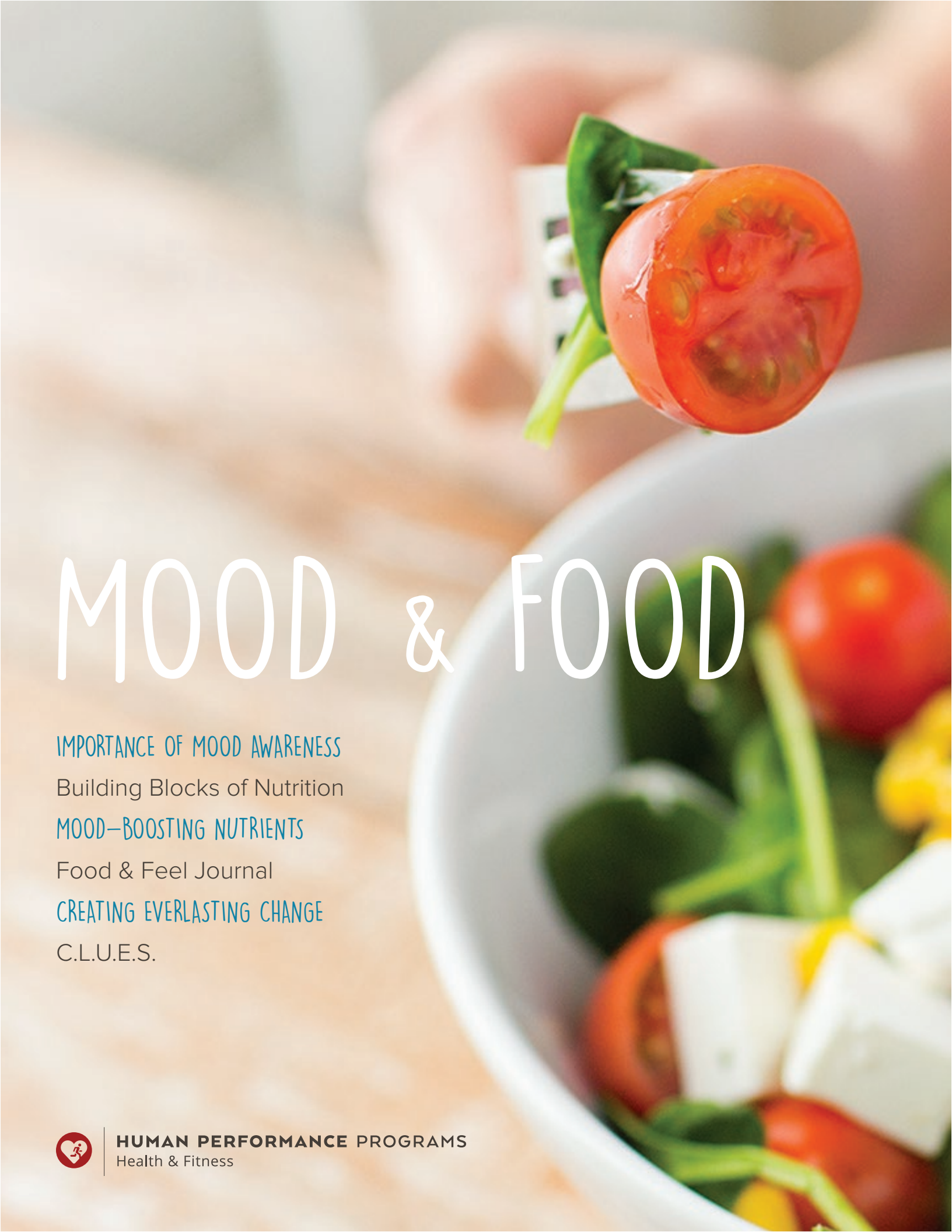




MOOD & FOOD

IMPORTANCE OF MOOD AWARENESS

Building Blocks of Nutrition

MOOD-BOOSTING NUTRIENTS

Food & Feel Journal

CREATING EVERLASTING CHANGE

C.L.U.E.S.



