Eating with Awareness

A gentle weekly worksheet to explore this habit and reflect on your experience.

This Week's Practice

- ■ Eat without distractions once daily
- ■ Notice hunger and fullness
- ■ Slow down between bites
- ■ Choose nourishment intentionally
- ■ Observe energy after meals
- ■ End meals with gratitude

Reflection

What did you notice about how food affected your energy, mood, or focus this week?

Weekly Intention

Gentle Reminders

• Awareness matters more than rules.

• Gentle choices add up.

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