Journal Prompt

Day 12: Mindful Eating Reflection

After doing one of both of the mindful eating meditation exercises, take time to journal and reflect on the experience.

- What was the mindful eating experience like for you?
- What did you notice about the food, your body, your thoughts?
- What challenged you? What surprised you?
- What influence will this experience have on your eating habits?
- Did you gain any insight about yourself?

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