



**CREATE YOUR  
INTUITIVE LIFE**

*program*

# CONTENTS

<b>HOW TO LIVE AN INTUITIVE LIFESTYLE .....</b>	<b>3</b>
<b>GETTING STARTED .....</b>	<b>4</b>
<b><i>5 Ways to Listen to Your Body.....</i></b>	<b>4</b>
1. Practice Mindfulness.....	4
2. Pay Attention to Cravings and Aversions .....	4
3. Sit Quietly and Contemplate.....	5
4. Write Everything Down .....	5
5. Just Let Things Happen Naturally .....	5
<b>HOW TO CREATE DAILY HABITS WITHOUT RESTRICTIONS.....</b>	<b>6</b>
Choose Your Habits and Routines Wisely.....	6
Categorize Your New Habits .....	6
Focus on One Category of Habits at a Time.....	6
Stop What Isn't Working for You .....	7
<b>NUTRITION AND EXERCISE .....</b>	<b>7</b>
Start with Nutritious Foods You Love .....	7
Try New Things, One at a Time .....	7
Cook One New Recipe a Week .....	8
Use Seasonal Produce to Your Advantage.....	8
<b><i>Can Meal Planning Still Be Intuitive? .....</i></b>	<b>8</b>
Plan Your Meals, Don't Control Them.....	8
Make a List of Foods That Sound Good .....	9
Use Foods You Have to Create Your Meal Plan .....	9
Allow Your Cravings to Guide You.....	9
Moving Your Body Without Rules .....	9
Start with What You Already Know .....	10
Get Rid of the Rigid Rules.....	10
Put a Pause on Challenges and Programs.....	10
Keep Trying New Things.....	10
<b>LIVING MORE INTUITIVELY .....</b>	<b>11</b>
<b><i>Do You Have a Need for Control? .....</i></b>	<b>11</b>

Signs of Needing Control .....	11
Is Control Always a Bad Thing? .....	11
<b>Try These Healthy Ways to Cope .....</b>	<b>12</b>
Take a Pause and Reflect .....	12
Write it All Down.....	13
Find a Distractive Activity .....	13
Move Your Body .....	13
<b>Why You Should Have an Intuitive Lifestyle Journal.....</b>	<b>14</b>
You Can Track Your Intuitive Journey.....	14
You Are Able to See What You Eat Without Counting .....	14
You Journal at the End of the Day, Not the Beginning.....	14
Work Through Your Thoughts and Feelings .....	15

# HOW TO LIVE AN INTUITIVE LIFESTYLE

Living an intuitive lifestyle means you take away the arbitrary rules, control, and restrictions from your life, and instead listen to your intuition.

Your body knows what to do and is able to guide you to what it needs at different times. All you need to do is learn how to listen to it.

# GETTING STARTED

Here are some tips for getting started with your intuitive lifestyle journey.

## 5 WAYS TO LISTEN TO YOUR BODY

One of the biggest challenges when it comes to being more intuitive is understanding how to listen to your body. This just takes a little practice and patience, but the following tips can also be incredibly helpful.

### **1. Practice Mindfulness**

The first way you can start listening to your body is with mindfulness. This allows you to acknowledge and appreciate how you feel in any given moment, without pressure or stress about what you think you should be experiencing.

Mindfulness takes practice just like meditation, but is much easier to get a handle on. When you are mindful, you are in the moment. This means sitting quietly and enjoying the present moment, understanding what you feel, and really listening to what your body or mind is trying to tell you.

Before a meal when are deciding what you want to eat, just sit for a few minutes in silence without distractions, go through what sounds good to you right now, and take it from there.

### **2. Pay Attention to Cravings and Aversions**

Both what you crave and what you no longer enjoy or find satisfaction in are equally important when it comes to intuitive eating. You are going to learn so

much about yourself, what you actually like eating, and what you were eating because you thought you had to. You might find that you hate protein shakes, but love salads. Maybe you start eating a lot more fruit, but no longer want a snack before bed.

### **3. Sit Quietly and Contemplate**

It is always a good idea to shut off the noise and just sit with your feelings for a bit. Even if you are not doing this for the purpose of mindfulness, and just to take a pause. Feel each part of your body, listen to what it wants, understand what you are craving, decide if you want some movement right now.

### **4. Write Everything Down**

As you go through your intuitive journey, start writing things down as they come up. Write down your hunger and fullness when eating meals, write down changes you experience, workouts you try, really anything you can think of.

