

The First Thing You Eat

Looks at the first few hours of the day, which often set the tone for the rest of it.

WHEN TO USE THIS

Use this in the morning, or the night before a day you want to start differently.

What usually happens with food in your first few hours awake?

What gets in the way of eating early?

- ☐ Not hungry that early
- ☐ No time before I leave
- ☐ Feels wrong to eat so soon
- ☐ Nothing quick in the house
- ☐ I feel sick in the mornings
- ☐ Holding off until later
- ☐ I forget
- ☐ Something else

Three things you could eat first thing that need no thinking about.

1.

2.

3.

Which day this week could you try one?

Mornings are hard to change all at once. One small thing early is a fair place to start.