



5 MINUTE PRE-MEAL RITUAL {A Meditation for Intentional Eating}

IT'S ALL ABOUT CHOICE

I'm a woman on a mission; always in a hurry. I walk fast, talk fast, make decisions fast and even eat fast. But I have learned that when I take the time to slow down, tune in to myself and become completely present in the moment I make better choices. This 5 minute pre-meal ritual will help you make choices about how to care for yourself in the way you deserve to be cared for- with thought and consideration.

TAKE A DEEP BREATH, AND ANOTHER... AND ONE MORE.

Feel yourself slowing down and taking the time to ask and really listen:

- What am I feeling physically? Do a body scan and bring your awareness to each of your major body parts. If you feel pain, take a deep breath and acknowledge it. If you feel neutral, take a deep breath and bring your attention to a sense of gratitude and appreciation.
- What emotions do I feel right now? What feelings am I aware of? Do I feel any of these emotions in my body?
- What do I need to do for myself to respond to my emotional needs? Do I need to call a friend, ask for a hug, plan a bath or vacation, pat myself on the back in recognition or acknowledgment?
- When was the last time I ate and what did I eat today? Am I physically hungry?
- What am I hungry for? What do I really want to eat? Take your time to answer this question so you slow down and tune into what is important to you and the choice that your conscious self wants to make, not the frazzled, stressed or overwhelmed you wants to make.

Slow down. Savor. Experience. Meet your true needs and honor your desire to eat healthy.