacious
spinning
spongy
squashy
squirmy
stabbing
stamina
starving
stiff
stifling
still
stinging
stomach pain
strength
stringy
strong
stuffed
suffocated
sweaty
tall
taut

teary
tender
tense
thick
thin
thirsty
throbbing
tickles
tight
tightness in belly
tingling
tingly
tired
trembling
tremulous
twinge
twitchy
uncomfortable
unfocused
vacant
vibration
warm
weak
wet
wobbly
wooden
wooly
woozy

feel free to add your own:
