

Three *Mindful Eating* Questions

To keep you on track

Sometimes temptation to eat seems irresistible. When you are struggling, try asking these three questions in sequence. Answer honestly, without judgement and accept. They will give you a mindful pause that will help you decide:



- 1. On a scale of 1 to 10, *how hungry am I right now?***
- 2. On a scale of 1 to 10, *how much do I want to eat this food right now***
- 3. On a scale of 1 to 10, *how am I likely to feel about having the food afterwards?***

(1 is lowest score, 10 is highest score)