

## REFLECTIONS

1. What cravings do you have most and when? Do you skip meals?

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2. Do you take time to enjoy your meals? Do you multitask during meals, and if so, why? Does it save you time in the end? What about your health?

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## ACTION STEP

Experiment with a *pause* before meals. Be mindful of what, how, and where you are eating and take the time to eat without distraction. Use a sticky note to remind you of your sacred time and to enjoy it.

**Power of the Pause Prescription:** Take three times a day and/or as needed!

P-ause before eating.

A-ware of breath (breathing in through the nose, out through the mouth).

U-ni-task, mindful eating, remove all distractions.

S-low down; let your stomach and brain work to signal when to stop.

E-njoy with love, guilt-free.