

Journal Exercise: Tracking What Works

To improve quality of life, write down how the day is going so you know what foods may trigger your particular challenges and which oils seem to support you most. This record of your triggering foods and helpful practices will become a very important reference for you.

Did I start my day with Gastro, Kate's Happy Tummy and turmeric oils?

Was I mindful not to eat too much at one time?

After I ate, how did I feel? How about later in the day?

What are my go-to essential oils that seem to improve my quality of life?

Is my nausea caused by being hungry?

When did I last eat?

Am I eating heavy foods late at night?

The changes are subtle, am I paying attention and writing down the positives?

Did I overeat or combine foods that made me feel uncomfortable?

What are the oils I use when I feel uncomfortable?

Did I practice Sa Ta Na Ma when I was feeling upset or anxious?

Could any medications I'm taking be creating more challenges? Do my doctors know and can I set up a time to discuss this with them?

Are there foods I can eat that are easier to digest?

Am I noticing that each day I am getting better?