

Transitioning to Vegan Worksheet



Make your transition to vegan easy. Use this worksheet to learn how.

1. What do you find tasty? Make a list of the foods that are typically your favorites.
2. Which foods above don't feel good in your body? What alternatives can you replace them with?
3. Have you noticed your tastebuds (or things you like) changing? If so, how?
4. Write your mindset for transitioning to vegan. Example: I am curious to explore new ways of eating. I can do anything I set my mind to.
5. What does taking 100% responsibility for your health look like for you? Write in detail.
6. Do you need support transitioning to veganism? If so, what do you need? (Hint: even if you don't have that support in your life, identify what you need).

Transitioning to Vegan Worksheet



7. Do you have concerns about veganism affecting your family and social dynamics? If there's any communication that's needed with your relationships, what is it?

8. Are you using your Plan & Prepare system? If so, how is planning your food helping you? If not, what's keeping you from it?

9. Tempted to debate with others about why vegan? What are the pro's and con's -of that? How does it help or hinder you?

10. What does it mean to allow for the learning curve of veganism in your experience? Write in detail.

11. Are you fully in with your vegan path? If not, what keeps you from it?