**~ Food & Freedom ~ Worksheet - April 2018**

**Savour**

**1. Select one of your favourite foods to eat** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2. Things to notice while you are eating:**

* What are you thinking?
* Where are you on the hunger scale?
* How does the food smell?
* What does the food feel like? It’s texture.
* How does the food feel going into your body?

**3. How does the food taste? Savor the food and describe it**

**Bite one**

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**Bite two**

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**Bite three**

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**Bite four**

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**Bite five**

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**Bite six**

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**Bite seven**

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**Bite eight**

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**Bite nine**

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**Bite ten**

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**4. How does the food feel in your body 30 minutes later? A few hours later? A day later?**

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*Good work lady! This is such a great first step in gentle starting the unraveling of the complex relationship many women have around emotions and food. Good work you!*

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