

---

## EAT DANCE SHINE - TAKING STOCK WORKSHEET



Here we go!

1. Have you tried the Body Sway or the Awareness exercise to awaken your inner guru? Are you more in touch with what your body needs and does not need? What have you learned about yourself? Make some notes here:

---

## EAT DANCE SHINE - TAKING STOCK WORKSHEET

2. Are you eating more plants?

Have you increased your fibre intake? Have you tried grinding linseeds and taking them every day? What changes have you observed in your body, your digestion, your elimination?



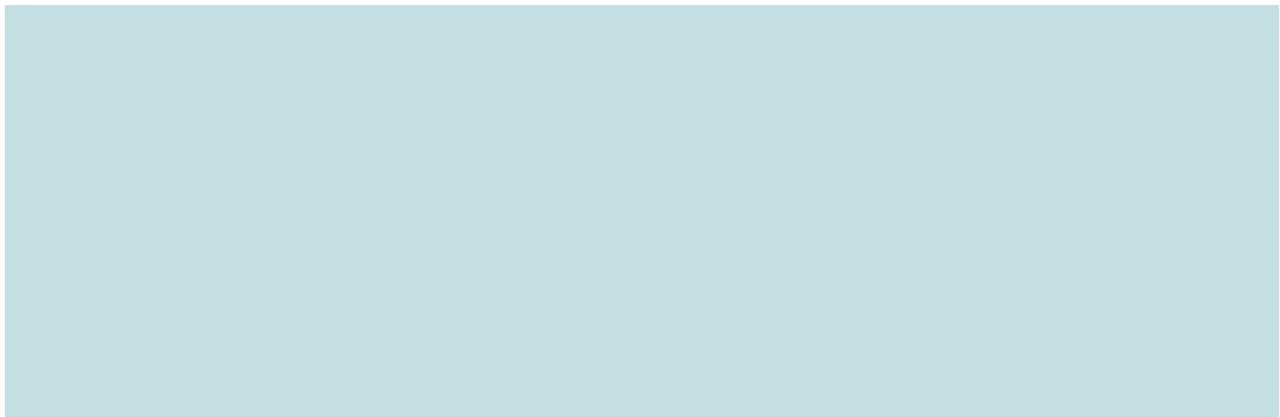
3. Have you been aware of eating more colours in your fruits and vegetables? Have you made more colourful salads and eaten more berries?



4. Assess how many glasses of wine you drink a week.

Remember there are other ways to get the antioxidant, resveratrol. What are they?

What changes are you committed to making here?



---

## EAT DANCE SHINE - TAKING STOCK WORKSHEET

5. Do you have a way of making juice? Is the equipment out and ready to go? Or is it hidden at the back of a cupboard?

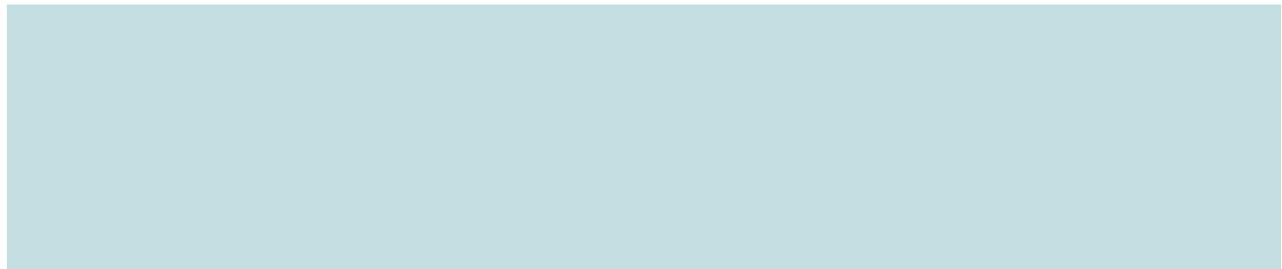
How often, per week, can you promise yourself to make a healthy vegetable juice?



6. Have you tried soaking some nuts or seeds?

Sprinkling them onto a salad?

Have you made some nut milk? Are you substituting this nut milk to decrease your dairy intake?



7. Are you getting your omega 3s from vegetarian or fish sources?

Have you included coconut oil in your diet?

Are you reducing your intake of vegetable oils to get a healthier ratio of omega 6 to omega 3s?



