Hello! Well, this week INSTEAD of a discussion post, you will be doing a private journal to ME ONLY. I want you to talk about your weight. I will give you some questions to spark your self discussion and journal about your weight, but you can use this space to speak freely and openly about your feelings and thoughts on your weight, and

I hope the last part of your journal discusses WHAT and HOW you can make positive change with your weight for great health.

Are you happy with your weight? Why or why not?

How does it make you feel when you look in the mirror? Do you ever compare yourself to others, do you think this is healthy?

A healthy weight is not always a number on a scale, it is a feeling of confidence, a feeling of health, and a feeling of success in managing our weight. Do you feel successful managing your weight? If not, why? If so, why?

What has your weight history been? Stable, or up and down? Why do you think this is?

Do you feel like you eat, or don't eat based upon emotions? If so, when, and why?

Do you want to change your weight in any way?

Can you set a healthy goal?

If you are happy with your weight, what can you do to continue feeling this way. If you are slim does that mean you are automatically healthy? Or is it possible that you are NOT eating as healthfully as possible and are getting away with it because your body is not showing the signs of it with extra weight.

Do you want to lose or gain weight? How can you do that in a healthy way?

How can you change your weight? Not JUST the actual nutrition, but what triggers you to eat, overeat, or not eat? and how can you manage that better. How do your emotions AND culture play a part in what you eat? How can you change that?

Do you have any support? Do the people around you help with your goals of being healthier with your weight or do they not support it, either directly or indirectly. How can you manage those people?

Well, I hope I have sparked some thought with your healthy eating journal, and please don't be too harsh on yourself, I bet you are YOUR toughest critic :)

Lastly, if you feel like you want to discuss any possible eating disorders you may have, or may know someone who has PLEASE EMAIL ME for support and help. I can always try to point you in the right direction and am here to assist in ANY way I can :) Tracy