



## SESSION 7: THE JOY OF EATING

Food isn't just about nourishing your body and keeping yourself feeling great — it's also a source of great joy. From packing your plate with flavor to gathering together over meal, food offers an opportunity to light up your life. Use this page to dig into the joy of eating.

### 1: USING FLAVOR BOOSTERS

What are some Flavor Boosters you already have in your kitchen?



What are some ways you can use them to add flavor to your food?



What are some Flavor Boosters you'd like to try this week?



### 2: CONNECTING THROUGH FOOD

What's one way you can connect with others through food this week? (Write it down, then schedule a time to do it.)



### 3: HOMEWORK: ONE PAN WONDERS

Which one pan meal sounds good to you? (circle)

One Pan Sausage & Veggies   One Pan Chicken Fajitas   Crispy Butternut & Pork Tenderloin   Sesame Salmon

Tomato Basil Salmon   Balsamic Chicken & Veggies   California Citrus Salmon   One Pan Mediterranean Chickpeas

What other dish could you make with the leftovers?



### 4: HOMEWORK: GET COOKING

When can you shop for the ingredients for the meal and its variations?



When can you prep all the ingredients?



When can you cook the main meal?





## SESSION 8: FOLLOW YOUR COURSE

Focusing on your purpose — or guiding light — will help you tap into a bottomless well of internal motivation to continue taking the small steps that make you feel your best. Eventually, all of your Tiny Actions will become habits, which put your diabetes management on autopilot. Use this set the course you'll love to follow.

### 1: FROM PURPOSE TO INTENTION

What's your Purpose?



What's your Mantra (your "I am" statement)?



What's one Goal that might help to fulfill your purpose?



What's one Tiny Action you can take to reach that goal?



What's your Intention to practice each morning?



I will \_\_\_\_\_ [TINY ACTION] at \_\_\_\_\_ [TIME/PLACE] because \_\_\_\_\_ [GOAL]

### 2: CREATING SUPPORTIVE HABITS

What are some habits that would support your purpose? (Circle the one you want to work on first.)



What's one Tiny Action you can take tomorrow to support that habit?



How will you celebrate your Tiny Action?



### 3: DEALING WITH DIABETES BURNOUT

How can you turn diabetes burnout into an opportunity to do something that makes you feel good?



### 4: LOOKING BACK: HAVE YOUR CHALLENGES CHANGED?

Have any of your challenges changed since week 1? How so?



Have you been able to use anything you've learned to address them? How so?



Do you need to adjust your plan to better address your challenges? How so?

