

Intuitive Eating Worksheet

1. Day # _____ (date):

2. My primary goal today in relationship to food (e.g., healing, regeneration, weight loss, vibrant energy):

3. My deepest desire today in relationship to food:

4. The feelings I'd like to encourage today would suggest I eat the following (see this article's section on "The Emotional Messages of Food"):

5. Foods to avoid so I can better deal with my emotions include the following (see "The Emotional Messages of Foods"):

6. Foods to avoid so I can better deal with my mental states include the following (see "The Mental Messages of Foods"):

7. Foods to enhance a certain chakra include the following (see "Food and the Chakras"): Flavors to choose to shift my emotions include the following (see "Food and Emotions in Traditional Chinese Medicine"):

8. Ways to incorporate seasonal dietary needs include the following (see "Eating Seasonally with Ayurveda"): Based on my dosha (see "The Food of the Yogis") I can incorporate the following rasas, or tastes, to enhance my body type (see "The Rasas, or Six Tastes"):

Tuning In To Yourself: Questions For Building Awareness

1. What I ate today:

2. What I wanted to eat (if different than what I did eat): When I ate today (specific times):

3. Where I ate today (the setting or environment):

4. Whom I ate with:

5. My emotional state just before eating:

6. My emotional state after eating:

- 7. My predominant thoughts while eating (my inner dialogue): My predominant thoughts after eating:**
- 8. My energy just before eating:**
- 9. My energy after eating:**
- 10. Did I receive intuitive, inner guidance prior to eating at any point today? If so, what was the message(s), and did I follow the guidance?**
- 11. Intuitively, which chakra did I sense needed nourishment today?**
- 12. Did I give this chakra the foods or nourishment that it needed? And is there a particular food that I could include tomorrow that will support, feed, and balance this energy center?**
- 13. Special healing focus: To deal with my current illness or condition (whether acute, chronic, or life-threatening), I intuitively sense, or a professional practitioner has suggested, that I could add or eliminate the following from my diet:**
- 14. Concluding notes (additional insights, observations, feelings, or thoughts):**