Write as much or as little as you want to, but really try to make this part of your daily routine.

### **5. Just Let Things Happen Naturally**

We are always so in need of control, that we forget sometimes life just happens naturally. Your body knows what to do, if you can learn to listen.

This might mean stopping a workout video 10 minutes before it's over because you feel exhausted, or choosing a bowl of cereal over your usual eggs for breakfast because that's what you craved when you woke up.

# HOW TO CREATE DAILY HABITS WITHOUT RESTRICTIONS

Choosing to live a more intuitive life where you listen to your body and its needs instead of trying to control everything is an amazing first step to being healthy and balanced. A great way to start incorporating this into your life is by creating daily healthy habits that will improve your wellness without including any type of restriction.

## ***Choose Your Habits and Routines Wisely***

When it comes to being intuitive, you want your daily habits and routines to be about improving your health, happiness, and wellness, but not restrictions. This means you are not making any rules about your habits or creating habits that are going to change your body in some way, and are instead for a fuller, healthier life.

Do you want to drink water in the morning to hydrate your body, or because it helps you to go longer without eating breakfast? This is a subtle difference, but your motivations behind your healthy habits make all the difference.

## ***Categorize Your New Habits***

Once you have written down some healthy habits you want to implement into your life, put them into different categories.

This might be hygiene, nutrition, movement, self-care, learning, and so many more categories. What this does is not only let you see the big picture by seeing how balanced your different habits are, but you will also use this to determine which to start with.

## ***Focus on One Category of Habits at a Time***



Don't try to change everything at once, or you will quickly get overwhelmed and give up. This is a very common mistake people make when they are trying to make changes in their life. If you have 10 new habits on your list, you should not be adding 10 new habits on the first day. An easy way to go slow is choose all the habits in one category, and implement those first.

### ***Stop What Isn't Working for You***

What have you found isn't quite working out when you added some new habits? Do you have old habits that are no longer serving you? This is a great time to get rid of them. This can be something you have been doing for a while but aren't seeing benefits from, a bad habit you didn't realize you were doing, or something you started recently but found has actually hindered your happiness, instead of improving it.

## NUTRITION AND EXERCISE

People who first learn about living intuitively often have the "you can eat anything you want" mentality. While this is technically true, intuitive eating is not a free-for-all where nutrition doesn't matter. Health still matters! But when you remove rules and restrictions, you will start actually craving more nutrient-dense foods. Here are some ways you can begin to improve your nutrition while still being intuitive.

### ***Start with Nutritious Foods You Love***

A good way to start improving your nutrition is to start eating more nutrient-dense foods that you already enjoy. You can make a list of foods that you currently eat on a regular basis that are also considered healthy. While healthy is subjective, just think about the nutrients in the foods.

For example, make a list of all your favorite fruits, vegetables, whole grains, and other whole foods. If there are certain types of proteins like eggs or chicken you like, write those down. This can also include packaged foods like cereal, bread, granola, yogurt, and many other food items.

### ***Try New Things, One at a Time***

Don't go out and get an entire shopping cart full of new foods you have never eaten before! This is a recipe for disaster. You might end up with a lot of healthy food you don't end up enjoying, which is going to lower your satisfaction factor immensely after each meal. It can lead you to binging on other foods and not being very intuitive, since you aren't enjoying what you are eating and feel forced to eat these foods.

If you want to try something new, choose just a few new items along with other healthy foods you know you enjoy.

### ***Cook One New Recipe a Week***

Another great way to start focusing on nutrition is just to cook one new recipe a week. Again, you don't want to do too much, too quickly. You never know what your body will respond to and what you end up liking. Choose one new recipe a week that includes a lot of nutritious foods that you like, then for the rest of the week, plan with meals you have had before.

### ***Use Seasonal Produce to Your Advantage***

Seasonal produce is great because it gives you a little inspiration to try new things. You might not think much about winter foods like cranberries, apples, and brussels sprouts, but when you get seasonal produce, suddenly creativity strikes.

## **CAN MEAL PLANNING STILL BE INTUITIVE?**

When you switch from tracking and managing everything you eat, to being a more intuitive eater, the topic of meal planning and preparing might come up. The good news is that just because you are listening to your body more and focusing on your needs, doesn't mean you can't also plan ahead!

### ***Plan Your Meals, Don't Control Them***



The key here is to focus on planning ideas for meals in the upcoming week, but not controlling them too much. What's the difference?

