

WEEK 11 of #YOUR2024STORY

Journal Prompt: *Embracing Mindful Eating*

Transform your relationship with food. Mastering the art of mindful eating is an essential step towards achieving lasting health. Mindful eating is an approach that involves paying full attention to the experience of eating and drinking, both inside and outside the body.

*As we journey into Week 11 of #Your2024Story we turn our focus towards **Unlocking Mindful Eating***

Journal Prompt

- 1) Reflect on a meal you had today. Were you fully present? How did the food make you feel physically and emotionally? What can this experience teach you about your eating habits?
- 2) What changes do you notice in your body when you take the time to eat mindfully?
- 3) How does your relationship with food change when you eat mindfully?
- 4) Reflect on a time when you ate in response to stress or emotions. How could mindful eating have changed that experience?
- 5) What are some strategies you could use to bring more mindfulness to your meals?

Remember, mindful eating is a journey, not a destination.
Be patient with yourself and celebrate small victories along the way!