Awareness

**Exercise #1: Assess your Current Situation:** Please answer the questions to the best of your ability.

1. Describe generally how you are feeling:

2. Are you happy with the way you look and feel? Why or why not?

3. How many times a week do you eat “out”? (Includes cafeteria, subway, delis, fast-food joints, etc. Please think carefully and be honest with yourself.

4. Do you eat ready prepared freezer meals or packaged foods on a regular basis?

5. Are you a sugar junkie? Do you need refined sugar (baked goods, candy bars, candy, pop) at least once a day?

6. Do you need Coffee every day?

7. Do you add salt or all-purpose seasoning (Hy’s, Lawry’s) to your food often?

8. Do you eat meat and dairy daily?

9. Do you eat gluten (bread, beer, baked goods) daily?

10. Are you ready and willing to change your old habits and beliefs?

**Exercise #2: Setting Goals and Creating your Health Vision:**

**Establishing your vision:** It is very important to be clear on what you want. By establishing your vision, in all areas of life, you are giving (god, the universe, source) clear communication on what you want in your life. It is important to speak of these wants in the present tense like you already have them. Example: “I feel balanced and complete each and every day of my life.” The more specific you can be, the easier it is to manifest your desires. Now, your turn.

**My Health Vision**

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