If you are dieting or trying to control your food, your meal plan consists only of foods that fit within that diet. When you are being intuitive, it includes a wide range of foods. This might be a subtle difference between getting egg whites and full eggs, adding a few convenience snacks instead of just yogurt and fruit, or allowing yourself to add items not on your list because they look good.

### ***Make a List of Foods That Sound Good***

As you would with any other week of meal planning, just start with a list of foods or meals that sound good to you. This can be foods you eat every week, something new, or just something you haven't had in a while. Maybe you were watching TV and saw someone eating a bagel, so that sounds really good, or this week you are in the mood to make your favorite chicken casserole.

You don't necessarily need to get everything on your list, but just start with the types of foods that sound good right now.

### ***Use Foods You Have to Create Your Meal Plan***

Go through your refrigerator and cabinets to see what ingredients you already have that could work with meals. This is going to save you money and help give you some inspiration. So many times, you find a random ingredient you forgot you had, like apricot jam, and suddenly realize a recipe you can make with it that also sounds good.

### ***Allow Your Cravings to Guide You***

Sometimes, you just have a new craving, and that will help with your meal plan. Remember you are being intuitive, not overly indulgent or binging on anything and everything. You might not get every single thing you have a craving for, but it can guide you towards meals and snacks that will work good for the coming week.

### ***Moving Your Body Without Rules***

Living an intuitive life is more than just intuitive eating – it includes exercise as well. Here are some ways you can start moving your body and actually listening to your intuition when it comes to exercise.

### ***Start with What You Already Know***

It is always good to start within your comfort zone with the workouts you know you enjoy. Not just exercises you are used to in your routine, but the ones you actually want to do, regardless of how many calories they burn or what muscle groups they target.

You already have an idea of the workouts that are fun for you to do, and the ones you force yourself to do. This can be the difference between running on the treadmill for the calorie burning, and going for a walk around your neighborhood because it releases endorphins and is great exercise.

### ***Get Rid of the Rigid Rules***

Yes, even you have rules. You might not be aware of them, but they are there. This might be always doing yoga in the morning no matter how you feel, making sure you do a HIIT workout after a night out with friends, or requiring a certain number of minutes of cardio or weight training on specific days.

Think about what motivates you to move your body, and what you are thinking about when you do. Do you go to yoga class every week because you like it, or because you have been doing it for so long it's just habit? Do you have it in your head that you must do cardio every day to burn calories or is that trip to the gym just for your health?

### ***Put a Pause on Challenges and Programs***

Later down the line when you are more in tune with your body, you can add fun workout challenges back in, but for now take a break.

Fitness challenges and programs are great when you need a little structure and motivation, but that structure can quickly turn into a set of rules for you to follow. Until you are more in tune with your body, it is best to do something else.

### ***Keep Trying New Things***

The great thing about being an intuitive exerciser is that you get to try new things, even if they don't fit your "workout program". Now you have the freedom to move your body in any way you want, from Pilates and elliptical workouts, to taking a new dance class or bringing a friend to go for a hike.

# LIVING MORE INTUITIVELY

## DO YOU HAVE A NEED FOR CONTROL?

If you have ever looked into intuitive eating or an intuitive lifestyle in general, but felt like you couldn't handle not tracking your food or scheduling certain workouts, it might be a problem with needing to be in control. This lack of control is exactly why being more intuitive can be so challenging, but understanding why is a great first step to moving past it.

### ***Signs of Needing Control***

First, let's figure out if needing control is in fact what you are currently struggling with. People are often surprised by this revelation, because they don't feel like they are a "controlling person", but there are many ways to need control in your life.

Some signs that you need control in your life include tracking your food or mentally calculating calories even if you don't write it down, having multiple apps on your phone that track your food, water and exercise, having rules about what you can and can't eat, having a strict workout schedule, and not trusting yourself when it comes to your habits.

It can be so subtle sometimes. Maybe you don't track everything you eat, but when you are planning to eat out with friends, you always check the menu first and look at the calories of each item before deciding what you will get. This is not listening to your body, but rather trying to find a way to control how much you eat based on arbitrary rules.

### ***Is Control Always a Bad Thing?***

There isn't anything inherently wrong with wanting a little more control in your life, but when it becomes rigid and keeps you from living a healthy, balanced lifestyle, that is when it can be an issue.

If you find that you can't fully commit to being an intuitive eater without at least writing down what or how much you eat, or still sticking to your workout routine, then control has become a problem for you. Intuitive living requires a lot of trust in yourself and your body.

