

# DEVELOPING Self-Trust



1. What's the relationship between your vegan path and listening to your body?

2. What is your body communicating to you?

3. How can you best listen to your body, it's systems, and follow what it tells you?

4. Do you trust the voice of your body? If not, why?

5. Can veganism help you to gain self-trust, and connection to your body? If so, how?