

THREE SIMPLE TOOLS THAT WORK TOGETHER

Connecting the Dots Bundle



A simple way to pause, notice, and connect the dots between your habits, your food choices, and how you feel..

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Welcome

Welcome to the Connect the Dots Bundle! I'm so glad you're here.

If you ask yourself, "What's one thing I could do to improve my health or eating habits?" chances are you already know the answer. Most of us can name one small change that would make a difference.

The challenge isn't usually knowing what to do—it's doing it consistently. We often start with good intentions, but life gets busy. We stop and start, or those simple practices keep getting pushed aside before they ever become part of our routine. That's where this bundle is different.

Instead of asking you to overhaul your eating habits, the Connect the Dots Bundle focuses on small, manageable shifts that fit into what you're already doing each day. These simple practices are designed to help you build awareness, understand your eating patterns, and make small changes that feel realistic and sustainable.

The guides are designed to work together, with each one supporting a different moment in your eating experience. Through these small, intentional moments, you'll begin connecting the dots between your thoughts, your habits, and your food choices.

Why "Connect the Dots"?

Our bodies are constantly communicating with us—but in the busyness of everyday life, it's easy to miss the messages.

A craving may be offering a clue worth noticing. The foods we eat can influence how we feel, our energy, and even our motivation throughout the day. At the same time, our stress, emotions, routines, and daily experiences can also influence the foods we choose. Everything is connected.

The challenge is that these connections aren't always obvious. We often move from one moment to the next without slowing down long enough to notice the patterns.

That's what **Connect the Dots** is all about.

By taking a few intentional moments to pause, reflect, and observe, you'll begin connecting the dots between your body's signals, your thoughts, your habits, and your food choices. Those connections give you valuable information—not to judge yourself, but to better understand what you need so you can make informed choices that support your health and well-being.

How This Bundle Works

The three guides are designed to support different moments in your eating experience. Rather than asking you to create a brand-new routine, they fit naturally into what you're already doing—from preparing a meal, to eating it, to noticing what your body is telling you along the way.

You may have found this bundle after taking the Food Cravings Check-In to discover what's really driving your cravings. Or perhaps you were searching for a simple way to add more variety to your meals, or you're looking for a practical way to build healthier eating habits.

Either way, you're in the right place.

Lasting change doesn't usually happen through one big decision. It grows from the small, intentional choices we make every day. That's why this bundle is designed to fit into your everyday life. Together, these guides help you build greater awareness and make small, sustainable changes—one step at a time.

How To Use This Bundle

Before You Eat

Eat the Rainbow Reset

As you're planning or preparing a meal, use this guide to notice the colours on your plate and explore one simple way to add more variety. The goal isn't perfection—just one small step toward nourishing your body.



As You Begin Eating

Pause Before You Eat

Before your first bite, take one intentional minute to slow down, check in with yourself, and bring awareness to the meal in front of you.



When You Notice a Craving

Craving Check-In

If a craving shows up—before, during, or after eating—use this guide to get curious about what might be influencing it. Every craving is an opportunity to learn more about yourself.

Meet Your Three Guides

Each guide is designed to support a different moment in your eating experience. Together, they offer simple ways to bring more awareness into moments that are already part of your day.



Eat the Rainbow Reset

A five-minute daily practice to naturally add more colourful variety—without dieting or meal planning.

Healthy eating doesn't have to mean changing everything on your plate. This guide helps you notice the colours you're already eating and gently explore new ones, building on foods you already enjoy. One small addition at a time, you'll discover new flavours and expand your list of favourites in a way that feels realistic and sustainable.

When to use it:



When you're planning or preparing a meal.



Pause Before You Eat

A one-minute mindful eating practice to help you step out of autopilot.

Have you ever been so busy that you rushed through a meal, only to realize later you could barely remember what you ate?

When life moves that quickly, it's hard to notice the little moments that help us connect the dots between our eating habits and how we feel.

This guide invites you to experience the power of a simple pause. In just one minute, you'll create a small moment of awareness before your first bite—helping you step out of autopilot, tune into your body, and make more intentional choices while eating.

When to use it:

 *When you're sitting down to eat.*



Craving Check-In

A simple reflection to help you understand what your cravings might be telling you.

Have you ever noticed a craving and wondered, "Where did that come from?"

Cravings can sometimes offer helpful clues—but only if we take a moment to notice them.

This guide invites you to explore your cravings with curiosity. Whether they're connected to hunger, stress, boredom, emotions, or something else, the Craving Check-In will help you connect the dots between your cravings and your everyday experiences, so you can respond with greater awareness and self-compassion, while making choices that better support your needs in that moment

When to use it:



When you notice a craving you'd like to understand.

Small Shifts Matter

You don't have to change everything overnight.

You don't need to eat perfectly.

You don't have to wait until Monday.

Healthy habits are built one small choice at a time. Every small choice helps reveal the bigger picture.

A Gentle Reminder...

Your body can't tap you on the shoulder or speak to you with words, but it is always communicating through signals, signs, and symptoms. In the fast pace of everyday life, it's easy to overlook those messages.

Every time you pause, notice, or choose with intention, you're creating an opportunity to learn something about yourself. Those small moments may seem insignificant on their own, but over time they begin to connect the dots between your body's signals, your habits, and your food choices. your habits, and your food choices. And it's those connections that can help you build a healthier, more mindful relationship with food.

The goal isn't to add one more thing to your day. It's to bring a little more awareness to moments that are already there.

Ready?

The next step depends on where you are today.

- **Planning or preparing a meal?** Begin with ***Eat the Rainbow Reset*** and explore one simple way to add more colour and variety to your plate.
- **Sitting down to eat?** Open ***Pause Before You Eat*** and take one intentional minute before your first bite.
- **Noticing a craving you'd like to understand?** Turn to ***Craving Check-In*** and get curious about what it might be telling you.

There isn't a perfect place to begin—only the place that's most helpful for you right now.

The journey is uniquely yours. Let this bundle be a guide by your side as you continue connecting the dots, offering small moments of awareness that fit naturally into your everyday life.

One small step is all it takes to begin connecting the dots.