

# The Food For The Soul Year End Reflection Tool



Review The Year That's Past ~ Get A Jump Start On  
Creating The Healthy Lifestyle You Desire Next Year

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The year is almost over and what is done is done! This is a powerful time to reflect on what has happened so you can get clear on your intentions and set yourself up for more success in the next year. Creating a healthy lifestyle is an ongoing journey. By looking at what went well and where you need to improve you can keep moving forward towards becoming Healthy & Whole.

This is a two part process.

In part 1 you will review what happened in the past year, to good, the bad, the ugly. Then you will identify the things you want to leave behind.

In part 2 you'll have the opportunity to be intentional about what you want to bring forward and what you want to create in your life going forward.

Plan on spending 30-60 minutes on each part. Take your time and really dig deep to get the most out of this. Don't hold back. The more honest you are with yourself the more you will learn and the more power this process will have for you.

You can do both parts on the same day, or take a few days to allow yourself plenty of time to reflect. Feel free to go back and add to parts you've completed as you discover more you'd like to include. **Don't try to just do this in your head.**

You can write your reflections in your journal, type them out, or simply print out this guide and enter your responses in the spaces provided. Again, WRITE IT DOWN!



# Reviewing What Was

This first section is all about remembering or becoming aware of what the past year was all about, both the good and the bad. It's not about beating yourself up or going on a guilt trip. It's about awareness and understanding so you can learn from what was, and move forward from a place of strength. Set aside at least 30 minutes to reflect and write.

Being healthy is more than just about what you eat. As you reflect on your answers to these questions consider all the things that contribute to your Whole & Healthy life such as:

- What do you typically eat and drink?
- How does your body feel?
- How do you feel about your body and yourself?
- How much and what type of stress are you under?
- How well and how much are you sleeping?
- How does your social life and the people in your life impact you?
- Who has been supportive and who has been draining?
- Are your family/relationships supportive?
- Is your work life fulfilling?
- Do you engage in addictive behaviors?
- Do you take time for self care?
- Are you exposed to environmental toxins?
- How much and what type of exercise are you doing?
- Do you have spiritual practices that uplift you?
- Do you contribute to your community in a meaningful way?
- Do you feel that you are living on purpose?
- How is your emotional well being?
- Are you actively engaged in learning?
- Do you get outside regularly?
- How much time do you spend on social media and watching the news?

# What I Feel Good About In The Past 12 Months

1. What goal am I most proud of achieving this year in regards to my health and lifestyle?

2. What was the most valuable lesson I learned this year about myself and taking care of myself?

3. Which of the Whole & Healthy areas you reflected on (see previous page) did I do the best at?

4. Where did I find the most community or support for living healthy?

5. In what ways did I support the vegan/healthy lifestyle community?

6. If I had to give my experience around my health and lifestyle during the past year a title what would that be?

7. What's the most prevalent emotion or feeling I had this past year?

# WHAT I WANT TO LEAVE BEHIND AS I ENTER THE NEW YEAR

Remember this isn't about feeling bad about yourself. It's about learning from what was so you can make better or different choices in the future. This is one of the MOST important parts of building a sustainable healthy lifestyle. Your mistakes are learning opportunities.

