

MODULE 2. COACHING TOOLS



WORKSHEET 8.



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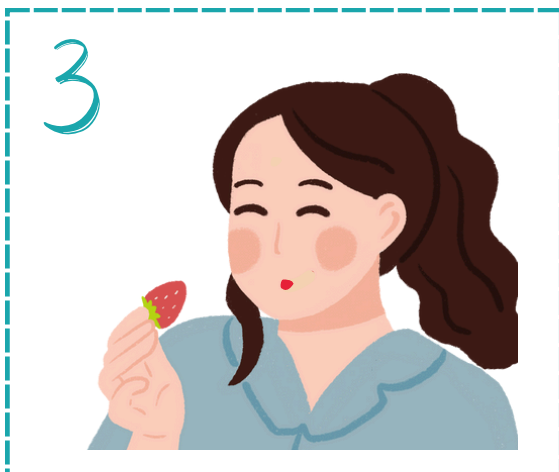
Mindful eating or the family technique is a coaching method that involves fully focusing on the experience of eating. This exercise will help you become more aware of your eating habits and enjoy your meals more.



Choose one meal or snack to eat mindfully.



Before eating, look at the food - its colors, shapes, smells.



When you eat, focus on each bite. Pay attention to the texture, taste, and how the food feels in your mouth.



Eat slowly, without rushing, enjoying every bite.

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After you finish your meal, consider:

- What differences have you noticed compared to regular eating technique?**

- Did you enjoy your meal more than usual?**