Food For The Soul

Journaling For Change

A Bullet Journal Style Template

By Ama Opare

Why Journal?

Your journal will help you identify and understand how the way you eat and behave affects the way you feel. It can help you understand how the way you feel also affects the way you eat and behave. It helps you identify your addictive patterns and what is beneficial or harmful for you. It assists you in transitioning to and maintaining a healthier lifestyle.

Keep your journal for as long as you can. The more detailed and the longer you keep it the more it can help you. Use as many pages per day as you need. Here are some of the things you may want to write down about your day:

- What and when you eat/drink include the brand name and how it was prepared.
- How much you eat/drink including size and number of portions.
- How you felt emotionally before and after you ate/drank it.
- What you were doing when you ate/drank it.
- What and when were your activities/exercise that day.
- What and when were the drugs or medications you took that day.
- What and when were the recreational substances you took that day including tobacco and how you felt as a consequence.
- How you slept the night before.
- How your body felt that day.
- How your libido and sexual functioning is that day.
- Dreams you remember from the night before.
- Thoughts, feelings or ideas you had that day.

Remember this is FOR YOU! If you do a partial or incomplete job in writing your journal you will limit how much can be gotten out of it. If you put all of your sincerity into your journal it can be a very powerful tool in helping you claim the vibrant healthy you that is you!

This template is based on the Bullet Journal method. You can learn more about it at www.bulletjournal.com. There are also many videos on YouTube about Bullet Journaling or BuJo. Don't be intimidated by the folks who use their journals to create elaborate works of art. That is not really what BuJo is all about.

Use a bound journal with a dot grid or quadrille ruled. Adapt this template to fit you. Over time you'll undoubtedly discover changes to your journal setup.

For video instructions on using this template go to https://www.food-forthesoul.oparenet/food-jounral-template.

The Index

The Index lives at the front of your journal. It makes it easy to locate content in your Bullet Journal. Add the Title of your Pages and their page numbers to the Index as you create them, so you can quickly find them later. If your journal does not come with numbered pages you will add the numbers as you create a new page.

Topics that span a series of consecutive pages are indexed like this: "Topic Title: 5-10."

Some Topics are may be spread throughout your journal. These Topics can be indexed as such: "Topic Title: 5-10, 23, 34-39"

Collections

Your Bullet Journal can become whatever you need it to be, a fitness tracker or your goals and vision, a food log, recipe collection, diary, sketchbook etc. You can create your own custom Collections as needed.