1. What was the #1 challenge I had to face this year? How did it affect my health and lifestyle choices?

2. What goal did I make the least progress on this year?

3. What was the biggest mistake I made this year? What lessons did I learn from it?

4. What area of the Whole & Healthy life (see page 2) did I neglect the most in the last 12 months?

5. What do I want to STOP doing in the NEXT 12 months?

6. What relationships that didn't serve my commitment to my healthy lifestyle do I want to leave behind or change?



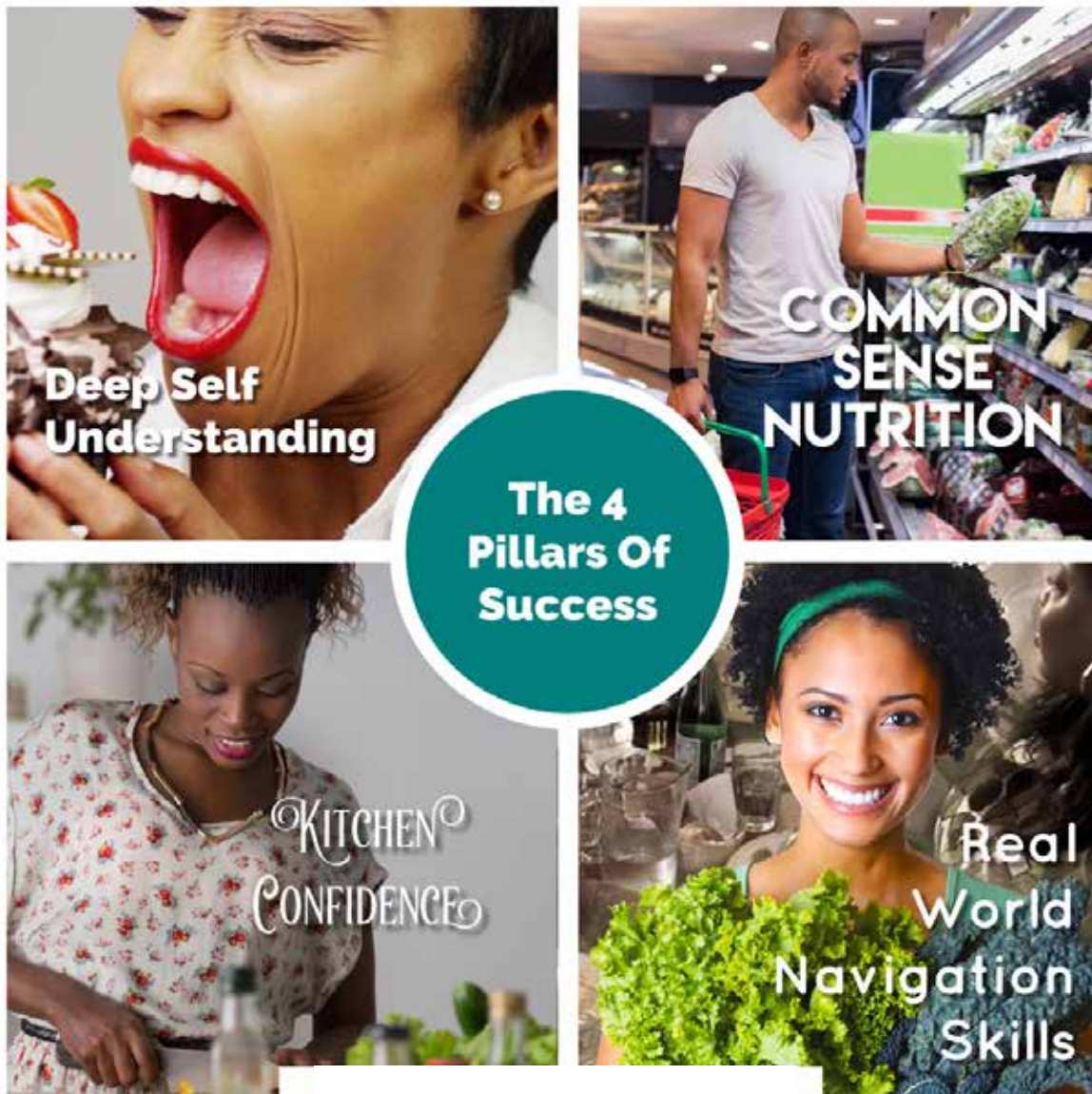
# CREATING A NEW REALITY FOR YOUR LIFE

Now that you know what the past year had to offer and what you've learned from it its time to look at what you want for the new year. Set aside at least 30 minutes to give yourself enough time to complete the questions.

The following questions will help you set intentions for what you want your life to look like in the next year so you'll be able to take action to make it happen.

Remember, this is YOUR vision, so be completely honest about what you truly desire! There is nothing that is too big or too small. If you desire it, write it down!

As you reflect keep in mind the Four Pillars of Success. These are the areas that you may need to strengthen to help you be able to sustain the lifestyle you desire.





# WHAT I WANT TO SEE IN MY HEALTHY LIFESTYLE IN THE NEW YEAR

1. What do I want to celebrate in the new year?

2. Which relationships do I want to cultivate or strengthen?

3. What new experiences do I want to have?

4. What do I want to do that I can't do now?

5. What do I want to see and feel when I look in the mirror?

6. How do I want my body/mind/spirit to feel?

# WHAT I WANT MY LIFE TO LOOK LIKE

1. What 3 goals do I most want to accomplish? (This can be in any area of your life.)

2. Which part of my life do I want to pay more attention?

3. What do I want to START doing?

4. What do I most want to learn?

5. What title do I want to give to the life I want to experience? What story do I want my life to tell?

6. Who do I need to become to do/be/have what I desire?

# TAKE THE NEXT STEP...

Now that you know how you want to live your life, it's time to make it happen!

**There are four areas that tend to trip people up and keep them struggling to stick to a healthier lifestyle. How many of them are you struggling with?**

**Your Food:** You're bored and don't know what to eat or how to make food that satisfies you and your family.

**Your Cravings:** Your stressful life and emotional triggers throw you off track and leads to cravings and to you sabotaging your best intentions and commitments to yourself.

**Your Environment:** The non-vegan and unhealthy environment around you is unsupportive and difficult to navigate. You feel isolated and alone.

**Your Worries:** Your anxiety and fear about doing it right and getting the right nutrients has you confused about what you should eat. You are overwhelmed!

