

# MINDFUL EATING CHECKLIST



# ASK YOURSELF THESE QUESTIONS...

## MINDFUL EATING CHECKLIST

### ENVIRONMENT QUESTIONS:

- Am I sitting down?
- Am I eating fast or slow?
- Am I thirsty?
- How hungry am I (on a scale from one to ten)?
- Am I multi-tasking?

### EMOTION QUESTIONS:

- How am I feeling bored?
- Am I stressed?
- Did I have a confrontation with someone today?
- Do I feel rejected?
- Am I lonely?
- Am I tired?

### FOOD QUESTIONS:

- Is this food what my body really wants right now?
- Am I mindlessly munching or noticing each bite?
- Do I feel guilty when I eat this? If so, why?



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