



**A gentle guide to explore your relationship with food, body, and nourishment — past, present, and future.**

### **Reflection Prompts – Check if the answer is “yes”**

- ☐ 1. Do I eat for energy, nourishment, or habit?
- ☐ 2. Am I still following old food rules that no longer fit who I am now?
- ☐ 3. Do I know what foods work best for my body — or am I guessing?
- ☐ 4. What would happen if I focused on how I feel...rather than how I look?
- ☐ 5. Am I curious about how my body might feel if I truly nourished it from the inside out — starting today?

## **MY FOOD STORY**

**[WWW.THEVIBRANTSAGE.COM](http://WWW.THEVIBRANTSAGE.COM)**

Reflect on how your relationship with food has shifted across the decades.

- What beliefs did you grow up with?
- What habits or stories have changed?
- What still lingers?



PAST → PRESENT → FUTURE

■ Moving Forward with Intention

### My Intention

What's one small step you can take this week to nourish your body with more awareness, love, and care?

**Affirmation: I honor the wisdom of my body and nourish it with care.**

[WWW.THEVIBRANTSAGE.COM](http://WWW.THEVIBRANTSAGE.COM)

Reflect on how your relationship with food has shifted across the decades.

- What beliefs did you grow up with?
- What habits or stories have changed?
- What still lingers?



PAST → PRESENT → FUTURE

■ Moving Forward with Intention

### My Intention

What's one small step you can take this week to nourish your body with more awareness, love, and care?

**Affirmation: I honor the wisdom of my body and nourish it with care.**

[WWW.THEVIBRANTSAGE.COM](http://WWW.THEVIBRANTSAGE.COM)