



# *Becoming You*

**CHANGE THE WAY YOU SEE YOURSELF  
TO CHANGE THE WAY YOU EAT**



# *Introduction*

This short workbook is designed to help you move toward changing your relationship with food—from the inside out. You'll find a handful of thought-provoking journal prompts to help you:

- notice the stories you tell yourself about food and habits
- reflect on how your self-image shapes your choices
- imagine new possibilities for how you see yourself

If you've ever thought: "I always wind up back at the start," or "This is just how I've always been"—this is for you.

It's a gentle starting point for self-discovery that can help you clarify your food identity and begin to shift it, one small insight at a time.

Because if, deep down, you still see yourself as someone who can't improve your eating habits—your brain will quietly work against all your best efforts to change.

# *Stepping Into the Gap*

The gap between who you believe you are and who you want to become is a powerful but often hidden barrier. It can influence:

- which choices feel “natural” or “impossible”
- what results you allow yourself to experience
- how you respond when things get hard
- whether healthy habits feel like a burden or simply who you are

When your actions and self-image are out of sync, no amount of willpower will hold the change in place.

So grab your pen and take the first step toward becoming someone who naturally makes the choices you’ve been struggling to maintain.

In the next section, you’ll begin exploring the identity stories that shape your relationship with food.

These prompts aren’t about judgment or perfection—they’re here to help you get curious, get clear, and gently begin shifting how you see yourself

# *Journal Prompts*

## **Your Current Identity**

How would you describe your relationship with food?

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As a child, what messages did you receive about food, eating, or body image?

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When you think about your food habits, what stories come to mind?

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Sentence Completion: When it comes to food, I am someone who...

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# *Journal Prompts*

## **How Your Food Identity Affects Your Daily Life**

What habits or patterns feel automatic for you around food?

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How do your food choices affect how you feel about yourself during the day?

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What situations trigger a disconnect between your intentions and your actions?

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Sentence Completion: My food choices are more intentional on days when I....

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# *Journal Prompts*

## **Your Hidden Stories**

What beliefs about your relationship with food have you carried for years?

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What story do you tell yourself when you don't follow through?

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Which eating habits have been the hardest for you to change – and why?

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Sentence Completion: I often describe my relationship with food as...

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# *Journal Prompts*

## **Challenging Your Narratives**

What would change if you stopped believing the story you tell yourself about your relationship with food?

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Where did you learn this story, and how does it still serve you?

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In what ways has this story limited your health and happiness?

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Sentence Completion: A more helpful story might be...

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# *Journal Prompts*

## **Identifying Limiting Beliefs**

Pick one limiting belief. What evidence do you have that it's true?

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What evidence contradicts this belief?

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What would be a more positive and productive belief?

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Sentence Completion: If this belief wasn't true, I...

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# *Journal Prompts*

## **Success Inventory**

Describe at least one time you made a positive change in any area of life:

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What personal strengths helped you succeed?

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What have you already improved in your relationship with food?

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Sentence Completion: One thing I've done that proves I can change is...

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# *Journal Prompts*

## **Future Self Vision**

When you imagine being at peace with food, how do you feel?

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What would it feel like to trust yourself around food?

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What does your current version of you believe about your ability to change?

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Sentence Completion: The version of me I want to become believes...

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# *Journal Prompts*

## **Identity Bridges**

What's a small way you could "act as if" you had your ideal relationship with food?

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What would change if you believed you were good at making healthy choices?

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What's the smallest step you could take to start becoming that person?

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Sentence Completion: If I acted from my new identity today, I would...

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# *Create a Daily Identity Practice*

You've done the inner work. Now it's time to reinforce it in the real world.

Here are a few suggestions for how to keep your new self-concept alive and growing:

- Establish cues (meals, mantras, routines) that reinforce who you're becoming
- Reflect daily on how you acted in alignment with your new identity
- Track wins based on identity shifts, not just food behaviors
- Expect setbacks—they're normal, not signs of failure
- Keep choosing alignment, even when it feels unfamiliar
- Celebrate every moment you choose your new self, no matter how small

# *Conclusion*

Each honest answer, each shift in awareness, and each moment of alignment, large or small, brings you closer to a self-image that supports the version of you who eats with intention, lives with clarity, and follows through with self-trust.

So keep writing, keep noticing, and above all, keep choosing the version of you that you want to become.



[www.foodcrazymind.com](http://www.foodcrazymind.com)