



THE INNER COUNCIL
WORKSHOP SERIES

Weekly Inner Child Dietary Record

After each meal

- review how you feel energetically
 - detail the contents of the meal
- record any thoughts that arise when you reflect on the meal

At the end of each day

- review your dietary intake
- meditate with your inner child and ask clear questions to guide you in making any changes in the coming day meal decisions
 - discuss your experiences with your Practitioner

Please remember

- you cannot do anything wrong! There are no hard and fast rules. It's important to enjoy what you are eating and remain enthusiastic for new discoveries with your inner child.
 - have fun

DATE:

Breakfast

Thoughts:

Between meal snack/s

Lunch

Thoughts:

Between meal snack/s

Dinner

Thoughts:

Dessert/Pudding

After dinner snack/s

DATE:

Breakfast

Thoughts:

Between meal snack/s

Lunch

Thoughts:

Between meal snack/s

Dinner

Thoughts:

Dessert/Pudding

After dinner snack/s

DATE:

Breakfast

Thoughts:

Between meal snack/s

Lunch

Thoughts:

Between meal snack/s

Dinner

Thoughts:

Dessert/Pudding

After dinner snack/s

DATE:

Breakfast

Thoughts:

Between meal snack/s

Lunch

Thoughts:

Between meal snack/s

Dinner

Thoughts:

Dessert/Pudding

After dinner snack/s

DATE:

Breakfast

Thoughts:

Between meal snack/s

Lunch

Thoughts:

Between meal snack/s

Dinner

Thoughts:

Dessert/Pudding

After dinner snack/s

DATE:

Breakfast

Thoughts:

Between meal snack/s

Lunch

Thoughts:

Between meal snack/s

Dinner

Thoughts:

Dessert/Pudding

After dinner snack/s

DATE:

Breakfast

Thoughts:

Between meal snack/s

Lunch

Thoughts:

Between meal snack/s

Dinner

Thoughts:

Dessert/Pudding

After dinner snack/s