HUMAN PERFORMANCE PROGRAMS
Health & Fitness



Thank you for participating in Mood & Food. This program will give you a deeper understanding of your moods, how your mood affects your food choices and how you can make changes to your nutrition to affect your mood and well-being.

In the next six weeks, you will discover, identify and learn how your mood is affected by the food you consume and the nutrition it provides. As the program progresses, you will receive tools and resources to create forward movement. Remember, your experiences are different from everyone else's — and the most valuable information you gain may come from the work you put into this program.

Please be sure to bring your Mood & Food Workbook to each session and track your progress as you go. These activities are designed to enhance your success. The more you engage, the better your results will be!

PROGRAM REQUIREMENTS:

- » Complete all six weekly webinars via live sessions or recordings.
- » Complete the survey sent out after each webinar.

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WEEK 1: THE IMPORTANCE OF MOOD AWARENESS

THIS WEEK'S TOPICS:

- Uncovering your truth
- The relationship between mood and food
- Food & Feel Journal



UNCOVER YOUR TRUTH

WHAT ARE THE REASONS
YOU WANT TO CHANGE
YOUR EATING HABITS?

By joining this program, what
is it that you are wanting for
yourself with regards to your
mood and your food choices?



What is motivating about these reasons?

WEEK 1: THE IMPORTANCE OF MOOD AWARENESS



DEFINING MOOD

How aware are you of your mood? What's important to you about your mood?

After hearing this information, what are you wanting to gain in the next six weeks?

MOOD IS A STATE OR QUALITY OF FEELING AT A PARTICULAR TIME.

It's impossible to control the world around you, but you can influence your mood by a combination of experiences you have and choices you make.

MOOD & FOOD



Considering your mood, how do you feel it affects your food choices?

What becomes possible when you are aware of your mood and in control of your food choices?



According to research, when you are in a **positive** mood, what types of foods do you tend to choose?



When you are in a **negative** mood, what types of foods do you tend to choose?

WEEK 1: THE IMPORTANCE OF MOOD AWARENESS

FOOD & FEEL JOURNAL

If you were to journal three days of your food intake, beverage intake and overall mood, what would that look like? How would you describe your choices? Healthy, mediocre or less than optimal?

What could you gain from becoming aware of your food and beverage choices?

How committed are you to using a food journal?
What next steps do you need to take?

Moving forward, for any growth to take place, you need to have a willingness to address the truths within your own life.

FACING YOUR TRUTH ISN'T ALWAYS AN EASY TASK, BUT
IT IS NECESSARY FOR CHANGE TO TAKE PLACE.

IGNITING ACTION

Considering what you know about your general mood, and what you know now about how moods are affected, what are you seeing for yourself? What steps can you take after today's session?

STEPS TO FILLING OUT YOUR FOOD & FEEL JOURNAL:

- » **Date and time:** In the first column, write down the date and time you are eating your meal or snack.
- » **How am I feeling before eating:** What's going on in your internal or external environment? What has prompted you to eat?
- » **What I ate/drank:** Any foods and beverages you ate and how much. You don't need to get out your measuring cups; an estimation will suffice.
- » **How am I feeling after eating:** How are your choices affecting you? Is there anything standing out about your state — emotionally, physically or mentally?

PRACTICE STEPS

- » Start filling out your Food & Feel Journal.
- » Bring your Food & Feel Journal to next week's session.



FOOD & FEEL JOURNAL

Think about your current nutrition. How would writing down what you eat, when you eat and how you feel support your nutrition, eating habits and overall well-being? Use this journal to build awareness around your food and beverage intake and your mood. Write down everything you eat and drink in a given day, along with how you were feeling at the time.

Date and time	How am I feeling before eating? What's going on?	What I ate/drank.	How am I feeling after eating?

IGNITING ACTION

What stands out to you as important about your nutrition?
After reviewing your Food & Feel Journal, what is your biggest opportunity?

