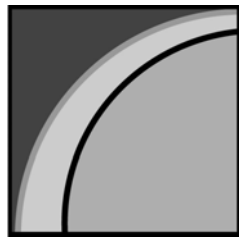


SAMPLE PAGES ONLY! Complete E-Book available for download at:
[Awareness Journal](http://www.AwarenessJournal.com)



Awareness Journal

By
Michelle May, M.D.
With
Lisa Galper, Psy.D.
and
Janet Carr, M.S., R.D.



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Awareness Journal

Awareness is Your First Step

Freeing yourself from your Over Eating and Restrictive Eating Cycles requires awareness of your thoughts, feelings, and actions. Otherwise, you are destined to repeat your habits and patterns until you recognize and change them.

For lifelong weight management *without* dieting, you will learn to tune into your physical sensations such as hunger, fullness, thirst, and fatigue. You will also become more attentive to your food choices and your activity levels. Most importantly, you will become aware of your thoughts and feelings and how those affect your actions.

This process is not a quick fix; you will need to invest your effort and time. To markedly increase your success and effectiveness, set aside time each day, ideally 15 to 30 minutes, to read, reflect, write, and set your goals and action plan. This is one of the most powerful and meaningful gifts you could give yourself.

The *Am I Hungry? Awareness Journal* will guide you through the change and awareness process. It is the companion to *Am I Hungry? What To Do When Diets Don't Work*. Each chapter consists of several sections:



Strategies

- Chapter Overview
- Action Plan
- My Goals
- Am I Hungry?™ Workshop Notes
- Tools and Tables from Am I Hungry? including the Eating Cycles, Fitness Activities, and Nutrition at a Glance for quick reference
- Key questions for each section help you apply the concepts you learn from Am I Hungry? to your own experience and life.



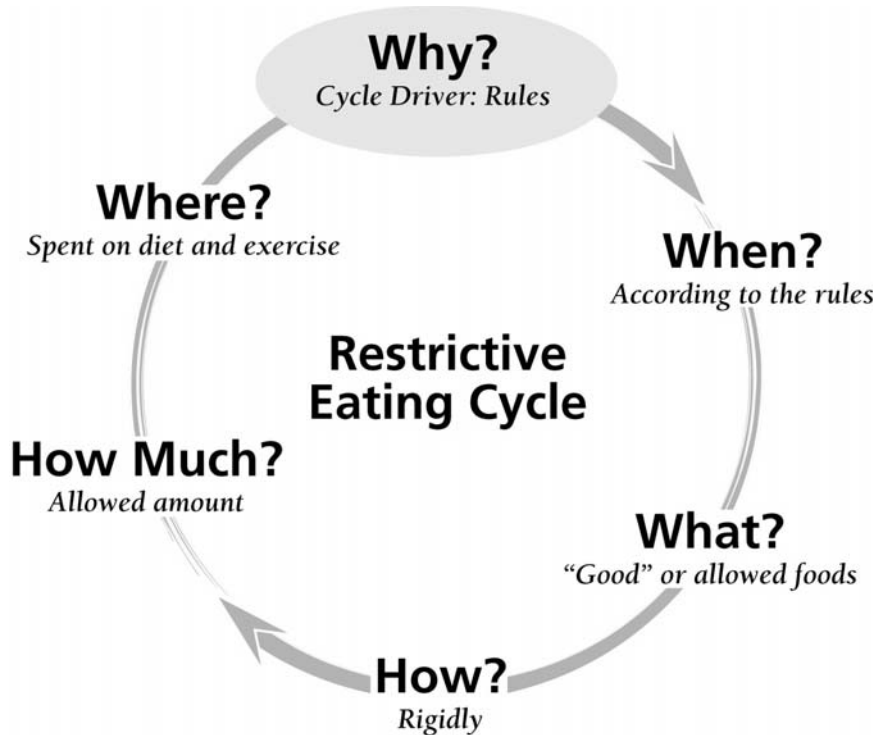
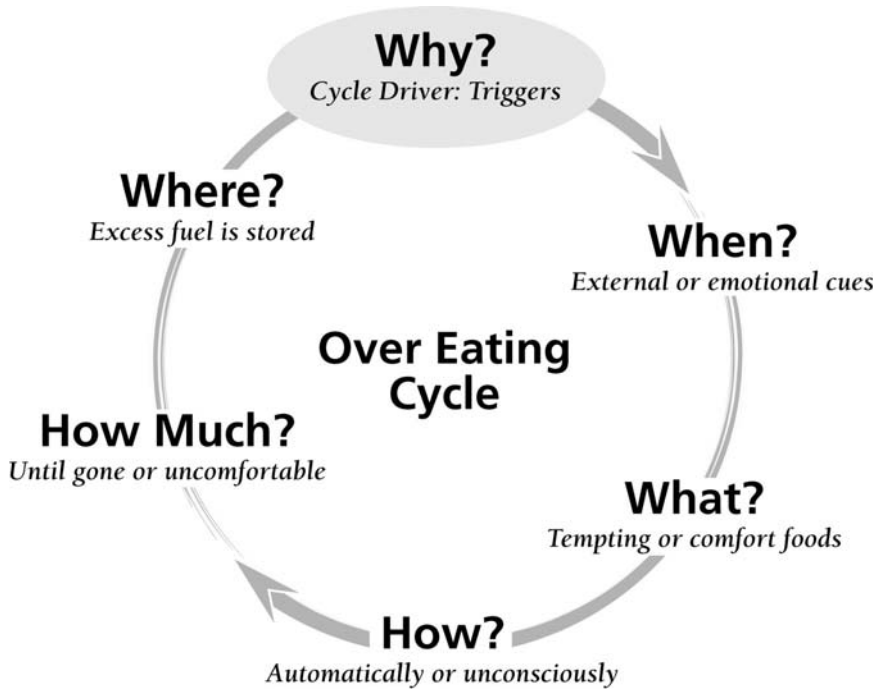
Life Skills

Learn many of the crucial skills necessary for personal change and lifelong weight management that will increase your personal effectiveness and satisfaction.



