



# Primary Food Workbook

Your guide to understanding your  
unique health through a holistic lens

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# What is Primary Food?

Primary food is the food that nourishes you OFF your plate!

Your wellbeing is so much more than the food on your plate. If you're looking to make sustainable change THIS is a great place to start.

Let's take a look at the 12 branches that make up Primary Food.



# The 12 Branches of Primary Food

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Home Environment

Spirituality

Finances

Creativity

Home Cooking

Joy

Education

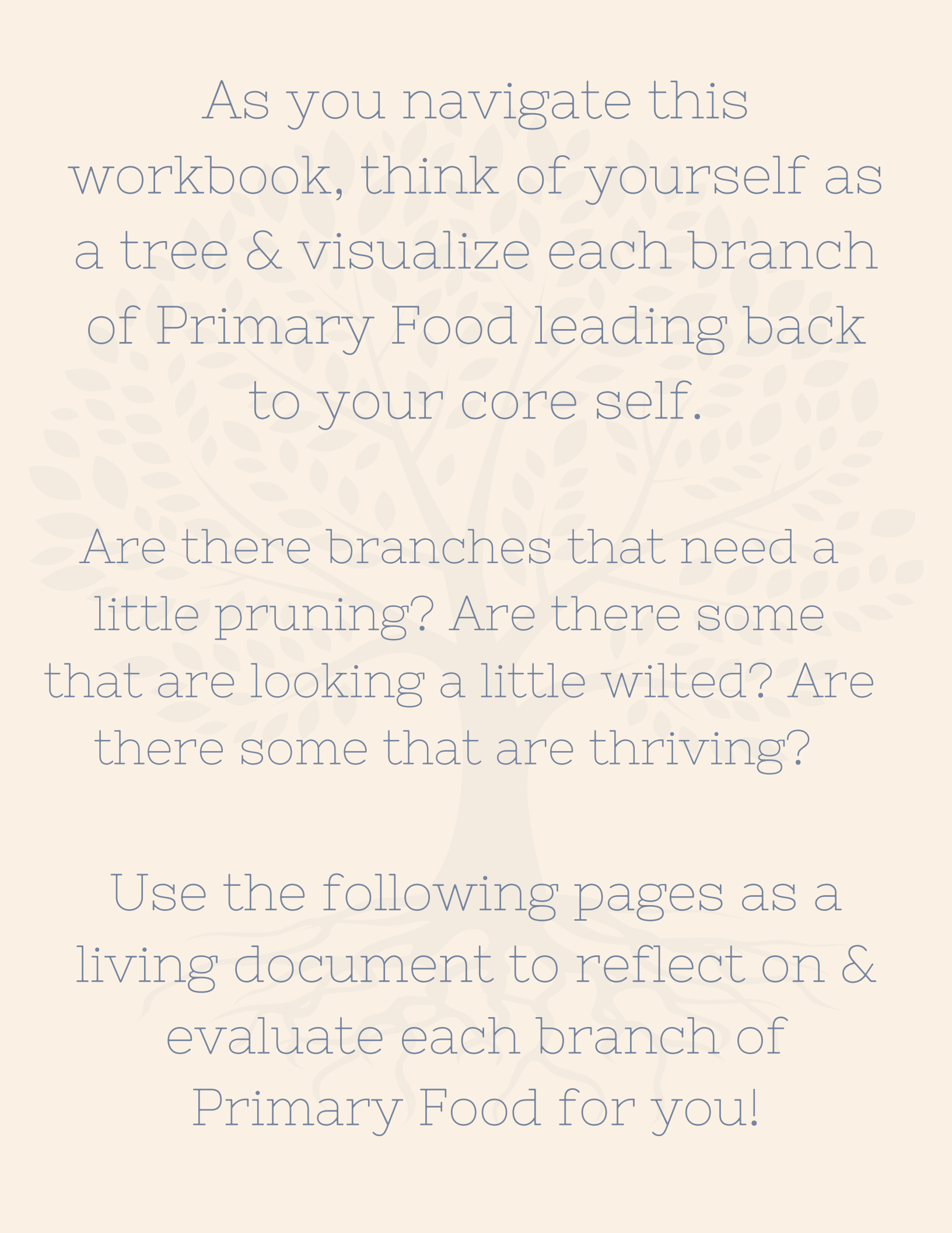
Relationships

Health

Physical Activity

Career

Social Life



As you navigate this workbook, think of yourself as a tree & visualize each branch of Primary Food leading back to your core self.

Are there branches that need a little pruning? Are there some that are looking a little wilted? Are there some that are thriving?

Use the following pages as a living document to reflect on & evaluate each branch of Primary Food for you!

# Home Environment

This branch includes your physical living space, the people you interact with on a regular basis, your neighborhood, and your natural surroundings. It also includes your city, state, or country. Your home environment includes everything surrounding you each day & is either energizing you or draining you.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well in your home environment?