WEEK 2: BUILDING BLOCKS OF NUTRITION

THIS WEEK'S TOPICS:

- Review Food & Feel Journal
- Building blocks of nutrition
- Eating a rainbow



CELEBRATE YOUR WINS

How do you currently celebrate your wins? How does that impact you?

Thinking about the past week, where did you have small wins?
What is standing out to you about your experiences?

The next time you succeed, what is one thing you will do to celebrate you?

IT'S IMPORTANT EACH
WEEK TO CELEBRATE
YOUR WINS.

This provides you with an opportunity to value your successes with each step you take toward your desired outcome. The more you feed the wins in your life, the more you'll want to succeed. Use these questions to evaluate your ability to celebrate your wins and the effect it has on your motivation.

WEEK 2: BUILDING BLOCKS OF NUTRITION

REVIEW FOOD & FEEL JOURNAL

What have you noticed from your first week of filling out your Food & Feel Journal?

If you did not start filling out your Food & Feel Journal, what opportunity do you see for yourself this week?



BUILDING AWARENESS

is the first step to effectively making any conscious change in life; it plays a key role in helping create new habits.

Considering your Food & Feel Journal, what trends or patterns do you notice? Did you begin to notice certain foods that brought you down? Lifted you up? Made you irritable? Refreshed you?

After reflecting on your Food & Feel Journal, what is standing out to you as your next step?

BUILDING BLOCKS OF NUTRITION



Thinking about your current eating habits, what portion of your plate is filled with vegetables, fruits, proteins and healthy fats vs. processed foods and junk foods?

WEEK 2: BUILDING BLOCKS OF NUTRITION

CARBOHYDRATES

Why are carbohydrates a valuable building block of nutrition?

What are good sources of carbohydrates?

PROTEINS

Why are proteins a valuable building block of nutrition?

What are good sources of proteins?

HEALTHY FATS

Why are healthy fats a valuable building block of nutrition?

What are good sources of healthy fats?

After reviewing the information above, what opportunities do you see to include balanced portions of carbohydrates, protein and healthy fats to build your “super plate”? What action are you committed to taking?

HYDRATION



HOW MUCH WATER SHOULD YOU BE DRINKING?

This varies depending on your weight and activity, but the rule of thumb is to divide your body weight (in pounds) by two and drink that many ounces of water each day. For example, a 180-pound person should generally drink 90 ounces of water daily.

How much water do you consume daily? How does your daily water intake impact how you feel?

What stands out to you as your first step to increasing your water intake?

WEEK 2: BUILDING BLOCKS OF NUTRITION

EATING THE RAINBOW



Lycopene is found in **RED** foods — it's good for your heart, blood and joints. Keep that blood pumping!



Carotenoids are found in **ORANGE** foods — these antioxidants support your vision and immune system. See well into the future!



Flavonoids are found in **YELLOW** foods — they support vision, your immune system and digestion. No more rumbling stomachs!



Isothiocyanates are found in **GREEN** foods — these detoxifiers lower the risk of multiple cancers and improve the immune system. Stave off those colds!



Anthocyanin is found in **BLUE/PURPLE** foods — this antioxidant supports heart health and healthy aging. You don't have to slow down!



Sulfur compounds are found in **WHITE foods** — they help maintain heart health and decrease cancer risk. Keep that ticker going strong!

How important is it to you to include a variety of colors in your meal?

FRUITS AND VEGETABLES GET THEIR COLOR FROM THE SUN
AND NATURALLY OCCURRING VITAMINS AND MINERALS.

By eating a diet rich in fruits and vegetables, the average healthy person can get all the vitamins and minerals their body needs, without the need for supplementation.



What colors of the rainbow do you feel you are most lacking in your diet?

What foods can you commit to eating this week to get the benefits from those colors?

IGNITING ACTION

- » Continue to log in your Food & Feel Journal.
- » Spend time looking for patterns in your Food & Feel Journal.
- » Add more color to your daily nutrition intake.
- » Bring your Food & Feel Journal to next week's session.



