Awareness Checklist

- Am I sitting?
- Eating fast or slow?
- Mindlessly munching or noticing each bite?
- Asking "How hungry am I?" on a scale from one to ten.
- Multitasking or truly focused on my meal?
- Rumbling stomach or bored, stressed, tired anxious etc.?

www.eatingmindfully.com
Susan Albers @2012