These challenges can prevent you from sticking to your healthy vegan diet and lifestyle and from creating the life you truly want and deserve. You end up worried that you'll never be able to ditch your medications, reverse or prevent your chronic disease, get rid of your chronic pain, shed your excess weight, and get your life back so you can be there for your family.

**On a scale from 1-10 how ready are you to be done with this?**

## Find Out How Coaching Can Make The Difference

The Whole and Healthy Program is a one-on-one coaching and training program that can shift the entire trajectory of your life, no matter where you are right now, in an incredibly short period of time so you can Start Thriving-Whole and Healthy.

As your private coach I'm your personal support system to guide you. We'll work closely together to keep you on track and moving forward towards your goals. You'll also have access to my growing online course library.

I'm here to help you find the confidence, courage, and clarity inside yourself so you can create the healthy lifestyle you've been dreaming of. My role is not to tell you what to do, it's to partner with you as you navigate your real-world day-to-day life to help you to look at the problems or obstacles you've been struggling with, with new eyes...and to discover effective, tailor made skills and solutions to build your sustainable, healthy, vegan lifestyle.



These are priceless life skills and a gift that will stay with you long after our coaching relationship ends. They will enable you to lose the excess weight, heal your chronic disease, get off your medications, have more energy and focus, and look and feel great. They will help you create a healthy diet and lifestyle you can stick to and get your life back!

### **During our coaching sessions we'll:**

- Create a clear vision of where you want to go and why. What do you want your life to look like?
- Identify what's holding back. What triggers your bad habits and how can you make better choices?
- Celebrate your wins and identify your strengths. What's working and how can you build on it?
- Examine your challenges and figure out how to handle them. What shifts will neutralize your hard to manage situations?
- I'll answer your questions and help you discover how to find your own answers.

### **As a plant-based lifestyle coach, my philosophy is that ...**

- ~ A healthy lifestyle shouldn't be complicated. A common sense approach will stand the test of time and outlast the latest fad diet.
- ~ You are your own best resource for success. Learning to listen to what your experiences and body is telling you is the foundation of creating a plan that will change your life.
- ~ Healthy food should be delicious! You don't have to sacrifice taste to be healthy.

### **When you work privately with me you'll walk away with:**

- ~ Clarity about what your healthy diet and lifestyle really is
- ~ Strength and resolve to stay on your healthy lifestyle course no matter what life brings your way
- ~ The confidence and skills to create food you love to eat

**Find out more at [foodforthesoul.me/coaching](https://foodforthesoul.me/coaching)**





# About Me

I'm a plant-based wellness and lifestyle coach, educator, vegan and raw vegan chef, cook book author, graphic designer and owner of Food For The Soul Global.

You are meant to be Whole and Healthy. My job as your coach is to help you tap into your own inner wisdom and experience to discover what works best for you. To help you uncover and remove your roadblocks and discover your own personal recipe for Thriving-Whole and Healthy.



My clients go from self-sabotage to taking control. From mealtime boredom to loving what they eat. From being tempted by all the wrong choices to making the right decisions. And from being sick and tired to living a vibrant and healthy life.

Before 2007, I was over weight and worried about my health. I couldn't control my cravings for burgers and fries. I was forever going to Wendy's for a mushroom swiss burger, often stopping on my way back to work from a supply shopping trip, even when I had told myself I wasn't going to. I'd scarf it down greedily, and then feel terrible about myself!

I had WANTED to go vegetarian to get healthy for decades (I didn't even know about vegan then) but I didn't know how. I'd go to the food co-op and try to figure out what I should buy and spend way too much money. When I got home I struggled to make it taste good! And everything was cheese, cheese, cheese.

In 2007, I opened the door to a new way of life by becoming completely vegan. I embraced this new lifestyle and it changed my life in so many ways. I can't imagine ever going back.

I'm a teacher at heart and was eager to share what I had discovered to help other folks like me figure out how to make being plant-based work. For 10 years I used my decades of education experience in my work with Dr. Opare at Opare Institute to create in-depth in-person and online education programs and coached many people just like you, who are ready to take charge of their health and well-being.

In 2016 I packed up my life in Atlanta, GA and moved across the world to Arusha, Tanzania, in East Africa. I have found a life of peace and freedom here. While there are challenges of course, I know the Ancestors are with me always and these challenges are learning opportunities for my growth and progress. And I've been given a glimpse of how I believe we are meant to live.

It has been a Sankofa experience. Sankofa is a West African adinkra symbol meaning to move forward by reaching back to pick up what we have left behind. Our ancestors knew how to live healthy.

It's time we reclaim our heritage so that we can return to our Whole and Healthy birthright.

As of early 2021 I have stepped out on my own by creating Food For The Soul Global, LLC. I continue my commitment to helping you create the healthy diet and lifestyle you've been struggling to maintain. You will now find the courses and material I created for Opare Institute at Food For The Soul and Black Vegan Academy.