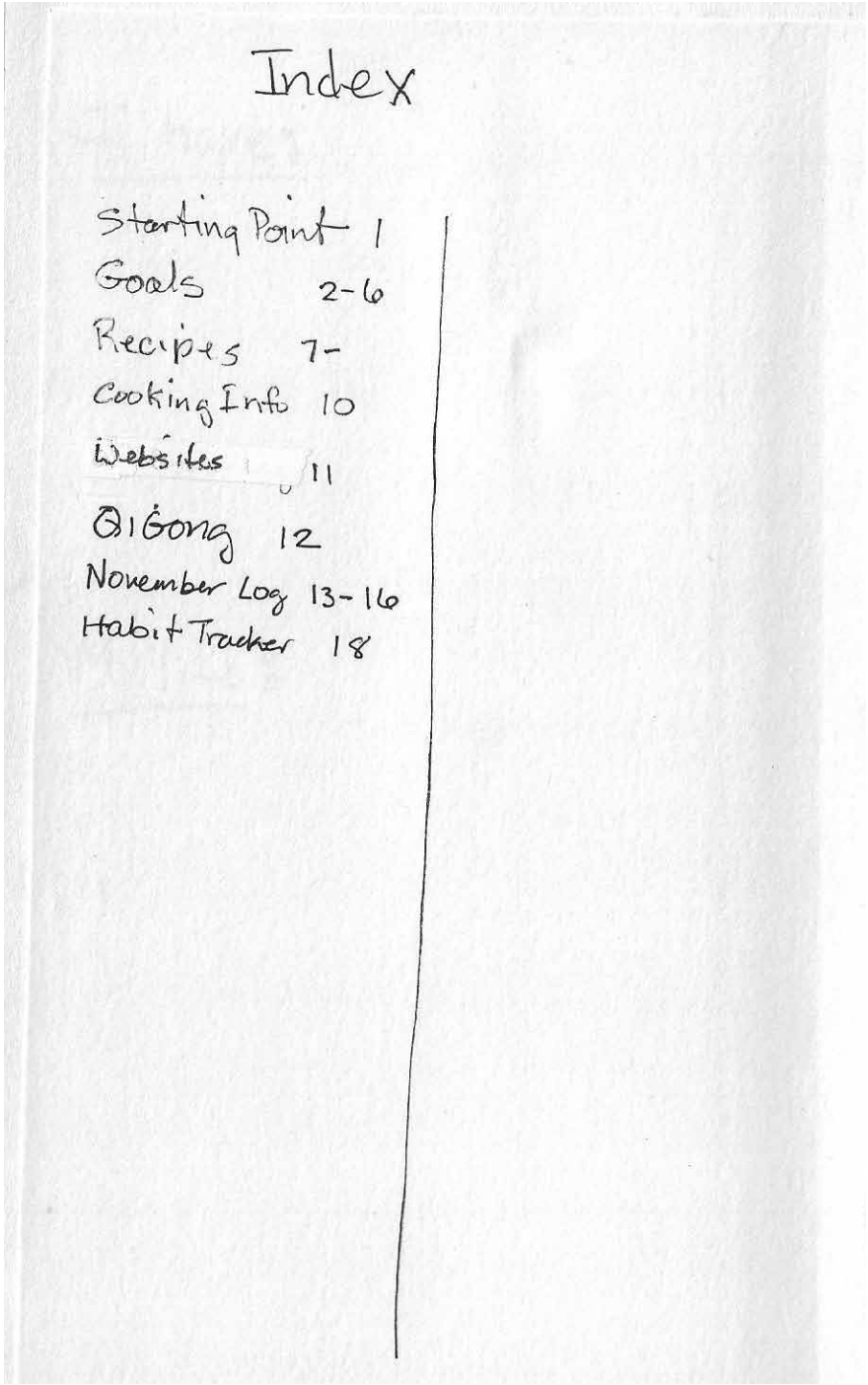
Figuring out what you need your Bullet Journal to be will take time. As you discover what is missing, you'll add new sections or pages. As you find you something else isn't useful, you eliminate it.

You can keep your journal simple and text only, or you can add drawings, photos, charts and more. Your only limitation is your own imagination!

Daily Log

The Daily Log is your day-to-day tool. At the top of the page, record the date as your topic. In general you won't record these pages in your Index. Throughout the day, simply Log your Tasks, Events, and Notes as they occur or take time at the end of the day to add them.

Tip: Don't set up Daily Logs way ahead of time. Create them as you go or the night before. You never know how much space you may need any given day.



Starting Point

Date: _____

Age: Weight:

Clothing Size: Measurements:

Medical Conditions:

Medications:

Supplements:

Emotional/Mental:

Physical

Me Now

Creating The Vision

What I Don't Want	What I Want Instead
~~1 Being overweight~~	1 Healthy weight
~~2 Taking medication~~	2 Don't need medication
~~3 Low energy~~	3 Lots of energy
~~4 Worried about my health~~	4 Low risk of disease

List at least 50 things you DON'T want. Think about what is or has been part of your life that you don't want anymore.

Then go down the don't want list, cross that item off and write what you do want instead

Where do you want to be in 5 years? Write your vision here as if it has already come to be.

Me In 5 Years

The Vision

I am:

I feel:

I have:

My life:

What goals to you need to reach in the next year to get to your 5 year vision?

What do you need to achieve in the next 90 days to reach your 1 year goals?

