

My 'Mindful Movement & Munchies' Guide & Worksheet



Get your journal and write down you're your personal thoughts and feelings based on the activities listed below. This is a great way to start your mindful living journey. Practice makes perfect. Do these 5 activities daily, until it becomes second nature and part of your way of living.

1. 'Gratitude' Activity:

- Write down 3 things you are grateful for, for at least 30 days. I put it in a jar and it is amazing how it lifts your mood/energy. Take one out whenever you need to (like on days that you feel 'fat' or 'ugly' or need motivation).
- Bless and thank your food and body, daily.



2. 'Power of Now' Activity:

- Start living in the moment by noticing your environment.
- Write down 5 things you noticed today and do this daily.
- Pay attention to what you see, hear, feel, smell and touch.



3. 'Listen to Your Body' Activity:

- Write down your feelings and emotions before, while and after eating.
- We can then look at this and find ways to stop or minimise emotional/stress eating to improve your relationship with food and listening to what your body needs instead (i.e. physical hunger cues).
- It takes time and practice. Do it daily, every time you eat.
- What is your Fun Fitness?

4. 'Breathing' Activity:

- Focus on your breathing in everything you do! Whether it is eating, working, exercising, watching a movie etc. Take deep breaths!
- Write down the number of breaths you take before eating, before every meal.



5. 'Mix-it-Up' Activity

- Incorporate different types of exercises into your life. For e.g. add a yoga session and/or a hike to your current routine, once a week. Or just start with what you enjoy, if you don't exercise.
- Count the colours you are eating with your meals daily, then try to increase it every day. PS: fruit and veggies add lots of colours.
- Add a new food type (from a natural source) to your meal to mix things up
- Start tuning in with yourself and write down your thoughts around your relationship with food and/or your beliefs around your weight.


