Journal Prompt

Day 10: Food Rules Exploration

After completing the "food rules" worksheet, reflect on the following questions:

- *Do any of these food rules feel familiar to you?*
- *If so, how does that rule show up in your life, or how has it shown up in the past?*
- *Does/did the rule serve a purpose for you? Explain.*
- *Do you feel that this rule is helping you or hurting you on your health journey? (Or both?) Why?*