1 year Goals

90 day Goals

Custom Collections are where you write down things you want to remember.

These are some examples. Create as many as you want or need.

Recipes

These are the recipes I want to make on a regular basis.

Recipe	Source
Spicy Kale Salad	FFTS pg 39
Zanzibar Potatoes	Taste of Z pg 61
Macaroni + Cheese	Everday Kit. pg 116

Breakfast Recipes

Recipe	Source

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Websites I Like

- Food For The Soul — foodforthesoul.opare.net
- Vegan Richa — veganricha.com
- Forks over Knives — forksoverknives.com

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8 Brocades Qigong

Do each 6 x very slowly

1. Triple Heater: Inhale raise hands Interlace at forehead, reach up → lower hands
2. Raise Hands To Condition Spleen + Stomach (both sides)
3. Open the Bow to Shoot the Golden Eagle (both sides)
4. Looking Backwards To Eliminate 5 fatigues + 7 illnesses (Both sides)
5. Swing Head and Tail To Eliminate Heart Fire (Both sides)
6. Two Hands Climb The Legs to Strengthen the Kidneys
7. Punching with An Angry Gaze to Increase strength
8. Shake The Back Seven Times To Eliminate 100 Illnessess

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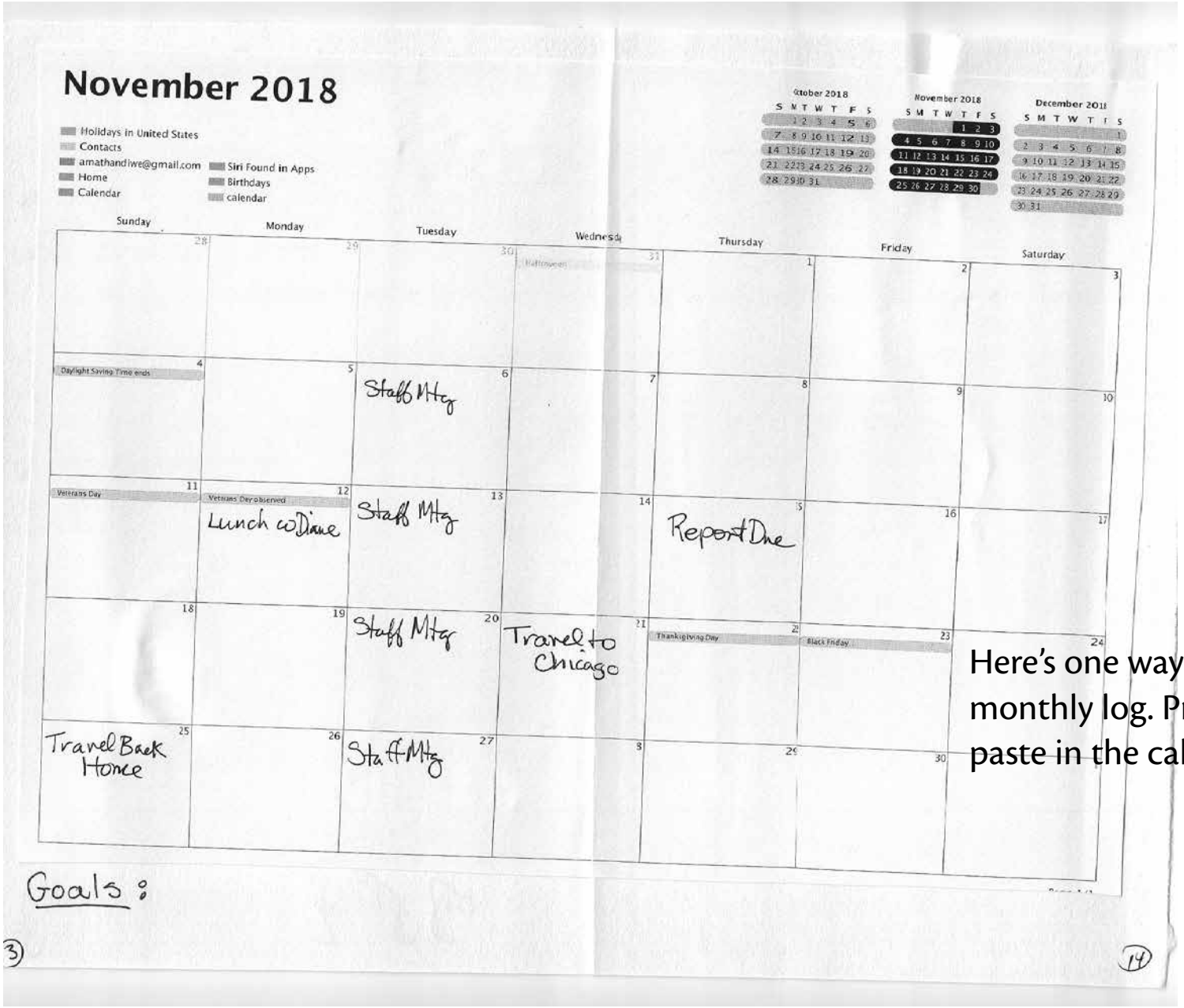
At the beginning of each month create a log to note what will be going on.

