

2. Take a moment to acknowledge what you *really* want, your desires in life such as love, acceptance, service, companionship, adventure, etc.

2.Soul Appetites

1. Before leaving bed scribble, sketch &/or write anything you remember from your dreams in your Dream Journal: images, words, people, animals, colors, places, feelings, etc.

1.Dreams

5.Eating & Exercise Awareness

3. Spend 10 breaths connecting to your physical body. Describe what you notice physically without judgement such as tired, energized, stiff, achy, etc. Lay a hand on your stomach (at your solar plexus) & assess your hunger.

3.Body Awareness

4. Spend at least 15 minutes to meditating &/or doing some gentle poses. Note any emotions/insights/inspirations/affirmations here. Set a healing intention.

4.Sadhana



5. Record food/fluid intake & movement throughout the day. Note hunger/fullness both before & after eating. Note body sensations, emotions & thoughts. Journal those on the back of this page. Be an objective observer of your experiences.

Hunger Scale: 1 "starving" - 2 strong hunger - 3 subtle hunger - 4 neutral - 5 satisfied - 6 comfy full - 7 "stuffed"