

**PAY ATTENTION TO HOW YOU FEEL BECAUSE**

# How You Feel is Data!

**IF YOU FEEL SOME COMBINATION OF**

**MENTALLY**

Confused  
Fatigued  
Unable to focus  
Unproductive

**PHYSICALLY**

Craving  
Sweating  
Racing Heart  
Fat

**MOOD**

Anxious  
Depressed  
Dissatisfied  
Cranky

**BEHAVIORALLY**

Acting on cravings  
Acting on impulses  
Seeking  
Lazy

**AND EATING OR DRINKING RELIEVES IT**

**THEN IT'S TIME TO SEE IF**

**LOW BLOOD SUGAR AND UNSTABLE MOOD CHEMISTRY**

**ARE DRIVING YOUR IMPULSES**

**YOUR NEXT STEP IS...**

- \_\_\_ Try The Suppers Breakfast Challenge
- \_\_\_ Read our article *How You Feel is Data!*
- \_\_\_ Come to a Suppers meeting
- \_\_\_ Contact us and talk to someone who feels that way too



FOR MORE INFORMATION, VISIT [DOROTHYMULLEN.COM](http://DOROTHYMULLEN.COM) • [THESUPPERSPROGRAMS.ORG](http://THESUPPERSPROGRAMS.ORG)

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