

Mindful Eating

JOURNAL & PROMPTS

This journal isn't just about food; it's a space to reflect, understand, and grow. Guided by prompts and insights, explore the deeper connections between our meals and emotions.

Here's to a more mindful, nourished you!



Welcome

WHY THIS JOURNAL MATTERS



First and foremost, congratulations on taking this significant step towards a more mindful relationship with food.

By downloading this journal, you've shown a commitment to understanding your eating habits, emotions, and the connection between the two.

Every entry, every word, every reflection is a step towards a more mindful you.

This journey is uniquely yours. There's no right or wrong way to journal. It's all about what feels right for you. Some days you might write a lot, while other days you might jot down just a few words. **And that's okay!**

Hi! I'M VOULA

Hi there! I'm Voula, a Registered Dietitian with over 20 years of experience. I've seen the struggles, the diet trends, and the quest for that "quick fix" to lose and manage weight. I believe in a different approach: understanding our relationship with food. I've dedicated my career to guiding individuals like you in their weight loss journey, toward a nourishing, more balanced relationship with food.



A Few Tips to Get Started:

1. **Consistency is Key:** Even if it's just a few minutes, try to journal every day. It'll help you recognize patterns and understand your habits better.
2. **Be Honest:** This journal is for you. Be open and honest with your entries. The more genuine you are, the more insights you'll gain.
3. **Reflect:** Take some time each week to look back on your entries. Celebrate your victories and think about areas you'd like to focus on.
4. **Enjoy the Process:** Journaling is a journey, not a destination. Enjoy the process!

Section 1

FOOD & MOOD TRACKER

DAY & DATE	
TIME	
WHAT & HOW MUCH ARE YOU EATING (FOOD & AMOUNT)	
PLACE (KITCHEN TABLE, AT YOUR DESK, IN YOUR CAR)	
WITH WHOM? (ALONE, WITH A FRIEND, FAMILY MEMBER)	
ACTIVITY (WHAT ARE YOU DOING WHILE EATING? EX; READING, EATCHING TV, COOKING)	
MOOD BEFORE EATING (NEUTRAL, HAPPY, RUSHED, ANGRY, BORED, DEPRESSED)	
MOOD AFTER EATING	
HUNGER BEFORE EATING (RATE 1-10; 1 STARVING, 10 EXTREMELY FULL)	
FULLNESS AFTER EATING (RATE 1-10; 1 STARVING, 10 EXTREMELY FULL)	

Section 2

MINDFUL EATING JOURNAL PROMPTS

These prompts are designed to help you reflect on your meals and your feelings around them. They're conversation starters with yourself, guiding you to understand the 'why' behind your food choices.

PART 1: BEFORE EATING

What am I feeling right now?

Am I truly hungry, or am I eating out of habit, boredom, or emotion?

What am I hoping to achieve with this meal (e.g., satiety, comfort, energy)?

PART 2: DURING EATING

How does the food taste? What flavors and textures can I identify with certain foods?
How would I describe this meal to a friend?

How does this food make me feel as I eat it?

Am I eating slowly and savoring each bite?

PART 3: AFTER EATING

How satisfied do I feel?

Did I enjoy the meal?

How has my mood or energy level changed after eating?

PART 4: REFLECTING ON HUNGER & FULLNESS CUES

On a scale of 1 to 10, how hungry was I before the meal?

On a scale of 1 to 10, how full am I after the meal?

Did I stop eating when I felt satisfied, or did I continue until I felt overly full?

PART 5: NOTING EMOTIONAL TRIGGERS AND RESPONSES

What emotions did I experience today, and how did they influence my food choices?

Were there specific events or situations that triggered a desire to eat, even if I wasn't hungry?

How did I feel after eating in response to an emotion?

