

Name: _____

Date: _____

Daily Guide to Intuition

I wanted this worksheet to be a resource for you as you work on becoming more intuitive with your eating, moving, and living! After years of diet culture, dieting, over-exercising, and stress, it was SO hard for me to even know what intuitive hunger, need for rest, desire for movement would even ever feel like! Getting back in tune with your body after manipulating it for possibly years on end can be really challenging at first! So, I wanted to provide you with some daily tips and tools to help you become more 'in tune' with your body and brain throughout your day that will also help you at becoming more in tune with your eating and overall living! Here is your daily guide to intuition, my love, please enjoy & let me know any feedback, breakthroughs, questions, or thoughts you have around it in my Inbox at sincerelyxoemily@gmail.com!

Sincerely, XO Emily

1. I want you to describe what intuition means to you.



Intuition is defined as the ability to understand something immediately, without the need for conscious reasoning.

I know how skewed 'intuition' has become online. I used to believe intuitive eating and living meant only eating brown rice and running for two hours every day! Throughout my recovery and healing journey to food, it has taken me a long time to regain my 'intuition' with my plate, but also with my body! For years, I had over-exercised, under-ate, then binged, slept for 12 hours a day then only got 3 hours of sleep on the weekend! My life was a constant roller coaster run by my brain! I never once tried to get 'in tune' with my body and ask it what it was craving or if it needed to move or rest! My days were dictated by diet culture and whether my body was tired, full, starving, or stressed... I solely listened to my calorie-counting apps, workout videos online or disorderly thoughts around losing weight and trying to be perfect!

So, how do we get back to a place of intuition and far from the place of dieting and dictating our days based on routine, calorie calculators, & more!?

Here are 5 daily intuitive pauses I have implemented throughout my day that help me even when work gets busy or the weekends are long, refocus my intention, and tap into my intuition! Focusing more on feeling my body, embracing my emotions, responding with no judgment whatsoever to my hunger, cravings, or desires! Because being in tune with your body cannot be a simple routine, regimented diet, or exercise schedule for 90 days! Our bodies and environments and needs are forever changing! Daily, my body may move more, rest less, crave this, or not want to eat that! & I want to help you get back to this place of listening more than talking when it comes to your food wants, but also your life living! Try these 5 daily intuitive pauses for 2 weeks! I promise they will not only help you live life more peacefully & in the present, but they will also help you honor your hunger judgment and stress-free as you regain the mind-body connection that so many of us cut the cord on when diets entered the building!

NOW ONTO THE TIPS>>

TIP #1

Honor Your Gut Feeling FAST!

I know for myself, whenever I would feel like eating something or feel like doing something I would IMMEDIATELY try to find permission for my desire! I would try to validate it! Take wanting a snack, for example, I would sit on the couch and CRAVE pretzels... only to then immediately start a war within my head!

My ED voice would tell me that I shouldn't have them because I hadn't worked out that day, then, my voice would speak up and demand that we have a snack because pretzels sounded really good! This is the battle we want to SILENCE before it even begins!

Follow your gut! If you feel tired, rest that day. If you want to move your body, do so with the right intention & if you're craving pretzels, eat then and QUICKLY! With no time for judgment or mental spiraling around your food or your daily decisions! This tip will help with quickening and heightening your sense of self-certainty; listening to YOUR voice before your ED voice finally!

TIP #2

Ask Yourself the Questions you Usually Seek the Answer to from others.

I really like this tip! For me, I used to always seek the answer to questions about me from other people! For example, if I wanted to wear my new jeans out to the movies that night, I would immediately call up a girlfriend of mine to ask if they looked alright. I asked other people if I looked okay if I was eating okay if I was living my life... okay!

I never once asked myself! I would want to apply for a job or go on a vacation or even simpler, I would want to try a new drink at the coffee shop down the street, and I would seek validation and approval from others for my own decisions around my own life!

Begin asking yourself the questions you so desperately want to ask other people.

See what you have to say about them! How you feel about the choices you're making! I started with getting dressed in the morning and asking myself how I felt about my outfit instead of asking my roomie! Remember that at the end of the day, this is your life to live and you should have your own opinion about it before you seek the opinion or approval from other people!

TIP #3

Be silent & still more often.

This one was the hardest tip for me to implement into my daily life because I LOVE being busy! I go-go-go from sunrise till sunset! But, this was also one of the most beneficial tips that I implemented into my days because taking small pauses or moments of silence throughout my work time, for example, really allowed me to unplug and tap back in-tune with my body!

We spend our entire days living in our heads! Working, texting, talking, watching, etc. and sometimes it can be very difficult then to get back into a place of mind AND body connection!

I now make sure that for every 2 hours of work, I take a 20-minute break with no noise, no technology, and no distractions to help me tap back into my body and it's needed!

This helps me feel what I am craving to eat, what I am craving to do for daily activity, if I am close to being over-worked, etc. Implement routined silent and still moments throughout your day and spend some quality time just with yourself<3

TIP #4

Take technology breaks during the day.

Going off of Tip #3, take technology breaks! Go on a walk with no headphones in sight! Or read a book without your phone glued to your hip! Technology is an incredible gift at our fingertips, but it is also a deadly weapon when it comes to distraction!

Distraction and constantly being glued to a screen can make it hard to live presently, here and now, and tap into that space that is YOU!

I know for myself, on days when I'm working on my computer for hours on end, in the evening it seems that I almost come out of a trance-like state and I tend to feel more anxious! It's because all day I have been living 'online' and forgetting to listen in real life to my body and it's needed!

When you are feeling overwhelmed or anxious, don't try to numb out the pain with technology. Instead, try to sit with it, ponder on it, welcome it, and listen to it! This helps you live more intentionally and intuitively, recognizing when you need a break from your screen, for example!

TIP #5

Let go of self-judgment.

We all carry expectations of ourselves written BY ourselves! For example, I made it a law in my life five years ago that every day I had to walk 10,000 steps or more. However, I forgot one very important piece to this puzzle... I am NOT a robot!

I cannot guarantee that my body will want that amount of movement or in that particular way every single day for the rest of my life! Setting up pre-determined factors such as food consumption, exercise amount, even water or sleep expectations can harm our sense of intuitive and connection!

You are a human being! Not a computer!

Your needs will change each day! Sometimes throughout your day your needs can alter and honor these changes is letting go of self-judgment or self-expectation!

Live life in the present moment! Not planned out 18 weeks in advance what you will have for dinner! There is no right or wrong way to live each day if you are living each day tapped into your mind-body connection to always honor YOU before honoring other people or other plans! More often than not, we are our own worst critics... so maybe tell the voice in your head to take a vacation and try living in the present moment with no expectations or judgments of yourself whatsoever!

"LET YOUR INTUITION LEAD THE WAY."

I really hope these exercises help you become more in-tune with your mind, body, and spirit connection & help transfer over to honoring your hunger regardless of when, how much, & for what your stomach desires to have! Sending love and light your way always, my love!

Honor yourself.

All of yourself.

Leaving judgment & comparison & pre-conceived diet expectations behind.

Sincerely, XO Emily