

# I AM ENGAGING IN MINDFUL EATING

I engage in mindful eating, taking the time to savor my food's flavors, aromas, and textures without distractions. I appreciate each bite, fully present in the moment, and recognize my food's journey from its source to my table.

This awareness allows me to connect deeply with what I eat, fostering gratitude for the nourishment it provides.

By eating mindfully, I enhance my dining experience and find joy in the simple act of eating. I chew slowly, fully allowing my body to experience each meal's taste and texture. This promotes better digestion and helps me listen to my body's hunger and fullness cues.

This practice is more than just eating; it's a step towards more conscious eating habits and a healthier relationship with food. Through mindful eating, I honor the effort and care that goes into each meal, appreciating the nourishment that sustains me.

## REFLECTION QUESTIONS

**1**

How does eating without distractions change my mealtime?

**2**

What foods do I truly enjoy, and why?

**3**

How can mindful eating contribute to my overall well-being?