



# healthful cooking habits

Practice undistracted, mindful eating.  
Take note of your body while consuming food.

**3 ways you will  
mindfully eat.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What do you notice about the relationship  
between your feelings and your eating habits?**

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**Do you find you eat more when your emotions  
are heightened (sad, stressed or anxious)?**

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**What was your relationship with food  
like growing up?**

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**What is it like now?**

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weekly gratitude

**What are you  
grateful for?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_