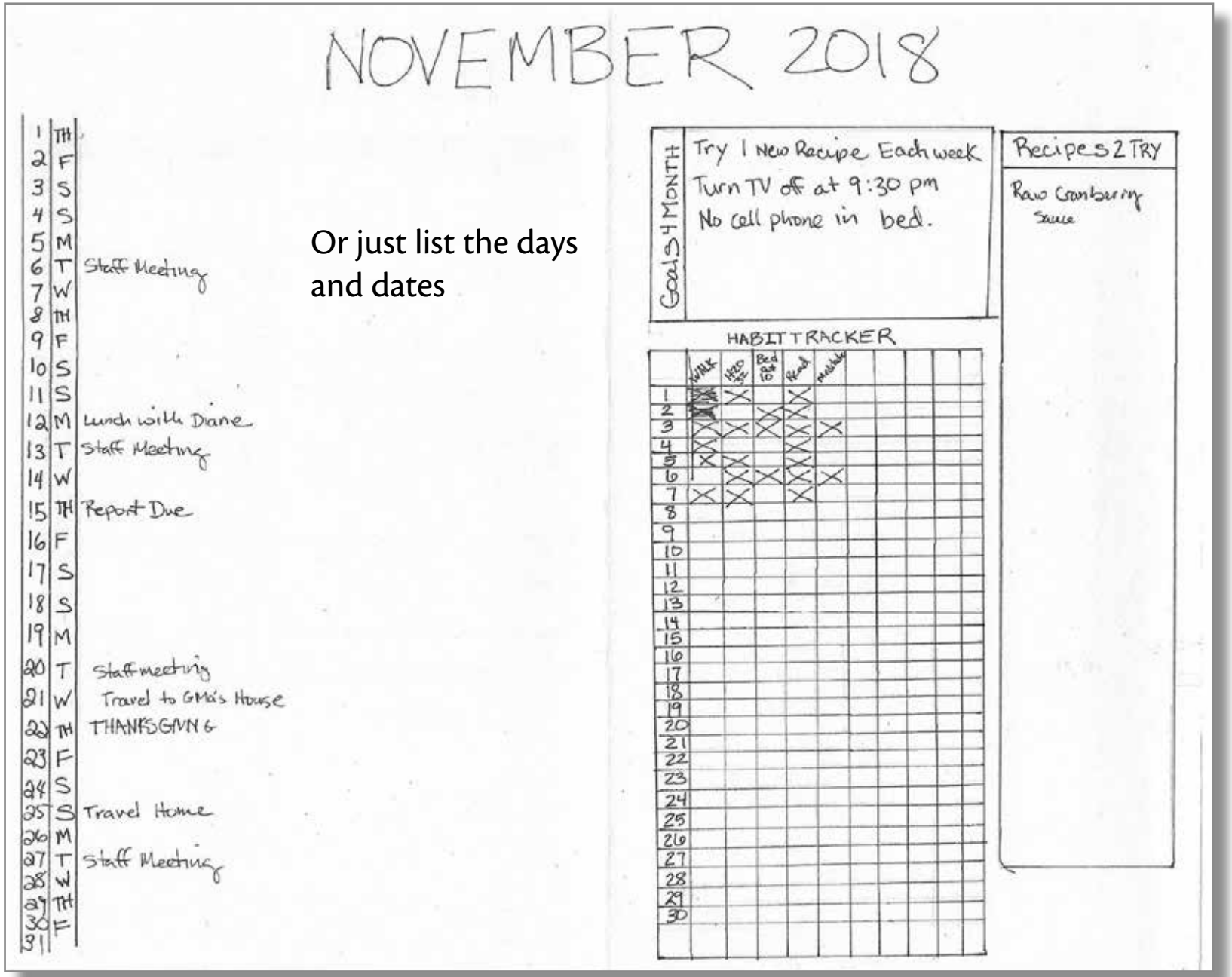
This can help you plan ahead so you'll be able to maintain your healthy lifestyle no matter what.

