

Mindful Eating Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Instructions: Mindful eating is the practice of paying full attention to the experience of eating, both internally and externally. This worksheet is designed to help you cultivate awareness and make conscious choices around your eating habits. Take your time to complete each section mindfully, reflecting on your thoughts, feelings, and sensations.

BEFORE EATING

Take a moment to check in with yourself. How hungry are you on a scale of 1 to 10?

What emotions or sensations are present within you? Are you feeling stressed, anxious, tired, or calm?

Consider your intentions for this meal. What do you hope to gain from this mindful eating experience?

FOOD OBSERVATION

Look at the food in front of you. Take note of its colors, shapes, and textures.

Notice any aroma or fragrance that arises. What do you associate with these scents?

Reflect on the journey the food took to reach your plate. Consider the effort, resources, and people involved.

EATING MINDFULLY

Before taking your first bite, pause and take a few deep breaths to ground yourself in the present moment. As you take each bite, slow down and savor the experience. Notice the flavors, textures, and sensations in your mouth. Chew your food slowly and thoroughly, paying attention to the changing taste and texture. Notice any thoughts or judgments that arise about the food or your eating experience. Practice letting them go without attaching to them.

BODY AWARENESS

Tune in to your body's signals of hunger and fullness. Pause periodically to assess your level of satisfaction. Notice how your body feels as you eat. Are there any areas of tension, relaxation, or discomfort? Reflect on the impact of the food on your energy levels, mood, and overall well-being.

REFLECTION

After you finish eating, take a moment to reflect on your experience. How did it differ from your usual eating habits?

What insights did you gain from practicing mindful eating? How did it affect your overall satisfaction with the meal?

Consider how you can incorporate mindfulness into future eating experiences.

ADDITIONAL NOTES

Additional notes