

REWRITE YOUR HEALTH STORY



CHANGE YOUR RELATIONSHIP
WITH FOOD & YOUR BODY

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Rewrite Your Health Story Intro

Let's dive into your current story. The beliefs that you have formed over the years, the struggles that you have faced, and how that has impacted your approach to health & wellness today. Your feelings around food and your body.

We form so many beliefs over the years from what others say to us, what we have absorbed from TV, movies, social media, our parents, books, and those around us.

Perhaps you've come to believe that in order to achieve anything in life, it has to be a constant uphill battle; one in which you need to focus on restrictive dieting, low calorie diets, and sheer willpower.

Follow the writing prompts on the following page and really dive deep into your current belief patterns around food and your body. This isn't intended as a way to place blame on where you are at, but to truly understand where these beliefs came from and which ones you want to drop and which ones you want to bring forward with you.

Then you'll create the story that you want to live: and, please don't hold back! You'll get really clear on why this is important to you. It can be both internal and external results that you are longing for, but essentially what it will mean to you and how it will feel when you as you commit to this new story.

Type it out, write it out in a notebook, or speak it out loud and record it all!

Writing Prompts

1. What are some common phrases or things you heard growing up? i.e. were parents or friend's parents always on a diet, what did you pick up from TV, social media, magazines, did people comment on your body or how you ate growing up. Thoughts around food - was it always available to you or was it scarce? Be as thorough as possible - these things have a way of seeping into our subconscious mind.

2. How has this shaped how you approach food and your body as an adult?

3. What is your current relationship with food? (i.e. emotional eating, restricting calories, jumping from diet to diet, fear around food, anxiety, guilt...what are some of the positives you have with food such as getting together with friends, meal-prepping, etc)

4. What is your current relationship with your body? (i.e. what thoughts regularly come up...)

Rewrite Your Story

What would be ideal for you to achieve in your health? Be as descriptive as possible. What would your best relationship with food & your body look like. How would you feel, how would you act? Why is this so important to you?

Let's create this change!

Rewrite your story as if you have already achieved exactly what you want. Visualize it all, let yourself get carried away. Set up a cozy space for you to do this. Light some candles, cozy up with a pomegranate Fizz or a glass of wine and let it all out.