Awareness Journal

A 7-Day Awareness Journal that includes important concepts from each chapter. Recording your food and fluid intake, hunger levels, physical activity, thoughts, feelings, and observations will increase personal understanding and accountability throughout this process.



Decision Point: How Do I Eat?

Close your eyes and recall one of your most memorable eating experiences. Pretend you are writing an article for a magazine. Now, write down as much detail as you can recall including where you were, what the ambiance was like, who was there, what you talked about, what the food looked and smelled like, how it tasted, and how you felt.

How often do you have eating experiences like you described above? How often would you like to have eating experiences like that?

What gets in your way of you fully experiencing and enjoying your food and eating?

What is your plan for resolving the barriers that get in your way of mindfully appreciating each eating experience?

Set aside time to practice mindful eating. Walk through the strategies for mindful eating. When you practice it, eventually this process becomes second nature. Describe your experience.

Fitness: Essentials of Cardiorespiratory Fitness

Are you currently doing any cardiorespiratory fitness activities? If so, what?

Are you committed to improving your cardiorespiratory fitness? If so, what activity(ies) will you choose to do?

Look at this sample walking schedule. Which starting point do you think matches your current fitness level? (Keep in mind that you can create a personalized schedule for any type of activity).

Sample Walking Schedule:

WEEK	WARM-UP	BRISK WALK	COOL DOWN	TOTAL TIME	STRETCHING
1	5 min	5 min	5 min	15 min	After walk
2	5 min	7 min	5 min	17 min	After walk
3	5 min	10 min	5 min	20 min	After walk
4	5 min	12 min	5 min	22 min	After walk
5	5 min	15 min	5 min	25 min	After walk
6	5 min	18 min	5 min	28 min	After walk
7	5 min	21 min	5 min	31 min	After walk
8	5 min	24 min	5 min	34 min	After walk
9	5 min	27 min	5 min	37 min	After walk
10	5 min	30 min	5 min	40 min	After walk
11	5 min	33 min	5 min	43 min	After walk
12	5 min	35 min	5 min	45 min	After walk

Nutrition: All Foods Fit

Good food, bad food labels are common. Make lists of foods that you think of as:

Good

Bad

Look at the foods on your lists. Why did you label each food in this manner? Are you certain that these labels are completely accurate? Why or why not?

Look at the foods on your lists. How do you behave and/or feel when you eat them?

If you applied the “All Foods Fit” principles of Balance, Variety, and Moderation, how do you think you would behave and feel if you chose to eat these foods?

Life Skills: Distracting Myself from Eating When I'm Not Hungry

When you recognize that an urge to eat was caused by a trigger rather than true hunger, you can choose to do another activity to distract yourself until the urge passes. Here is a list on 101 ideas of things to do besides eat. Highlight those that appeal to you and add some of your own. Remember, try to choose activities that are enjoyable, available, and preferably, eating incompatible. Create a "Distraction Box" or drawer with everything you need to distract yourself. Perhaps you can establish a specific area in your home or office that is food-free and perfect for just for these moments.

Imagine a slimmer, healthier you * Walk around the block * Call a friend * Make a list of your Top Ten Reasons to Lose Weight * Read a child a book * Make a To Do list * Dance a little * Plan a vacation * Get a massage * Jot a thank you note to someone * Go to bed early * Read a great book * Write in your Awareness Journal * Give yourself a manicure or pedicure * Plan a healthy meal for your family * Surf the Internet * Finish an unfinished project * Walk your dog * Feel your feelings * Volunteer in your community * Start a hobby * Brush your teeth * Tape your favorite show to watch while exercising * Take 5 slow, deep cleansing breaths * Practice an instrument * Balance your checkbook * Plan a party * Say a prayer * Buy yourself some flowers * Do a few sit-ups * Make a phone call to someone you like * Chop veggies to keep on hand * Set your priorities * Try a new hairstyle * Give a massage * Write down something you are proud of this week * Clean out a junk drawer * Play a game with your kids * Try a new route on your walk * Scream! * Plant fresh herbs to use in your cooking * Drink a glass of water * Kiss someone * Try on some of your clothes * Catch up on your reading for work * Look at old pictures * Rent a video * Smell the roses * Wash your car * Chew some gum * Plan a "date" for someone special * Swim a few laps * Read Am I Hungry * Take a hot, soothing bath * Update your calendar * Get it off your chest * Build something * Check in on an elderly person * Work in your yard * Start your holiday shopping list * Count your blessings * Write a letter * Fold some laundry * Listen to your inner conversations * Take a nap * Run an errand * Work on your budget * Take a bike ride * Check your e-mail * Make a positive statement about yourself - repeat often * Give your dog a bath * Start a project you've been wanting to get around to * Send a birthday card * Meditate * Try a healthy new recipe * Play cards * Set your goals * Freshen your make-up * Hug someone * Rearrange some furniture * Go take a hike! * Help with homework * Light a fire or some candles * Say "STOP!" out loud * Put your pictures in an album * Walk around your workplace * Try a new relaxation technique * Talk it over with someone * Get a head start on your taxes * S-t-r-e-t-c-h * Do a "Honey Do" * Say what's on your mind * Go pick up your mail * Straighten a closet * Think * Do something nice for someone anonymously * Check the stock market * Plan a romantic encounter * Clean out a files * Tell someone how you really feel * When you become truly physically hungry, eat!

