

# Worksheet

Fill out a symptom diary for a week. Did you notice any patterns about the way you felt before and after eating? Does eating affect your self-love?

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Next time you have a meal, commit yourself to eating mindfully. Write down your experience. What did the food look like? Smell like? Taste like? How long did it take you to eat? How did you feel afterwards?

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Is there anything negatively influencing your eating (e.g. stress, work colleagues)? What five activities (e.g. bath, walk in nature) will you use to curb emotional eating?

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What self-love activity have you done for yourself today or this week? Commit to doing something nice for yourself every day.

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## Home exercise

Write down five things you'd like to do more of. Commit to doing at least two out of the five this week. I can tell you this made a huge difference not only in my outlook of the week ahead, but also in my overall attitude. When I focused on doing things I truly wanted to do and made a commitment to making some of them happen, I felt an excitement and freedom I hadn't felt in a long time. It didn't feel like another item on the to-do list; it felt like honouring myself.