

# **Your** *Food Freedom* **Blueprint**

## WHEEL OF HEALTH

Now we are going to take a look at our life as a whole, which we refer to as our Wheel of Health. Have you ever noticed that when you are completely stressed out at work, you tend to come home and make bad food choices?? I know we have!!!

The Wheel of Health consists of 8 different areas. We are going to rate them anywhere from 1-10. 1 is the lowest rating and 10 is the highest. This is going to help us look at our lives more as a whole and see where we are lacking in certain areas. We will see what might be bringing more stress to our lives, which in turn will affect our eating habits.

Here are the 8 areas:

Movement/exercise

Relationships/social

Personal growth/career

Stress management (how are you managing this?)

Nutrition/Healthy Living (nourishment, sleep, overall energy)

Spiritual/mindfulness (do you have a daily practice? Are you present in your day?)

Finances

Physical Environment (your home or where you live)

Grab your journals and really think about what ratings you would give to each of the areas. Our ratings will change frequently and in fact is beneficial to do week to week or month to month to see what areas you need to pay more attention to.

Now that we have the ratings done we want to take a deeper dive to see where we can connect the dots. Do you see an area at an all time low number that could be affecting your eating habits?? For example, if you have a low number on stress management and you always feel like your life is hectic, and spiraling around you, you are going to have a difficult time finding ways of cooking healthy meals, plan your grocery list etc! Or if you have a low number on your relationship area, and you have a stressful relationship in your life, we tend to go to food as a comfort.

Here's a big one, when you are alone, do you tend to eat more?? I know that one was a huge one for me. For a long time I lacked true friendships and when my husband would not be home and I was alone I would eat more than I needed to. It was my comfort and something I was replacing with true connection with the people around me. Once I saw that I was lacking in that area, I was able to one recognize that it was happening, and two do something about it! I started making more plans to connect with my friends and give me the space to do it without children so I could be fully there.

Make connections and connect the dots. Journal about this. What connections are you seeing? What areas are low? Does this surprise you? What steps can you take to make some changes in these areas?

Awareness is the first step, my friends!

Please share with us the connections you are finding! Saying it out loud, or typing it is such a big step in healing our relationship with food. We are all in this together, and more than likely one of us has a similar story to yours.