

# Tracking Your Progress

As you make dietary changes, it is helpful to keep track of all the wonderful changes you will experience. Changing what you eat will affect you positively on many levels. It is important to realize those changes. You will see how far you have come and you will be reminded of why you have chosen the path you are on right now. It takes time for health problems to improve, so fill out this form at least a couple months after changing the way you eat. Look back to the first inventory form you filled out at the beginning of this book and see how things have changed.

What changes in your health have you noticed over the past few months of eating real food?

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### Current symptoms you are experiencing

Rate on a scale of 1-10. (1=no problems/symptoms 10=daily symptoms / severe)

Explain your symptoms:

1-10	Energy Level:	----- -----
	Sleep Quality (restful, restless, wake up often, hard to get to sleep, etc?):	----- -----
	Mental Focus (poor concentration, anxiety, depression, wired feeling, etc..?):	----- -----
	Joint Comfort (pain, swelling, stiffness, etc.?)	----- -----
	Skin (rashes, hives, eczema, psoriasis, very dry, etc.?)	----- -----
	Heart Health (pain in chest, palpitations, etc.?):	----- -----
	Digestive System (burping, bloating, reflux, gas, nausea or pain?)	----- -----
	Male/Female organs	----- -----
	Pain level (where is the pain and how bad is it?)	----- -----
	Elimination (how often are your bowel movements? 1 x day, 2-3 x a day, or do you skip days?)	----- -----
	Allergies (foods, environmental, pollen, grasses, chemicals, etc.?):	----- -----
	Immune system (frequent colds, other infections, get sick easily?)	----- -----

Current weight: \_\_\_\_\_ Blood pressure: \_\_\_\_\_ Blood sugar: \_\_\_\_\_

Check the box that best describes your overall health changes since your last visit

Better	Much Better	The same	Worse	Much worse
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What has improved since the last class?

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What have been your biggest challenges since our last class?

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What have been your biggest wins since our last class?

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On a scale of 1-10, how would you rate your effort since our last class?

\*\* 1= I didn't put in any effort, 10= I made my best effort

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What would help you be more successful in implementing the recommended lifestyle/  
dietary changes?

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How are you going to make sure you make that happen?

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# Lifestyle

Although food probably has the most influential effect on our health, it can only go so far in bringing us health if we are abusing our bodies in other ways.

I have known people who eat a very good diet, but because of a high-stress job, marital strife, and other emotional issues, they never have true health. These lifestyle factors can and will undermine even the best diet. Good nutrition cannot make up for a poor life-style.

## SOME FACTORS TO LOOK AT: (CHECK ALL THAT APPLY)

Do you stay up late at night on a regular basis or get less than 7-8 hours of sleep regularly?

Do you feel like you are always in a hurry?

Do you find it hard to sit still and relax or take time for yourself?

Is there constant distress or conflict in your relationships with others?

Do you worry often?

Do you dislike your job?

Do you rarely exercise?

Do you stay inside all day without taking a break to go outside?

Do you smoke or drink alcohol regularly?

If you answered yes to three or more of these questions, your habits may be adding too much stress to your life, and contributing to low energy and susceptibility to illness. Many of us find ourselves juggling multiple responsibilities, and the fast pace of our lives can drain our resources.

## Exercise

### BENEFITS OF REGULAR EXERCISE:

- It boosts your energy level (remember the lymphatic system?)
- It elevates mood and can get rid of depression
- It reduces stress
- It improves sleep patterns and insomnia
- It strengthens the immune system
- It helps you maintain your weight
- It reduces elevated cholesterol levels
- It helps prevent osteoporosis and helps build healthy bones

# Warning Signs you Should not Ignore

The body is amazing in its design. Because the body is a self-repairing mechanism, it tries to heal itself and when it cannot, it will send out a warning sign to us to alert us to the need for assistance. These warning signs are called symptoms.

Many of us don't pay attention to these subtle warning signals we experience on a daily basis. They are little symptoms that the body is using as a warning sign to let you know that your body is in crisis. But in this culture, we are bombarded daily by so many advertisements designed to mask these symptoms, rather than find the cause of them, that we have come to believe that the symptoms are "normal". If we only temporarily relieve the symptom and don't get to the root cause of it, it WILL escalate and cause further damage to your body. Each symptom is the way that your body is trying to alert you that something is wrong in your diet or lifestyle.