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What are some things that could use some improvement in your home environment?

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# Spirituality

Spirituality can mean many things and is unique to each person. It's about cultivating meaningful connections which allow you to view your life with deeper significance. This includes your identity, values, sense of purpose, & even something greater than yourself.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well in your spirituality?

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What are some things that could use some improvement in your spirituality?

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# Finances

Finances can bring joy or stress to your life. Understanding and being in control of your finances in a way that works for you can lead to freedom, comfort, and confidence that can improve health in many ways.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well in your finances?

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What are some things that could use some improvement in your finances?

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# Creativity

Creativity is self-expression in ways that feel right for you – drawing, cooking, gardening or playing an instrument are just a few examples. Creativity is more than artistic expressions; it can be the ability to connect existing ideas or create new solutions to a problem.

On a scale of 1 – 10 rate your satisfaction in this area.

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What are some things that are going well in your creativity?

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What are some things that could use some improvement in your creativity?

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# Home Cooking

Nourishing your physical body with food you create feeds you mentally, spiritually, and emotionally. Preparing & sharing food can be both an act of self-care & also an expression of love for others.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well in your home cooking?

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What are some things that could use some improvement in your home cooking?

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# Joy

Joy is the experience of positive emotion & expressing that emotion physically, such as laughter, a smile, or a sense of peace in the body. Joy can stem from external sources or in connection with something that aligns with your morals & values.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well as it relates to your joy?

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What are some things that could use some improvement as it relates to your joy?

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# Education

The learning someone does while on their life journey is important to their health and overall satisfaction. Education can mean many things, such as traditional formats like going back to school, or nontraditional formats, like engaging in self-study or remaining curious through your own experiences to continually grow.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well in your education?

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What are some things that could use some improvement in your education?

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# Relationships

Your connection to others greatly contributes to your overall health. Your relationships with those closest to you can provide valuable support, connection, and love that are deeply nourishing.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well in your relationships?

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What are some things that could use some improvement in your relationships?

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# Health

It's so important to take care of yourself & your multidimensional health. Our bodies, minds, and spirits all have unique needs, and meeting those needs without judgment can improve overall health, happiness, and satisfaction.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well with your health?

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What are some things that could use some improvement in your health?

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# Physical Activity

Your body thrives on movement, whether that be running, weight lifting, outdoor activities, dancing, or doing simple stretches. Finding types of movement that nourish your body, mind, and spirit can provide a sense of balance.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well with your physical activity?

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What are some things that could use some improvement in your physical activity?

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# Career

Many people spend more than half of their day at work, and it's important they find ways to be fulfilled in their career.

Having a career or purpose that nourishes you and compensates you fairly can impact satisfaction, life balance, and overall well-being.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well in your career?

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What are some things that could use some improvement in your career?

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# Social Life

Prioritizing social interactions with others is valuable to your health, happiness, and overall well-being. This can include engaging in activities to create new connections, fostering existing friendships, starting conversation with someone you don't know, or cultivating a sense of belonging in your community.

On a scale of 1 - 10 rate your satisfaction in this area.

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What are some things that are going well in your social life?

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What are some things that could use some improvement in your social life?

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# At a Glance

Let's take a moment to rate these areas in one place. On each line underneath the specified area place a dot for your level of satisfaction, with far left being the least & far right being the greatest.

Home Environment

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Spirituality

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# Reflect

Now that you've evaluated each area individually take some time to reflect on your holistic health. At a glance, you might notice some areas that you didn't realize could use a little improvement or some areas that you're really excelling in! It's important to be kind towards yourself throughout this process & remember to reflect without judgement.

Do you notice any commonalities that contribute to specific areas?

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Which areas would you like to be intentional in improving? List a few tactical steps you could take this week to make positive progress.

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Which areas do you feel confident in? What factors do you believe contribute to your success in each?

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Did you find this helpful  
and want more support in  
practical application?

A health coach would be a great resource in  
guiding you toward achieving your health  
goals, and I would love to join you in your  
health journey!

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If this sounds like something you're  
interested in, I invite you to schedule  
a health history consultation with me  
to discuss working together to  
cultivate the life you love.

# About Your Coach

Hi friend, I'm Shelby!

I'm a certified Integrative Nutrition Health Coach with a passion for supporting young women on their health journey. By using a holistic & integrative approach with an emphasis on your bio individual needs I'm proud to offer you a unique coaching experience. It's not a one-size-fits-all diet or exercise plan - this is a one on one setting that allows space for you to discover how to be the expert in your own health & wellbeing.

Let's work together!

Schedule your free consultation by emailing me at [shelbyekindy@gmail.com](mailto:shelbyekindy@gmail.com)!

# Connect with me!



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Clean Beauty Co



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Looking for a health coach?  
Schedule your free health history  
consultation by emailing me at  
shelbyekindy@gmail.com!