



# MINDFUL GOALS



## START

## SPECIFIC

## STOPPERS & SOLUTIONS

Ex. Be present when I eat

Stop multitasking during meals

My phone is distracting. Put it out of sight.

- 1.
- 2.
- 3.
- 4.
- 5.

## INTENTIONS



Bring this quality to every action:

EX. MINDFULNESS, ADVENTURE, GROWTH, KINDNESS

## WHAT I AM DOING WELL



## 6 MINDFUL EATING TIPS



Sit Down When You **EAT**



Slowly Chew



Select Foods **CONSCIOUSLY**

**Savor Each Bite**



Smile Between Bites



Learn \_\_\_\_\_



Try \_\_\_\_\_



Go To \_\_\_\_\_



Experience \_\_\_\_\_

## MINDFUL MANTRA

Ex. Progress, Not Perfection