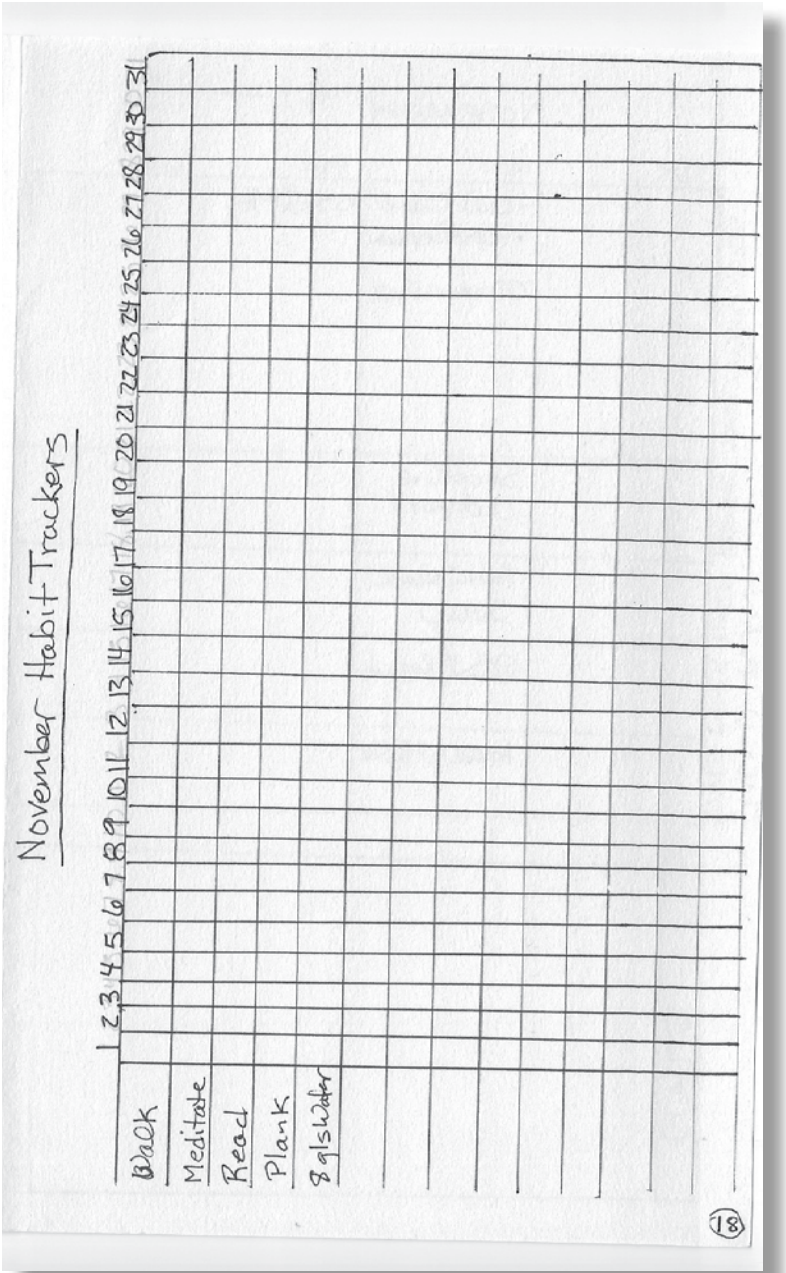


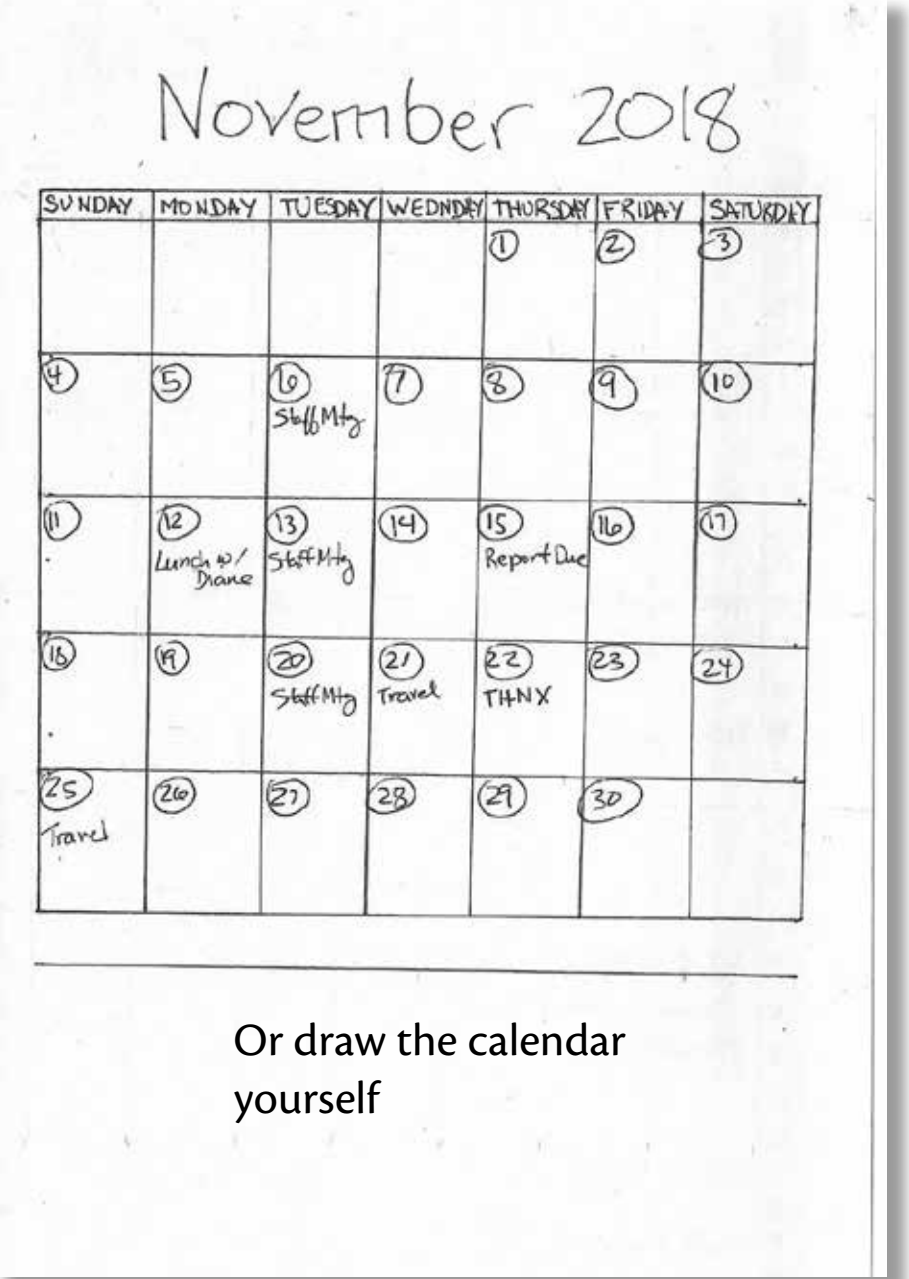
Here's one way to do your monthly log. Print and paste in the calendar.