FOOD & FEEL JOURNAL

Think about your current nutrition. How would writing down what you eat, when you eat and how you feel support your nutrition, eating habits and overall well-being? Use this journal to build awareness around your food and beverage intake and your mood. Write down everything you eat and drink in a given day, along with how you were feeling at the time.

Date and time	How am I feeling before eating? What's going on?	What I ate/drank.	How am I feeling after eating?

IGNITING ACTION

What stands out to you as important about your nutrition?
After reviewing your Food & Feel Journal, what is your biggest opportunity?

WEEK 3: MOOD BOOSTING NUTRIENTS

THIS WEEK'S TOPICS:

- Review Food & Feel Journal
- Serotonin and why we crave sugar and starch
- Mood-supporting nutrients

CELEBRATE YOUR WINS

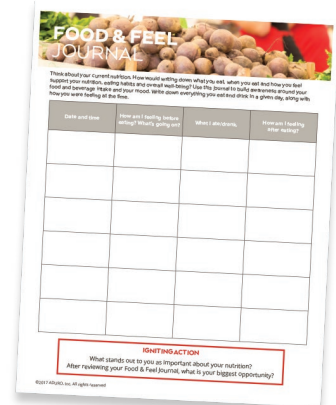
Let's check in. What opportunities did you capitalize on in the past week and what were your small wins?

How did you celebrate your accomplishments?

REVIEW FOOD & FEEL JOURNAL

Considering your Food & Feel Journal, have you come across any new insights into your habits around nutrition, how your food choices impacted you or any positive changes you created for yourself in the past week?

Did you take the opportunity to include the building blocks of nutrition and a variety of colors in your diet? How did they affect your mood?



WEEK 3: MOOD BOOSTING NUTRIENTS

SEROTONIN

When you eat grain and sugar-heavy meals, what is your mood like immediately afterward?

What is it like an hour later?

Serotonin is considered the _____ neurotransmitter in the brain.



WHEN OUR BRAINS ARE LOW IN SEROTONIN, we tend to crave sugar and starch to help boost our moods, these are foods that will instantly promote a good feeling. Those feel-good foods are most often simple carbohydrates, high in sugar and starches, such as breads, pastas, alcohol and candy.

What four strategies are presented to support and enhance serotonin levels?

After reading about how to increase serotonin levels, what stands out as one thing you are committed to?

CARBOHYDRATES

What percentage of your carbohydrate consumption is made up of healthy vegetables and fruits?

Considering your Food & Feel Journal, what foods are you seeing that you turn to in order to change a negative mood?

TAKING THE TIME TO INCLUDE MORE WHOLE—FOOD CARBOHYDRATE OPTIONS, rather than relying on processed-food carbohydrate options — even when life feels stressful or overwhelming — can help break this damaging cycle and support a more lasting positive mood.

WEEK 3: MOOD BOOSTING NUTRIENTS

Reflecting on what you just heard, how can you include more whole foods in your daily diet?

TRYPTOPHAN



When you eat a meal containing protein, what is your mood like immediately after eating?

What is it like an hour later?

What are good food sources of tryptophan?

Hearing this information, what opportunities are you seeing to include tryptophan in your diet? What action are you committed to taking?

OMEGA-3 FATTY ACIDS

Thinking about your food choices, how often do you include healthy fats? How do they influence your mood?

What are good food sources of omega-3s?

HOW WILL YOU INCLUDE
HEALTHY FATS AS PART
OF YOUR MEALS?

WEEK 3: MOOD BOOSTING NUTRIENTS

VITAMINS B AND D

How often are you thinking about your intake of vitamins? How could a diet rich in whole foods increase your vitamin intake?

What are good food sources of B vitamins?

What are good food sources of vitamin D?



While all vitamins are essential to life,

VITAMINS B AND D

are especially important for influencing your mood.

Considering the information discussed, what foods are you committed to eating to create the mood you desire for yourself this next week?

What benefits will these actions offer in helping you meet your goals?

