

Slim and Sexy Mums Club

ATTENTIVE EATING JOURNAL



TERESSA
Todd

Conquering Health Naturopath,
Biochemist

www.teressatodd.com

ATTENTIVE EATING

Journal



Attentive or Mindful eating is like having a heart-to-heart with your food. It's all about taking a step back, savoring every bite, and truly understanding your connection with what's on your plate. This Attentive Eating Journal will be your guide on this journey of self-discovery, helping you build those healthy eating habits that suit you best.

Take your time with these reflection questions, like you're catching up with an old friend. They're your key to understanding yourself better and nurturing that beautiful relationship you have with food. Embrace them with kindness and honesty—no self-critique needed. It's all about fostering growth and positive change.

Feel free to answer all these questions in one go, or explore them one or two at a time. It's all about what feels right for you! Let's get started!

www.teressatodd.com

Date: _____

ATTENTIVE EATING

Questions

How would I describe my current relationship with food?

Example: normal, imbalanced, negative, forced, easy, restrictive

What do I enjoy about my current relationship with food?

Date: _____

ATTENTIVE EATING

Questions

What do I dislike about my current relationship with food?

Are there certain foods I consider to be, "good", or, "bad"? If I do, what are they, and why do I attribute these labels to them?

Date: _____

ATTENTIVE EATING

Questions

What does hunger feel like to me?

Example: My stomach growls, I crave food, and my focus wavers.

What does satiety feel like to me?

Example: My stomach growls, I crave food, and my focus wavers.

Date: _____

ATTENTIVE EATING

Questions

Do emotions ever impact my eating habits?

If so, how?

What food items do I enjoy eating?

Date: _____

ATTENTIVE EATING

Questions

What food items do I often crave?

Take a moment to explore: What is behind this craving?

Growing up, are there any food rules I abide by?

Example: (sugar = reward; celebration is time for rich foods; ice-cream and lollies are a reward for being good, must eat everything on your plate at dinner etc.)

Date: _____

ATTENTIVE EATING

Questions

Do I feel confident in my relationship with food? If so, why?
If not, why?

Date: _____

ATTENTIVE EATING

Questions

What would I like to change about my relationship with food? How will I go about doing this based on my answers to the questions above?

Date: _____

ATTENTIVE EATING

Your Space

This is your dedicated space to jot down your thoughts on food. Make it a weekly ritual, a way to track your progress throughout these program. As you look back and see how far you've come, let it inspire you on this journey

Four large, rounded rectangular boxes with horizontal dotted lines for writing.

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