The monthly log is also where you can track the habits you want to adopt and other ideas for the month.

You can also record any health stats you are tracking such as weight, blood pressure or blood sugar.







Or draw the calendar yourself

The weekly log is where you plan out your week. Refer back to your monthly log and goals.

November 4 — 10 Log

	SUN	MON	TUE	WED	THUR	FRI	SAT
TASKS/EVENTS/NOTES		• Call Diane • Report Research O Dinner - Fred	O Staff Mtg				
BREAK		Smoothie Oatmeal					
LUNCH		Kale Salad Soup					
DINNER		@ BJ's Restaurant					
SNACKS		Apple w PButter					

MENU PLAN

Shopping List

GOALS

Inspiration

I AM EMOUGH!

Future Log

Your daily log is where you'll make note of what happened, how you ate, how you feel and any insights you have.

This is the most important part of your journal. Each day add a new page or section.

Monday November 5

WHAT I ATE/DRANK

Smoothie - Mango/Banana/OJ.
Oatmeal - w raisins
Kale Salad
Potato Soup
Dinner @ BJ's Rest
Veggie Pasta
Fruit Cup
Chocolate Chip cookie (Not vegan)

WHAT I DID

Worked
took walk at lunch
had dinner w Fred

HOW I FEEL

PHYSICAL

Had great energy
felt jittery after eating cookie

MENTAL/EMOTIONAL

I was feeling positive and good all day
Then at dinner Fred made a snarky comment about my idea. My mood sank.

WINS-GRATITUDE

I ordered vegan meal
I spoke my mind to Fred.