IGNITING ACTION

Considering the past three weeks, what changes in your mood are you noticing for yourself? How has your commitment to your Food & Feel Journal added value to your life? What are you committed to moving forward?

PRACTICE STEPS

- » Continue to use your Food & Feel Journal to identify how food affects your mood.
- » Add at least one new food this week to support your mood.
- » Bring your Food & Feel Journal to next week's session.



FOOD & FEEL JOURNAL

Think about your current nutrition. How would writing down what you eat, when you eat and how you feel support your nutrition, eating habits and overall well-being? Use this journal to build awareness around your food and beverage intake and your mood. Write down everything you eat and drink in a given day, along with how you were feeling at the time.

Date and time	How am I feeling before eating? What's going on?	What I ate/drank.	How am I feeling after eating?

IGNITING ACTION

What stands out to you as important about your nutrition?
After reviewing your Food & Feel Journal, what is your biggest opportunity?

WEEK 4: FOOD AND FEEL JOURNAL

THIS WEEK'S TOPICS:

- Review Food & Feel Journal
- Change



CELEBRATE YOUR WINS

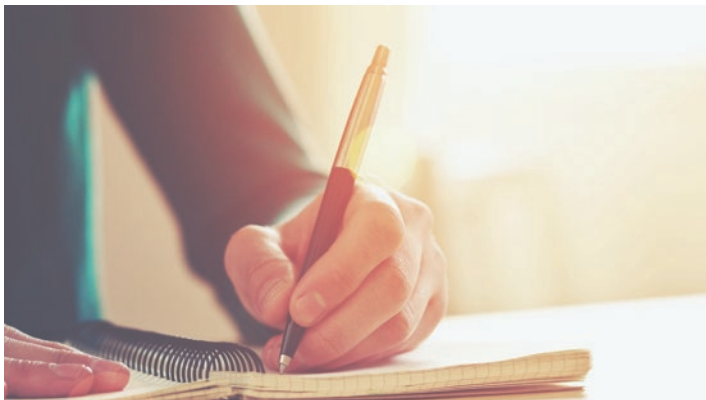
Let's check in. What opportunities did you capitalize on in the past week? What were your small wins?

How did you celebrate your accomplishments?

How has committing to filling out your Food & Feel Journal increased your awareness about your mood and your nutrition? How has it added value to your life?

WEEK 4: FOOD & FEEL JOURNAL

DATE AND TIME



When you look at when you ate, what are the trends that you notice?

Were there times of the day when you ate more or less than other times during the day?

After looking through your trends in the “Date and Time” column, what is standing out to you about when you eat?

What opportunities for change are you seeing that relate specifically to the timing of your meals?

HOW AM I FEELING BEFORE EATING?

Are you choosing to eat because it is the time you usually associate with eating a meal? Are you truly hungry when you eat? Or are there times when another person or event triggers you to eat?

Considering those times when you ate because of an external trigger, such as stress, boredom or excitement, are you noticing if you ate more or less than usual?

After discovering this new information, what stands out to you regarding your hunger and why you choose to eat?



WEEK 4: FOOD & FEEL JOURNAL

IDENTIFYING TRUE VS. FALSE HUNGER

How could identifying if you are experiencing true hunger vs. false hunger support your nutrition goals?

What is the difference between true hunger and false hunger?

After hearing this information, what other actions can you take when you are experiencing false hunger?

How will your ability to identify true vs. false hunger support you and your overall health?

BEFORE EATING, FOLLOW THIS EXERCISE TO IDENTIFY IF YOU ARE MOTIVATED BY TRUE HUNGER OR FALSE HUNGER:

Pause, take a deep breath and tune into your body's sensations. Take notice of your environment, and everything that's happening around you. Take notice of your emotions and everything that's happening internally.

After evaluating your environment and your emotions, ask yourself if this is true hunger or a sign of something else. Do you need a break? Are you bored? Are you emotional? Angry, frustrated, sad, happy, excited? Are you in a place where you normally eat, such as the kitchen, a cafeteria, your car?