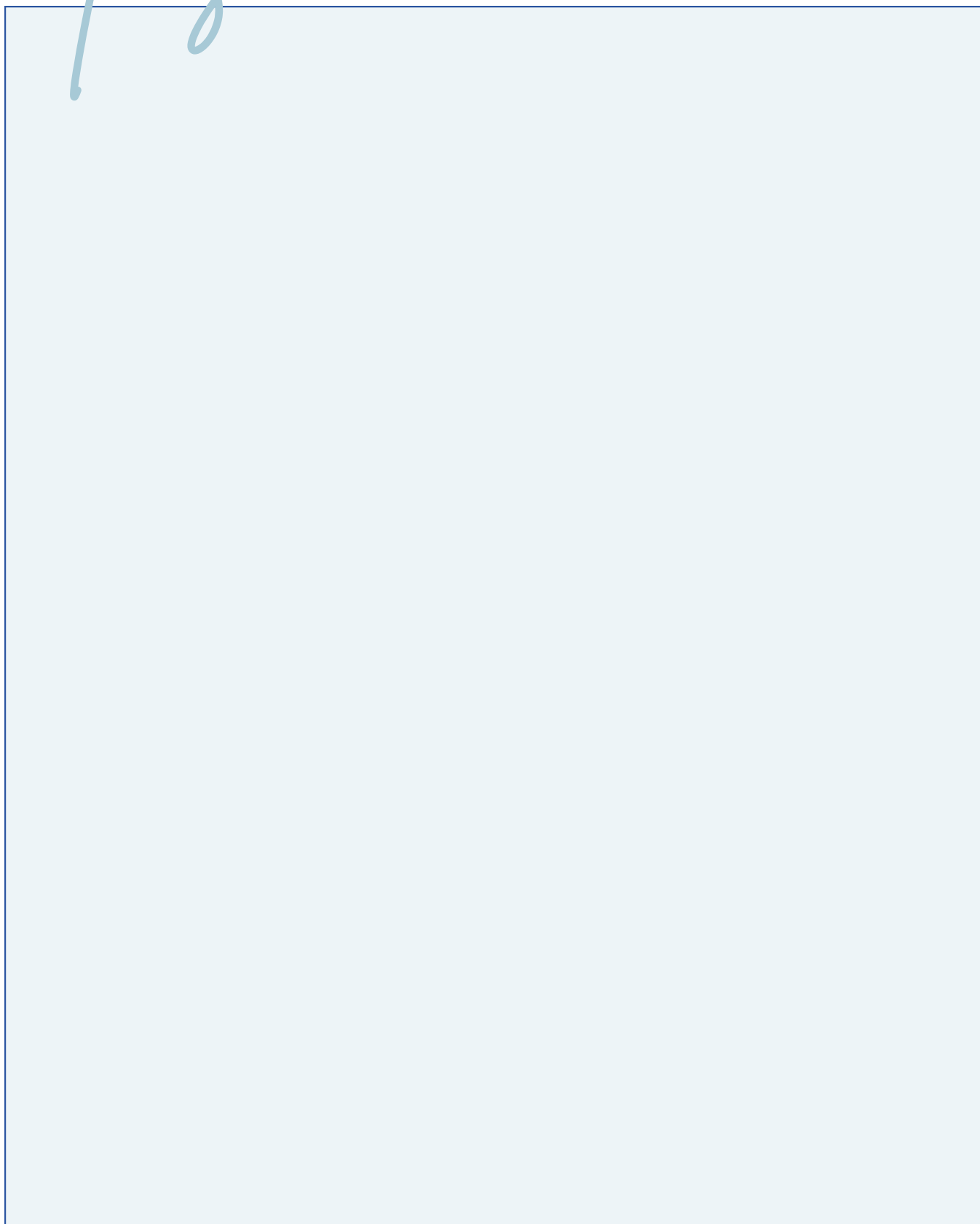
Remember...

As you grow more comfortable with journaling, you can expand on these questions and delve deeper into your reflections.

The goal isn't to have a perfect record but to develop a better understanding and awareness of your relationship with food.



notes



Journal NEXT STEPS

Again, I want to commend you for taking this significant step towards a more mindful relationship with food. By using this journal, you're not just jotting down thoughts; you are at the very beginning of cultivating a habit that can transform your relationship with food forever.

Remember, you don't have to go it alone.



While this Mindful Eating Journal is a powerful tool on its own, having a dedicated expert by your side can amplify your results exponentially. I'm here to provide tailored advice, answer questions, and celebrate your milestones with you. Let's chat if you're ready to take your mindful eating journey to the next level.

Feel free to book a call with me, and together, we'll go through the path to a healthier relationship with food.

DO YOU NEED
MORE SUPPORT?

SCHEDULE A CALL

Let's Connect



voula@mynutritiondesign.com
www.mynutritiondesign.com