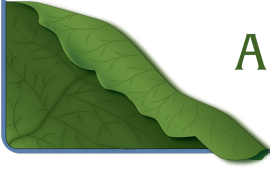


Healthy Eating Success

A Step-By-Step Guide To A Vegan Lifestyle



Avoiding The Trouble Spots

Just knowing you feel better eating vegan, or knowing the benefits to your health or the environment is often not enough to help us stick to our goals.

We all face Trouble Spots. There are situations and emotions we encounter in our day-to-day lives that can set us off course. Having a plan for how you can approach these Trouble Spots will greatly improve the chances that you will get past these areas and keep on track with your healthy lifestyle.

As with all of the Healthy Eating Success worksheets, we strongly suggest using your journal to complete the exercise. This way you have plenty of space to write and you will be able to refer back to it easily for inspiration or to update it as needed.

In your journal go to a new page.

Step 1: In your mind go through your normal day. List situations or activities that have in the past been triggers for your addictive behaviors. (Going to Starbucks on the drive to work for a latte or going out to lunch with the girls or buddies)

Step 2: Think about your past experiences with confronting your trouble spot. What was going on at that time for you? What were you feeling physically or emotionally (or both) that led you to make that choice? Or what was your rationale for the choice? (Enjoy hot beverage on the drive.) Do you notice any patterns? Write down your answers.

Step 3: Choose one of these trouble spots to focus on. Jot down the negative consequences you experience as a result of that choice, short term and long term. (Expensive, high calorie, caffeine buzz, sugar crash later in the morning, trouble sleeping, dairy makes me congested.)

Step 4: Come up with at least three things you can do to avoid your trouble spot or short circuit the behavior you are trying to avoid. (Make a travel mug full of my favorite tea to bring with me.)

Step 5: Keep a copy of this plan where you can refer to it as needed. Email a copy of it to yourself and save it to your phone, work computer, and post it up at home where it will be visible when you need it most.

Repeat steps 3-5 for the rest of the items on your trouble spots list. Update your Avoiding The Trouble Spots plan as needed to incorporate other Trouble Spots you encounter or to include other solutions your discover.