Some of the warning signs your body will give you are: (Check all that apply to you)

- |                                      |                              |
|--------------------------------------|------------------------------|
| Indigestion                          | Painful joints               |
| Bloating                             | Fatigue                      |
| Gas                                  | Headaches                    |
| Abdominal pain                       | Body aches and pains         |
| Low back pain                        | Acne                         |
| Varicose veins                       | Angina                       |
| Water retention                      | Diarrhea and/or constipation |
| Bad breath                           | Pain of any kind             |
| Ear infections                       | Shortness of breath          |
| Sore throat                          | Sensitive teeth/gums         |
| Soft or brittle nails                | Short attention span         |
| Sensitivity to perfumes or chemicals | Foggy head                   |
| Insomnia or disturbed sleep patterns | Dizziness                    |

Symptoms are like the red light that flashes on the dash board of your car. There are 2 things you can do to fix it: Cover it up so you don't see it, or figure out what the car needs and fix it. Covering it up is like using drugs: They mask the symptoms and the damage to your body continues to get worse down the road. Fix-ing it is handling the problem: correcting the diet or lifestyle problems.

A symptom such as pain is one way for the body to tell us that whatever we are doing, we should stop doing. Disease just doesn't happen. It is created. It is created when we ignore those little warning signs and do not give our body the nec-essary support it needs. We need to respect symptoms and see them for what they are: errant lifestyle indicators. The best way to eliminate recurring symptoms is to end the underlying cause and change what is out of balance in your life.

# Forgiveness and Acceptance Worksheet

Forgiveness is the decision to release the negative emotions connected to a past event that has hurt us. It is an emotional tool that helps us commit to moving forward and feeling better.

Forgiveness is a decision that allows us to let go of the resentment, bitterness, and anger that hold us back from personal growth and well-being.

Forgiveness is also the first step in healing the wound. Think of forgiveness like the antiseptic that is applied to a wound before the bandage goes on. A surgeon would never seal up a wound before making sure it is clean otherwise it will get infected and can cause more damage than the wound itself. The same with our inner wounds. You first need to forgive so the holy spirit can come and clean the wound in your heart. Only then will the healing begin.

Forgiveness is also a choice. It is not a feeling. You may still feel the hurt and even anger towards the wrongdoer after you forgive them. This does not mean that you have not forgiven them, this only means that you have not been healed yet from the wound. Forgiveness is a choice and happens the instant you choose to forgive them in prayer. Healing is a process, and this process looks different for everyone. For some, it may be longer than others and might involve more than others, but one thing is for sure, time alone will not heal the hurts of our past. Only the Holy Spirit through the Cross can do that. It is up to you to partner with Christ to walk you through that healing.

This worksheet will help you through that process.

## KEY VERSES ON FORGIVENESS

*Luke 6:27-38*

27 "But to you who are listening I say: Love your enemies, do good to those who hate you, 28 bless those who curse you, pray for those who mistreat you. 29 If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. 30 Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. 31 Do to others as you would have them do to you.

32 "If you love those who love you, what credit is that to you? Even sinners love those who love them. 33 And if you do good to those who are good to you, what credit is that to you? Even sinners do that. 34 And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. 35 But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. 36 Be merciful, just as your Father is merciful. 37 "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. 38 Give, and it will be given to you. A good measure, pressed down, shaken together, and running over, will be poured into your lap. For with the measure you use, it will be measured to you."

*Mathew 18:21-35*

21 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?"

22 Jesus answered, "I tell you, not seven times, but seventy-seven times.

23 "Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. 24 As he began the settlement, a man who owed him ten thousand bags of gold[ was brought to him. 25 Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. 26 "At this the servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.' 27 The servant's master took pity on him, canceled the debt and let him go.

28 "But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded.

29 "His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay it back.'

30 "But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. 31 When the other servants saw what had happened, they were outraged and went and told their master everything that had happened.

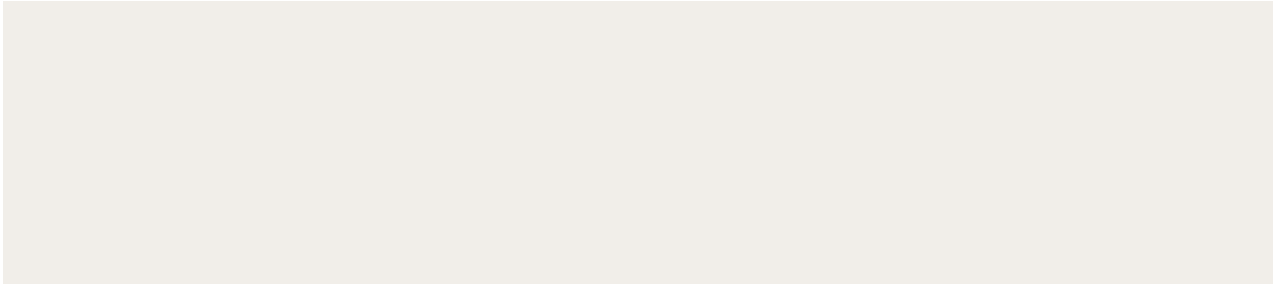
32 "Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to. 33 Shouldn't you have had mercy on your fellow servant just as I had on you?' 34 In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.