8. What new 'un-cooked' recipe have you tried?

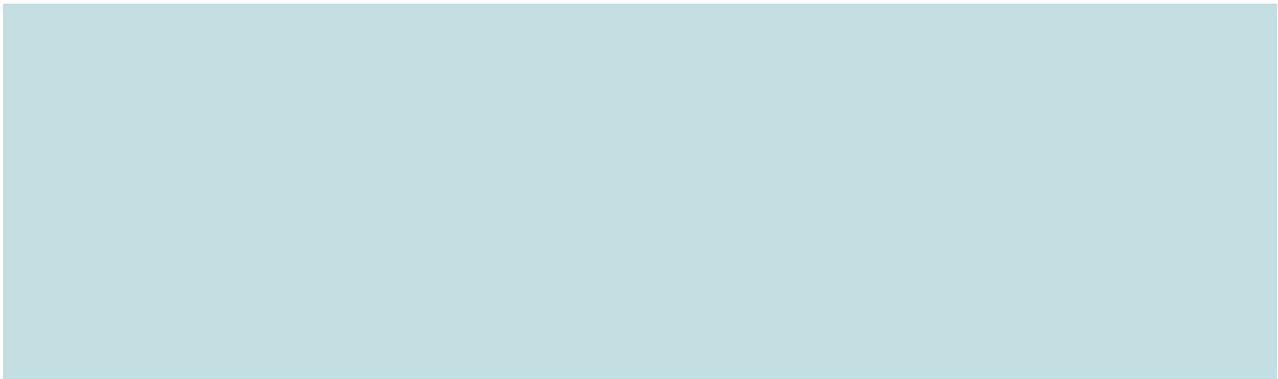
Which new grains have you tried?

Have you reduced the amount of times you start a recipe with frying an onion?

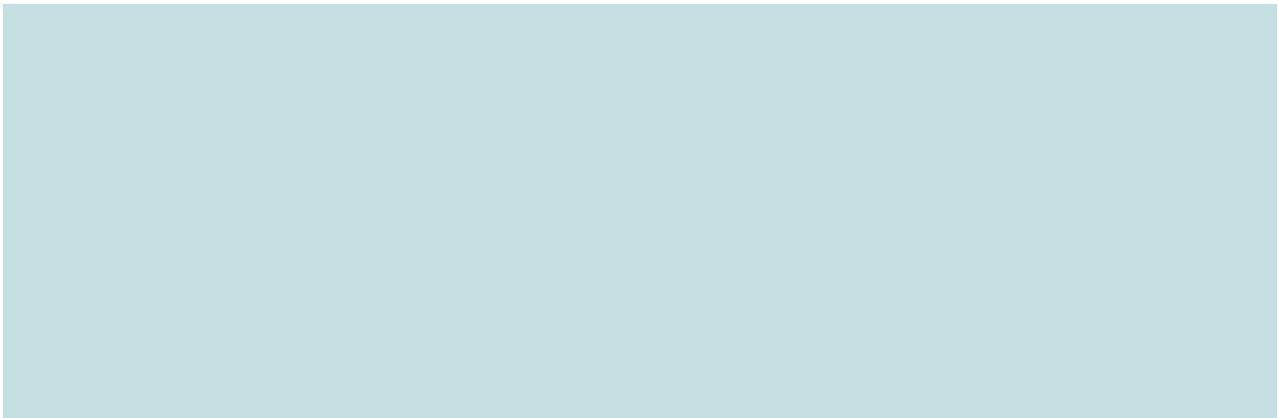
Have you tried 'simmer-frying' instead?



9. What fermented food are you eating this week?  
Have you made any sauerkraut yet? This recipe works!



10. What supplements do you take? List them here.  
Do any of them contain undesirable additives? Check the labels.  
Can you find alternatives?  
Or do you choose, instead, to make and drink a vegetable juice each day?



---

11. Do you know what your Vitamin D level is?  
Are you taking a Vitamin D supplement?  
Are you eating more greens? Are you taking a Vitamin K2 supplement?



12. List here the superfoods you are taking and congratulate yourself !



13. How dark is your taste in chocolate? Cultivate a taste for less sweet, darker chocolate. You only need a little. Less is more!  
With one small square of dark chocolate, sit down and take 5 minutes to eat it mindfully. What did you notice?



14. List here, how you have reduced your use of plastic food packaging.  
How else are you avoiding xenoestrogens in your home?



---

15. Acknowledge the changes you have made and congratulate yourself, again. 👍

What are your change challenges?

16. List one new food/recipe you are going to eat/make this week for each mealtime:

breakfast

mid-morning snack

lunch

mid-afternoon snack

dinner

**NOW**

Choose any idea that appeals to you, when you are ready, whatever looks easiest, most appealing, and make a start.

As I love to say in Nia classes “do it your body’s way; only you know what feels best for your body.”