

30 Days of Conscious Eating

Instructions: Try each recommendation at least once on the date scheduled. Some of the exercises can be done more than once and others are meal-specific, but you can apply them to other meals throughout the day.

1 Before eating, sit quietly and notice whether your body is hungry	2 Take 3 deep breaths before eating	3 Before eating, spend a few moments noticing how your food smells	4 Keep your smart phone away from where you are eating	5 Notice the colors and appearance of your food	6 Sit down to eat.
7 Take one mouthful of food and really notice the taste & texture	8 Take one full minute to eat one bite	9 Inhale the aroma of your morning beverage	10 Observe yourself as you eat like you're watching yourself on TV	11 Drink the first 3 sips of your morning beverage mindfully	12 When eating a snack, put one serving in a bowl
13 Eat a snack without distractions	14 Before you begin to eat, notice your hunger level	15 Eat lunch away from your workstation	16 Notice your thoughts about the food while you are eating	17 Take 5 small bites of food and chew them slowly	18 Spend the first 2 minutes focusing only on your meal
19 Eat a treat as slowly as possible, savoring each bite	20 Give your full attention to eating breakfast	21 Eat a piece of fruit slowly & mindfully	22 Eat one meal in total silence	23 Notice whether your enjoyment of eating changes after the first few bites	24 Put half your usual serving on your plate & notice your fullness level when done
25 Alternate between focusing on your food and conversing	26 Notice your fullness level after each bite	27 Notice how your stomach feels one hour after eating dinner	28 Repeat the day you found most challenging	29 Eat one meal without distractions	30 Repeat the day you liked best

Conscious eating means not only eating without any distractions. It also means actually paying attention to your food and beverage. It involves using at least three senses and sometimes all five. It means taking your time to pay attention to your current experience of eating. Really tasting and savoring your food. When you become distracted, just notice that and return to focusing on what you're eating or drinking.