If you answered yes to one or more of questions above, or if you determine that you are experiencing false hunger, try the following:

- » Drink water. Dehydration is commonly mistaken for hunger.
- » Wait 10 minutes and re-evaluate if you're truly hungry. To pass the time, go for a walk, call a friend, read a book or anything else that will help you pass the time.



WHAT I ATE/DRANK

Considering when you ate and how you were feeling, what are you noticing about the type of foods/drinks you chose?

After reviewing this information in your Food & Feel Journal, what foods are you committed to focusing on this week?

WEEK 4: FOOD & FEEL JOURNAL



HOW AM I FEELING AFTER EATING?

Did you notice certain foods that brought you down or made you feel more negative?

Did you notice certain foods that lifted you up or made you feel more positive?

Thinking about those times you chose food that did not positively support your mood, what opportunities are standing out to you to make adjustments?

Think back to the first question I asked on day one, what are you wanting out of this program? Are you moving toward that goal, or moving further away?

What clarity are you gaining about your next steps?

FACING YOUR TRUTHS

Thinking about the awareness you created, what opportunity are you seeing to put this information into action?

What micro habits are you going to commit to this week regarding your nutrition and mood?

On a scale of 1-10, with 1 being not confident at all and 10 being full confidence, how would you rate your confidence in accomplishing one micro habit this week?

Change isn't always easy, but it's a necessary step in order for growth to take place.

"LIFE IS CHANGE. GROWTH IS OPTIONAL. CHOOSE WISELY."

— KAREN KAISER CLARK

What would make your confidence a 9 or 10?

What support do you need or opportunities do you need to create in order to be at that level?

IGNITING ACTION

When thinking about your journey to accomplishing your overall goal, where do you start? What will success look like?

PRACTICE STEPS

- » Continue to use your Food & Feel Journal to identify how food affects your mood.
- » Take time to analyze your Food & Feel Journal.
- » Bring your Food & Feel Journal to next week's session.



FOOD & FEEL JOURNAL

Think about your current nutrition. How would writing down what you eat, when you eat and how you feel support your nutrition, eating habits and overall well-being? Use this journal to build awareness around your food and beverage intake and your mood. Write down everything you eat and drink in a given day, along with how you were feeling at the time.

Date and time	How am I feeling before eating? What's going on?	What I ate/drank.	How am I feeling after eating?

IGNITING ACTION

What stands out to you as important about your nutrition?
After reviewing your Food & Feel Journal, what is your biggest opportunity?

WEEK 5: CREATING EVERLASTING CHANGE

THIS WEEK'S TOPICS:

- Mindful eating
- Embracing change
- Cultivating everlasting change
- Setting your intentions

CELEBRATE YOUR WINS

What opportunities did you turn into successes this past week?

How did those successes impact your daily life and/or your mood?



MINDFUL EATING

Thinking about your typical eating experience, how would you describe your relationship with food? What have you noticed about your eating environment and how that influences your mood?

Rather than being affected by your environment, you can restructure your environment to promote a more thoughtful and intentional way of eating. By practicing mindful eating, minimizing distractions and eating with more attention,

**YOU CAN PROVIDE YOURSELF WITH AN
OPPORTUNITY TO INFLUENCE YOUR MOOD.**

WEEK 5: CREATING EVERLASTING CHANGE



What is standing out to you with regards to the way you typically experience eating food?

What opportunities do you see for yourself to create a more mindful eating experience?

TRY EXPERIMENTING WITH THESE STEPS:

- » **Eliminate environmental distractions:** Turn off the TV, put down your phone and clear the area of clutter that will distract you from your meal.
- » **Focus on the meal you're eating:** Turn your attention toward the beautiful food on your plate. Dedicate time to just eating.
- » **Eat slowly and remember to breathe:** There's no rush — take your time. Eating slowly will help your body to get the most nourishment from the food. Take a moment to breathe before you start eating. Let go of the stress and thoughts that surround you.
- » **Experience your senses:** Pay attention to the colors, smells, textures and tastes of your food. Appreciate all the hard work that went into the creation of your meal. Not only did you take the time to cut your vegetables and cook the way you like it, but think about all of the hands that went into the growth of those vegetables or the way the meat was raised in a healthy way. All of this time and attention went into your food. Appreciate that.