35 "This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."

## Class 8

### WHAT ARE YOU STRUGGLING TO LET GO OF?

Describe the event associated with your negative emotions. What was said or done, specifically? How did it make you feel? Take this time to identify and write down what those emotions were. Now acknowledge the emotion by letting yourself feel it with no shame attached. Did this event make you feel jealous, rejected, unloved, unimportant, sad, or angry? Allow yourself to feel that emotion for as long as it takes for the emotion to pass naturally. This is the process of releasing the emotions that have been shoved down and bottled up. Once your breathing returns to normal and your tears have subsided continue to the next step. Write down the emotions below



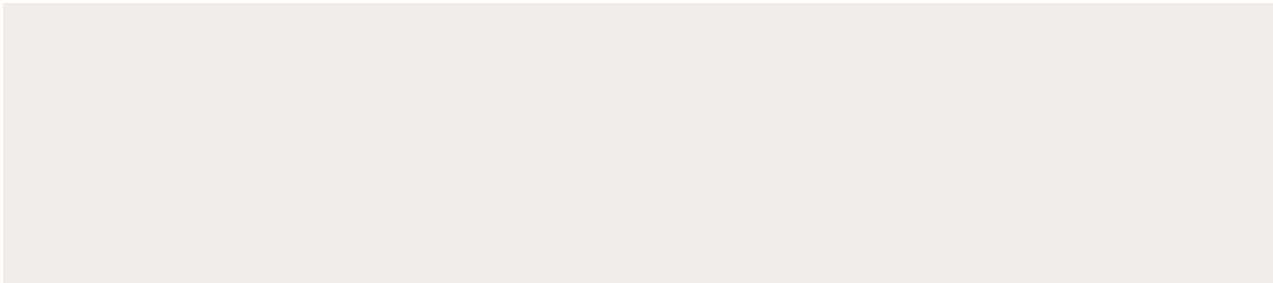
### REPENTING FOR THE OFFENSE.

Offense is a Sin. Not only do we need to forgive those that have offended us but we must also pray and ask for forgiveness for being offended. This is an important part of the healing process and must not be left out.

Are you walking in offense? Write out what you are offended by. Then one by one ask and receive forgiveness from God.

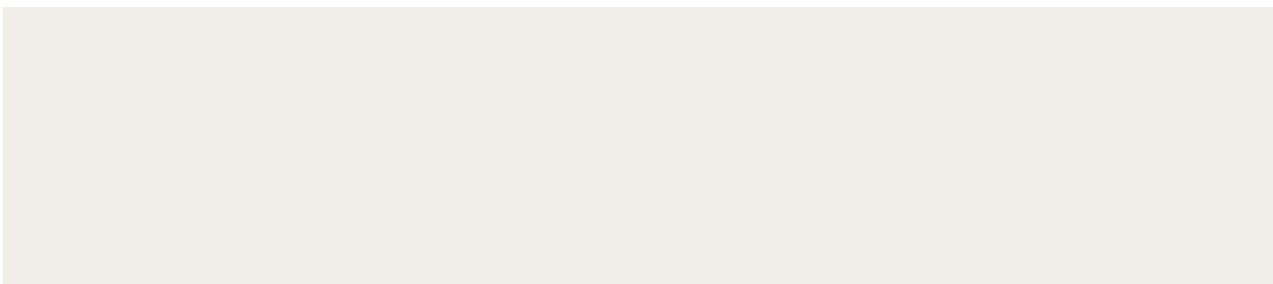
Ex: I am offended by my husband constantly interrupting me and making me feel like what I have to say is not important. Lord forgive me for being offended with my husband for interrupting me. I choose to no longer walk in offense, Lord help me to communicate how I feel without being offended.

