

Journal Prompts

Module 4: Nourish






1. Think about one food you want to replace. Some common options are:

- Sugar
- Caffeine
- Alcohol
- Highly processed foods
- High fat or fried food

Choose a 24-hour period in your life, maybe even yesterday. List how much and how often you had that item. What did you notice about how you felt when you had it, immediately after and also an hour later?

2. Switch it up and find a healthy, tasty replacement. Practice replacing your one item for a couple of days.

-  Notice any obstacles you may encounter, and what parts of the process you enjoy
-  Write about how replacing this item makes you feel. Is it hard or easy, surprising or not?
-  If you'd like to, feel free to share your experiences and observations in the discussion forum