EMBRACING CHANGE

Thinking about your experience over the past few weeks, what changes have you made so far that are settling into long-term habits?

Are there other opportunities for change you'd like to develop further?

Are there barriers that still need to be addressed?

Considering addressing your barriers, what action are you committed to moving forward?

THE FIRST STEP IN
EMBRACING LONG-TERM
CHANGE IS TO RECOGNIZE
THAT YOU WANT TO
MAKE THE CHANGE.

WEEK 5: CREATING EVERLASTING CHANGE

CULTIVATING EVERLASTING CHANGE

Considering what you've learned, what is most useful for you in feeling inspired to take action and maintain these changes?

BREAKING MENTAL BARRIERS

Take a moment to identify any judgments you have of yourself that prevent you from achieving your overall goals. How do they add or take away from your life?

Accept your judgments as neutral; you've had them up until now, but they don't have to continue into your present and future. Once you are able to acknowledge them,

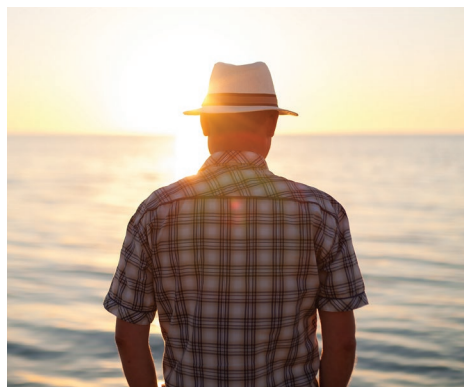
LEARN FROM THEM, AND LET THEM GO.

After reflecting on and letting go of your mental barriers, how do you want to fill that newfound mental space?



What would be possible if you knew you couldn't fail at your goals?

SETTING YOUR INTENTIONS



Consider your goals and set your intentions prior to making choices to eat or not to eat specific foods.

In those moments, it may be helpful to ask yourself the following questions:

Will what I am about to do add to my life, or take away from my life?

Will this choice get me closer to my goal, or move me further away?

What opportunity are you seeing to break through your obstacles and barriers?

WEEK 5: CREATING EVERLASTING CHANGE

SUPPORT



Now that you know what actions you are wanting to take, can you identify any support that you need to seek in order to maximize your probability of success?

Considering what you know about yourself, are there other ways to affect your mood?

What action will you take to reach out to the support structures you've identified?

Once you recognize alternative ways to influence your mood, you can find ways to make shifts in your environment that will

SUPPORT ALL OTHER CHOICES YOU MAKE.

IGNITING ACTION

Knowing what you know about yourself, other than food, what opportunities are you seeing for yourself to encourage positivity in your life?

PRACTICE STEPS

- » Continue to use your Food & Feel Journal to identify how food affects your mood.
- » Add one more new food or new color to your food intake to support your mood.
- » Bring your Food & Feel Journal to next week's session.



FOOD & FEEL JOURNAL

Think about your current nutrition. How would writing down what you eat, when you eat and how you feel support your nutrition, eating habits and overall well-being? Use this journal to build awareness around your food and beverage intake and your mood. Write down everything you eat and drink in a given day, along with how you were feeling at the time.

Date and time	How am I feeling before eating? What's going on?	What I ate/drank.	How am I feeling after eating?

IGNITING ACTION

What stands out to you as important about your nutrition?
After reviewing your Food & Feel Journal, what is your biggest opportunity?

WEEK 6: C.L.U.E.S

THIS WEEK'S TOPICS:

- Slip-Ups and Bounce-Backs
- C.L.U.E.S.
 - Connect
 - Listen
 - Understand
 - Evaluate your goals
- Seek your desired outcome



CELEBRATE YOUR WINS

How did evaluating your path to change impact your success this week?

