



— PURE —

Whole-Food & Plant-Based Support



Workbook

Module Five

Parties



What is the biggest challenge you expect to face while on a plant-based diet?

How will you plan to overcome that challenge?

Parties



In the box on the left, write down a non-plant-based food that you used to eat at parties and on the right, write down a potential plant-based substitute.

Support



Write down at least three people who will be your support group during your transition to plant-based.

Go online and search for local groups that support your overall goals. Write down some options here.

Support



With any diet change, there are always potential scenarios to throw you off track. Below, write the scenario and how you will handle it. (ie: Christmas Party, surprise party, etc.)

Scenario	Solution

Continued on next page

Support



Scenario	Solution

Give Back



Do you currently volunteer or donate to any organizations?

If so, which?

Go online and search for local organizations that you might want to donate time and/or money to that interest you.