CHALLENGES

I wanted to order steak
I couldnt resist the cookie at the checkout

INSIGHTS

That one negative comment had more power than all the good things of the day

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Tuesday November 6

Food Log

Activities

How I Feel

Mental/Emotional

Gratitude/WINS

Challenges

Notes

Insights

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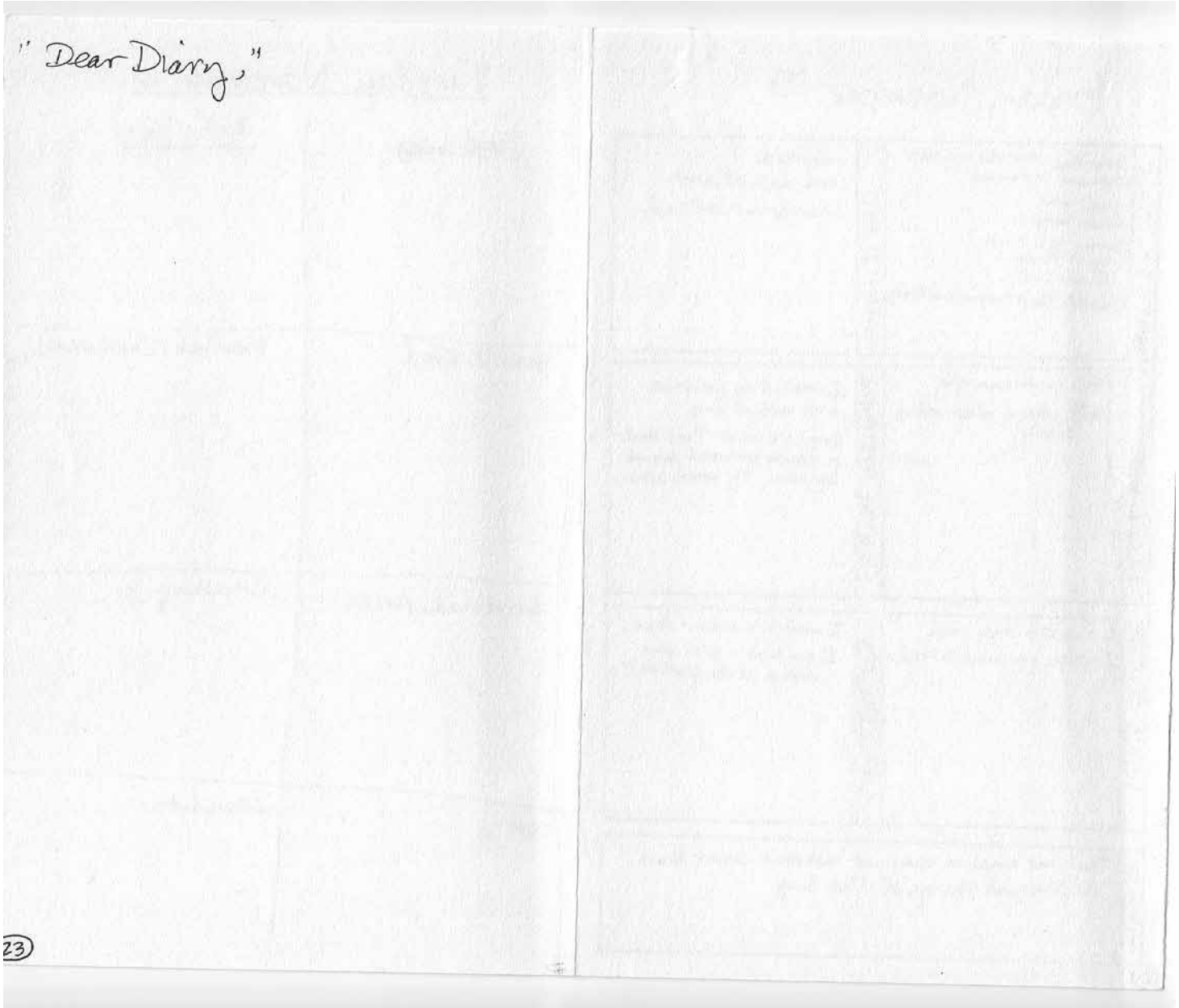
You can also write diary style if you have even more to say. Start with the key items from the previous section. Then tell your story.



That's the template. I hope you find it to be helpful. I wish you the best of luck and a healthy and delicious life!

About Ama Opare

I'm a plant-based lifestyle coach, vegan and raw vegan chef, cook book author, graphic and web designer, and co-owner of the Opare Institute.

As a result of working with me my clients discover their own personal recipe for success and abundant health and go from vegan wanna-be to Unshakably Vegan!

They go from self-sabotage to taking control. From mealtime boredom to loving what they eat. From tempted by all the wrong choices to making the right decisions. And from sick and tired to vibrant and healthy.

Helping You Become Unshakably Vegan Is My Passion

Being Unshakably Vegan means you'll have the confidence, conviction, resilience and enjoyment you want and need to stick to your goals no matter what. When you're Unshakably Vegan you'll:

- Enjoy great food that satisfies you and makes you feel good;
- Have confidence wherever you go so you can enjoy social settings AND stick to your convictions;
- Be clear about vegan nutrition so you can just relax and enjoy your food without the mental obsession;
- Tackle your cravings without shaming and blaming.

Find Out How Coaching Can Help You Reach Your Goals

If you're ready to take control of your life and get on the road to success with your plant-based lifestyle I would love to help you. When you're struggling it really helps to have someone who can help you see things that you can't see on your own. To have someone to talk through what's going on and to help you create a plan that'll work for you.

Visit https://foodforthesoul.opare.net/vegan-lifestyle-support/ to learn more and schedule a FREE 60 minute session and discover the power of coaching.