



# 30 Day

## Emotional Eating Journal Challenge

[cleaneatingfix.com](http://cleaneatingfix.com)

- DAY 1 What are some of the emotions you tend to numb with food? Why?
- DAY 2 Who is your BIGGEST supporter in life? Describe how he/she cheers you on.
- DAY 3 What are some of the simple things you do for self-care?
- DAY 4 What would your IDEAL relationship with food look like? Describe it.
- DAY 5 What times of the day do you tend to emotionally eat? What emotions are you feeling?
- DAY 6 Name FIVE people you are grateful for and why.
- DAY 7 What are some of your favorite healthy foods? Describe why you like them.
- DAY 8 What are some of the foods you reach for when stressed, tired, bored, angry, etc.?
- DAY 9 Do you feel pressure to be "perfect" in certain ways? Describe.
- DAY 10 Name five people who would benefit from you living a more energetic, longer life.
- DAY 11 What are your FIVE favorite qualities about yourself?
- DAY 12 When you look in the mirror, what kind of person do you see? Describe.
- DAY 13 If you had an extra hour of ENERGY in your day, what would you do?
- DAY 14 Review your journal entries so far. Do you notice any patterns?
- DAY 15 Are you happy with your relationships with friends/family? How could they improve?
- DAY 16 When you were little, what were some of the 'comfort' foods you enjoyed?
- DAY 17 Does clutter in your home cause you to feel stressed? How do you feel with external chaos?
- DAY 18 Are you happy with your spirituality? Do you feel connected to a higher power?
- DAY 19 You would like to be remembered for these qualities. Explain.
- DAY 20 What are three simple steps you can do RIGHT NOW to improve your health?
- DAY 21 Are you too hard on yourself? If so, why?
- DAY 22 Who inspires you to be healthier? Describe that person and why they are impactful.
- DAY 23 Do you feel you are living up to your potential? What is keeping you from it?
- DAY 24 Do you play the "comparison game"? How do you feel when you play it?
- DAY 25 Are you satisfied with your job/career?
- DAY 26 If your children emulated your health habits, would you be ok with that? If not, why?
- DAY 27 Name FIVE qualities you possess that you feel make you truly unique.
- DAY 28 Reach out to 2-3 people today to thank them for something. What was the response?
- DAY 29 What are some positive affirmations you can practice daily?
- DAY 30 Review your journal entries. Do you notice any common themes? What are some things you can put into practice RIGHT NOW to help you overcome emotional eating?