

# CURIOSITY WORKSHEET

Date \_\_\_\_\_ / \_\_\_\_\_

Fill out the worksheet anytime you over-eat or eat off plan to gain insight.

What did you overeat that wasn't on your 24 hour plan?

What time of day did the overeat/off-plan eat happen?

Are you noticing any patterns? What are they?

The reason I ate was ...

What would've worked better? What else could I have done?

What do I want to think about this moving forward?

What was I telling myself leading up to the off plan eat. Be very specific.

What did I learn about myself from this experience?

How will I handle this next time?