

# EASE-IN

- 5-Deep Breaths before every meal
- Nourished first in the mornings
- Practiced Feeling my YES

We are practicing Connection NOT Perfection: This for you to uncover more of the subconscious behaviors with our relationship with food. The only GOAL is to increase our self awareness.

**What is a SELF-LOVE win you can focus on this month?**

**What is challenging you this month and holding you back from making shifts?**

**What ruminating thoughts and inner dialogue are creating stress?**

**What Safe Meals did I incorporate?**

**What simple action step worked for me the most this month?**

**New recipes and action steps for next month:**