

WEEK 13 of #YOUR2024STORY

Journal Prompt: *Discovering the diet that works for you*

Reflect on this thought:

The most effective diet isn't one-size-fits-all, but the one you can sustainably integrate into your lifestyle.

Journal Prompt:

~ Take a moment to reflect on your past experiences with diets or eating plans. **Can you recall what kinds of diets or eating plans you have tried in your lifetime?** This could include anything from strict diets for weight loss to simply trying to incorporate more fruits and vegetables into your meals. Try to remember how these diets affected you, not just physically, but also mentally and emotionally. Did they make you feel energized and healthy, or drained and irritable?

~ Now, shift your focus to your current lifestyle... including your daily routine, work schedule, recreational activities, and cultural practices. **How do your dietary choices fit into this lifestyle? Do you feel satisfied with your diet, or do you think there's room for improvement?** Consider the steps you can take towards maintaining or achieving a healthier eating pattern. This could be as simple as drinking more water each day, or as involved as planning out your meals for the week.

~ It is also important to anticipate the challenges that might come with these changes. Maybe you find it hard to resist sweets, or perhaps you have a busy schedule that makes it difficult to prepare healthy meals. Think about these potential obstacles and **brainstorm ways to overcome them.** This could involve finding healthier alternatives to your favorite treats, or meal prepping on the weekends to save time during the week.

Remember, the goal of this exercise is not to judge or criticize yourself, but to gain a better understanding of your relationship with food and how you can nourish your body in the best way possible.