To learn more about the sin of offense visit <https://youtu.be/CDDzEAtRwBM> or search in YouTube for [Katy Souza Offense is Making Us Sick! (part 1 of 4)]



### COMMIT TO FORGIVING.

Make a conscious decision to forgive whomever you feel is responsible. If someone else is responsible for your hurt, try seeing things from their perspective. If you feel like you share in the responsibility then forgiving yourself is a part of your process. This step is about taking ownership of your decision to harbor a grudge. Now let go of the hurt and move forward. This step will look something like this. Dear Lord, I choose to forgive \_\_\_\_\_ for \_\_\_\_\_. Write this down as well as speak it out loud. If you have a relationship with the offender and feel a constant attack on your emotions then you will want to make this forgiveness step a daily ritual for you. And in some cases, a moment-to-moment bases.



## Class 8

### **TAKE OWNERSHIP OF THE CONSEQUENCES.**

Accept that the painful outcomes are now yours to deal with. What you do with the suffering and pain now lies in your hands. Example: I acknowledge that the pain from this event has caused me to withhold my love and become shut off to the world and to the ones I love.

### **HOW WILL YOU ADDRESS THE CONSEQUENCES?**

What do you choose to do about the outcomes you described above? How might you correct or amend your current situation? If that's not possible, how might you make it better? Example: I choose to keep my love on, to not let hurts of my past stop me from giving love freely. Tomorrow I will write a letter to \_\_\_\_\_, to tell them how much I love them regardless of how they respond to my letter. Or, I will respond in love when I am offended by \_\_\_\_\_ actions and words toward me, I will forgive them immediately and I will not let it ruin my day.

### **DIVING DEEPER.**

What meaning can you discover from the event and how have you grown from it? Instead of saying "why did this happen to me?" ask your self "why did this happen for me?" or "how can God get the glory from this? Write down how you believe God is using this situation in your favor. By doing this you are changing your story from a victimhood story to an empowering story that God can use to bring breakthroughs in your life and others.

Romans 8:28 And we know that in all things God works for the good of those who love him, who[i] have been called according to his purpose

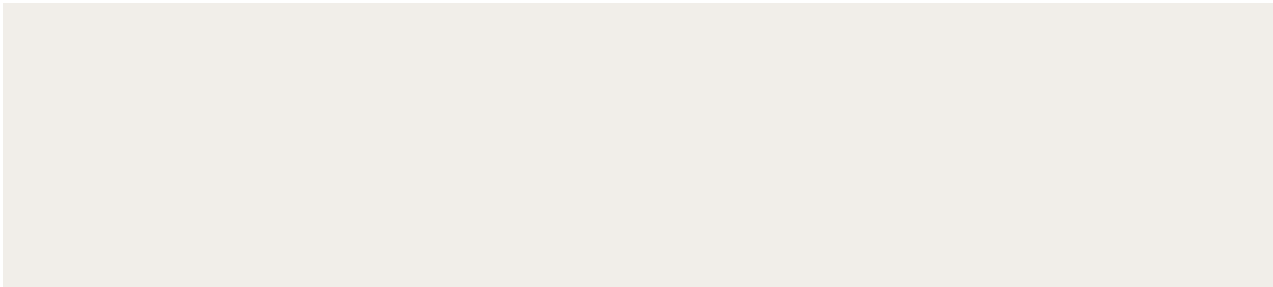
Write down your new empowering story or thoughts below.

## Class 8

### **HEALING AND BREAKTHROUGH ACTION STEPS.**

Like I said at the beginning the healing process looks different for everyone and usually requires action on your part. Ultimately it is between you and Jesus. This step might be scary or even uncomfortable. It's important to remember that on the other side of your comfort zone, your breakthrough and healing await you. So ask yourself this question. On a scale of 1-10 how important is my healing or breakthrough to me? Now, why is it so important? Remember your why!! Write this down and do whatever you can to bring this to your remembrance because the devil is always trying to stop your breakthrough and healing and this will be important to have on hand to fight back those negative thoughts of fear and discomfort when you are hesitant to follow through with your action steps.

Now discover your action steps. Take a moment now.. close your eyes and tune in to the holy spirit. Ask this question. What is the next step in my healing journey? Some examples of action steps are 1. Share your story and how God used it for your good. 2. In love Reach out to the one who wronged you and communicate how it affected you when they did what they did. 3. Show acts of kindness by doing something thoughtful or nice. Write down what you feel in your heart God is leading you to do. Then commit to doing it by writing down when you're going to do it.







CONGRATULATIONS  
YOU  
FINISHED  
THE

# Vibrant Health Nutritional Program

DID YOU ENJOY THE CLASS?

## LEAVE A REVIEW

Take a minute to tell others

1. Why you took the class?
2. What about the class did you like?
3. How did the class help you?
4. How to your class instructor make the class enjoyable?





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