

WELL NOURISHED INTENTION AND GOALS PROMPTER

Body: *(e.g., physical, emotional, creative, etc.)* _____

Intention: _____

Skills and Tools






Your SPRIGS Goals

(Specific, Positive, Realistic, Inspiring, Grounded in Time/Gaugeable, Set Next Step)

1. Outer Support

2. Inner Resources

Journal Notes: *(e.g., I notice when I have good food in the house, it's so much easier to eat healthy lunches during the day; I'm going to plan my schedule better for shopping trips.)*

WELL NOURISHED 5 STEPS DAILY PROMPTER	
Daily Well Nourished Check-In (use in the moments throughout your day)	5 Steps to Mindful Eating and Living (use daily, weekly, monthly, anytime)
<p><i>Mindful Check-In:</i></p> <p>Am I physically hungry?_____</p> <p>What is my true need in this moment?</p> <p>_____</p> <p>Can I give that to myself right now?</p> <p>_____</p>	<p> Awareness</p> <p>~ Do a Mindful Check-In to assess your true level of physical hunger.</p> <p>~ Notice your thoughts, feelings, physical sensations.</p> <p>~ Discern your true need.</p>
<p><i>Use Your Intentions:</i></p> <p>Overall:_____</p> <p>For this body:</p> <p>_____</p> <p>New intention (optional):</p> <p>_____</p>	<p> Intention</p> <p>~ Call in overall intention to stay on track</p> <p>~ Call in "body" intention for that need</p> <p>~ Set a new situational intention (optional)</p>
<p><i>Nourish Yourself:</i></p> <p>~ Choose Skills and Tools to help you.</p> <p>~ Make a plan with a SPRIGS if helpful.</p> <p>~ Fill in your Bowl (see page 60).</p>	<p> Skills and Tools (e.g., mindful breathing, nourishing activity, SPRIGS)</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Choose Outer Support as needed. (e.g., check-in buddy, SPRIGS)</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p> Outer Support (e.g., check-in buddy, SPRIGS)</p>
<p>Choose Inner Resources as needed. (e.g., self-compassion, lovingkindness, meditation)</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p> Inner Resources (e.g., self-compassion, lovingkindness, meditation)</p>

WELL NOURISHED INTENTION AND GOALS PROMPTER

Mindfulness Intention:

Skills and Tools

Your SPRIGS Goals

(Specific, Positive, Realistic, Inspiring, Grounded in Time/Gaugeable, Set Next Step)

1. Outer Support

2. Inner Resources

Journal Notes: *(e.g., It is getting easier to practice sitting meditation each day after three weeks. I actually look forward to it. I can get quiet, focused, and calm more easily. During the day I am less reactive to others. I'm pausing and making better choices in both my eating and how I respond to family members.)*

WELL NOURISHED INTENTION AND GOALS PROMPTER

Mindful Eating Intention: _____

Skills and Tools

Your SPRIGS Goals

(Specific, Positive, Realistic, Inspiring, Grounded in Time/Gaugeable, Set Next Step)

1. Outer Support

2. Inner Resources

Journal Notes: *(e.g., The Mindful Check-In before eating is helping me be more aware of what I really need and want. I'm making healthier food choices. I love pausing and appreciating the food before I eat. I'm enjoying my food so much more.)*

MINDFUL INQUIRY FOOD LOG				
Day:				
Time: <input type="radio"/> Meal or <input type="radio"/> Snack	Mindful Check-In Before: <i>(Thoughts/ Feelings/Energy)</i>	Type of Food: Amount:	Type of Drink: Amount:	Mindful Check-In During and After: <i>(Thoughts/ Feelings/Energy)</i>
Other Observations:				
Time: <input type="radio"/> Meal or <input type="radio"/> Snack	Mindful Check-In Before: <i>(Thoughts/ Feelings/Energy)</i>	Type of Food: Amount:	Type of Drink: Amount:	Mindful Check-In During and After: <i>(Thoughts/ Feelings/Energy)</i>
Other Observations:				
Time: <input type="radio"/> Meal or <input type="radio"/> Snack	Mindful Check-In Before: <i>(Thoughts/ Feelings/Energy)</i>	Type of Food: Amount:	Type of Drink: Amount:	Mindful Check-In During and After: <i>(Thoughts/ Feelings/Energy)</i>
Other Observations:				
Time: <input type="radio"/> Meal or <input type="radio"/> Snack	Mindful Check-In Before: <i>(Thoughts/ Feelings/Energy)</i>	Type of Food: Amount:	Type of Drink: Amount:	Mindful Check-In During and After: <i>(Thoughts/ Feelings/Energy)</i>
Other Observations:				
Time: <input type="radio"/> Meal or <input type="radio"/> Snack	Mindful Check-In Before: <i>(Thoughts/ Feelings/Energy)</i>	Type of Food: Amount:	Type of Drink: Amount:	Mindful Check-In During and After: <i>(Thoughts/ Feelings/Energy)</i>
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Time: <input type="radio"/> Meal or <input type="radio"/> Snack	Mindful Check-In Before: <i>(Thoughts/ Feelings/Energy)</i>	Type of Food: Amount:	Type of Drink: Amount:	Mindful Check-In During and After: <i>(Thoughts/ Feelings/Energy)</i>
Other Observations:				