What were your small wins?
How did you celebrate them?

SLIP—UPS AND BOUNCE—BACKS



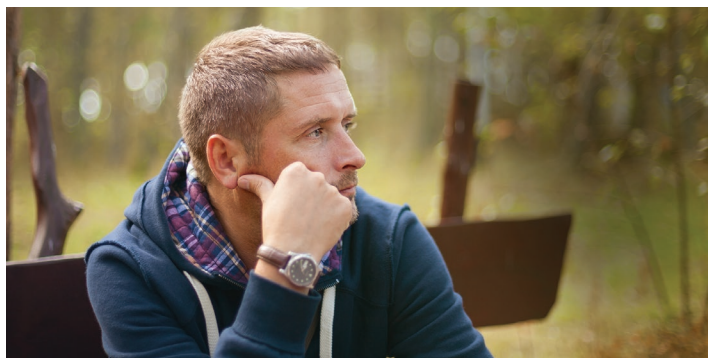
What is your immediate reaction when you experience failure?

How could bouncing back from failure support you in forward movement?

At some point in your journey there will be ups and downs — you will not achieve each daily goal completely, and there will be setbacks.

THE PATH TO SUCCESS IS NOT LINEAR, AND CHANGE
IS CONSTANT FOR YOUR ENTIRE LIFE.

WEEK 6: C.L.U.E.S



"FAILURE IS THE OPPORTUNITY TO BEGIN AGAIN,
THIS TIME MORE INTELLIGENTLY." — HENRY FORD

Considering the information shared about bounce-backs, what will you do the next time you slip?

How can you use C.L.U.E.S. to support your forward movement?

C — CONNECT



In the past six weeks, what observations have you had around your actions when you were aware of your mood?

Reflecting on awareness, how will you continue to be present and honest with yourself moving forward?

L — LISTEN

Thinking about your body's signals, what value has listening provided to you over the past six weeks?

Considering your experience over the past six weeks, what has your body told you it needs?



WEEK 6: C.L.U.E.S

U – UNDERSTAND



What action can you take to maximize your natural talents? How will that support your personal growth?

E – EVALUATE YOUR PROCESS

Considering the past six weeks, what changes have you created that worked well? Did you meet your goals?

What was the impact of celebrating your wins?

What were any new goals that formed or goals that changed as you progressed throughout the last six weeks?

What goals do you need to reframe for you to move forward?



S — SEEK YOUR DESIRED OUTCOME



What does your “I will succeed” mentality look like? What does it feel like?

IGNITING ACTION

How will you continue to pursue a positive mood from the foods you consume?

PRACTICE STEPS

- » Continue filling out, evaluating and analyzing your Food & Feel Journal.
- » Gain clarity of your goals using C.L.U.E.S.
- » Practice bouncing back from slip-ups with your goals in the forefront of your mind.



FOOD & FEEL JOURNAL

Think about your current nutrition. How would writing down what you eat, when you eat and how you feel support your nutrition, eating habits and overall well-being? Use this journal to build awareness around your food and beverage intake and your mood. Write down everything you eat and drink in a given day, along with how you were feeling at the time.

Date and time	How am I feeling before eating? What's going on?	What I ate/drank.	How am I feeling after eating?

IGNITING ACTION

What stands out to you as important about your nutrition?
After reviewing your Food & Feel Journal, what is your biggest opportunity?

CONGRATULATIONS!

You have completed the Mood & Food program!
It takes courage and strength to pursue change,
to make your life a priority and stick with it.
Acknowledge yourself for all you've accomplished!

Remember, however, that this is simply the
beginning of your journey to success. Use the
tools you've learned during these six weeks
to strive toward your goals in all aspects of
life. Keep up the amazing work you've started.
Think of the momentum you've created. Use it
to Ignite Your Life and bring fire to your world!

**If you have questions, or if you'd like to
start working with a Coach one-on-one,
please email coaching@adurolife.com.**