

Self—Evaluation: Start Healing

Date _____



The first step in healing is addressing the feelings, challenges, and struggles you've experienced thus far regarding your diagnosis. This guide not only focuses on changes in your approach to nutrition and fitness; but works on a healing shift in mindset. A large portion of your success is going to come from letting go of limiting beliefs you have regarding nutrition, fitness, and some that you may have of yourself. Take some time to reflect on and answer the questions below. These will be the things you will want to work on as you go through the program and set your body up for healing.

Since my diagnosis, I've been struggling with feelings of _____

What concerns me the most regarding my diagnosis is _____

The biggest challenge(s) I face in regard to my diagnosis is (are) _____

The 3 things that I want to heal of, or change are _____

Healing to me means _____