## How to Start Relinquishing a Little Control

Now, let's start looking for ways to let go of the reins a little bit. You might not be ready to let go of all the control, but here are some things that can help:

- **Write down what you eat, without amounts or calories.** If you aren't ready to not know what you're eating, go ahead and write it down, but leave out quantities and numbers.
- **Add a new exercise that isn't on your workout routine.** If you still want to complete your workout routine and aren't ready for intuitive workouts, then just start by adding at least one new form of movement.
- **Delete your apps.** Get rid of any app that is "Tracking" what you do. Calorie counting apps, water tracking apps, fitness tracking apps, all of them.

## TRY THESE HEALTHY WAYS TO COPE

One of the reasons people struggle with intuitive eating is because you often use food to cope with your emotions, so by removing the control of a diet, you feel like you will just emotionally eat non-stop and never stop gaining weight.

However, the truth is that what you need to focus on is just finding other healthy ways to cope with your emotions. There is nothing wrong with eating to comfort yourself, as long as it isn't the only way you are finding comfort.

## Take a Pause and Reflect

Before you do anything else, sit with your feelings for at least a few minutes, and just let them come in. Many times, using food as a way to cope with your emotions is done on impulse. You feel stressed or angry or anxious, and the first thing you do is find something to eat to push those feelings down. But often times, if you can just sit with the change in emotions for a few minutes, this impulse passes, and you are able to just move on without needing to do much else.

## ***Write it All Down***

Journaling is a wonderful tool for your intuitive lifestyle journey, and can help you work through a lot. There are many forms of journaling, but for an intuitive journey, we really like just brain dumps. This is where you write down anything you are thinking or feeling. You can write down gratitude, what you are dealing with, something good that happened, challenges in your life, even how intuitive eating is difficult for you.

The more you write down and the more honest you are while you do it, the more it will benefit you and help you learn how to cope with your emotions.

## ***Find a Distractive Activity***

Make a list of other activities you can turn to in addition to food. Remember you are not telling yourself you can't eat or that you will never eat emotionally, but just looking to add to your arsenal of ways to cope. This can include anything that is easy to do and can be done right where you are.

It might include:

- Going for a walk
- Playing with your kids
- Walking your dogs
- Reading a book
- Watching something on Netflix
- Writing in your journal
- Coloring in an adult coloring book
- Calling a friend

## ***Move Your Body***

Lastly, try to move your body in a gentle and happy way when you are feeling stressed or anxious. Don't commit to a difficult workout routine, but instead think of gentle forms of movement, like walking, hiking, swimming, yoga, or just a short stretch routine.

## **WHY YOU SHOULD HAVE AN INTUITIVE LIFESTYLE JOURNAL**

Writing down what you eat, how you exercise, and how you are living your life might seem a bit like you are not being intuitive, but it is actually quite the opposite. Using a journal for your intuitive journey can be a wonderful tool. In this sense, it is not about controlling what you do or eat, but more about observing and acknowledging different changes as they come up.

### ***You Can Track Your Intuitive Journey***

The first way a journal can help you is by tracking your journey of becoming more intuitive, including the good and the bad. The more you write down with how you are feeling and what is challenging you, the more you see when you grow and change.

One day, you might be struggling with emotionally eating, but the next day, you may discover that when you took a breath and just felt those emotions, you didn't want to eat anymore.

### ***You Are Able to See What You Eat Without Counting***

Some people still want to be aware of what they are eating, without actually needing to control the amounts or count calories. This is a good transition from tracking your food and dieting, to being completely free of all food rules and control. It is a good middle ground where you can see what you are eating, without worrying about how much or calculating any calories or macros.

### ***You Journal at the End of the Day, Not the Beginning***

The key to using a journal and still being intuitive is to write things down after the fact, not before you make a decision. Don't use your journal as a way to create



a plan for controlling your food, planning workouts, or making sure you burn enough calories. Instead, write in it after you have made a decision. At the end of the day, write down how the day went, what your movement was, if you started any new habits, and what you are grateful for.

## ***Work Through Your Thoughts and Feelings***

Journals provide a very healthy way to cope with your feelings. In addition to just writing down how your intuitive lifestyle journey is going, it can also help you with other issues you might be facing. Those things that make you feel like if you can control your food, then you will be able to deal with them.

I hope you enjoyed this little booklet and give the process a try in your life. You have always had intuition, you just need to trust yourself.

Yours coach

Christine xx

[www.healthyourself.co.za](http://www.healthyourself.co.za)