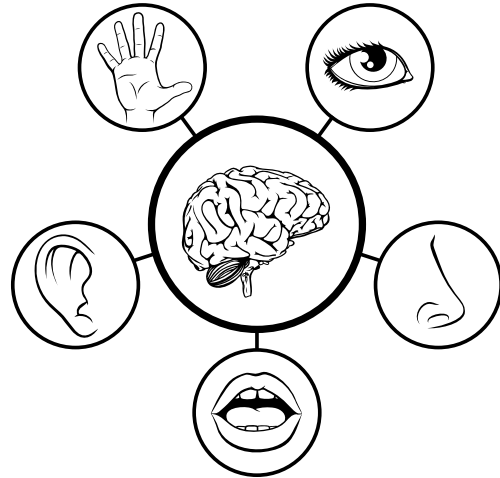


# MINDFULNESS REFLECTION

A written activity to enhance the guided mindful eating exercise, bringing awareness to your senses. Write or draw your reflections below as you enjoy your food item.

## HOW DID WHAT YOU EAT...



**TASTE?**

**SMELL?**

**LOOK?**

**SOUND?**

**FEEL?**

**WHAT WAS NEW?**

What did you notice that you have not noticed before?