

Wellbeing inspr thatz
practical, not preachy

love, Louise x

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~ Practices of Presence ~ Worksheet 1 - May 2025

SAVOURING FOOD AS PRACTICE OF PRESENCE

When we truly slow down and get mindful with eating as a practice of presence it is astonishing what we can notice.

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1. Please pick something you really like to eat!
 2. Please put all devices away and no TV either – this is a screen free experience. Just you and your plate! This may feel really weird...good to know, you can note that.
 3. Please eat and note down your observations with each BITE you take. Be curious! Here are the questions to ask yourself and note down by bite what comes up for you:
 - What am I thinking?
 - What emotion am I feeling right now?
 - How hungry am I out of 10?
 - What can I taste?
 - What texture can I feel?
 - How does it smell?
 - How does the food feel going into my body?

Bite 1:

Bite 2:

Bite 3:

Bite 4: _____

Bite 5: _____

Bite 6: _____

Bite 7: _____

Bite 8: _____

Bite 9: _____

Bite 10: _____

When you have finished eating:

How do you feel in your body now?

What emotion are you feeling?

What did you notice as you carried out this exercise as a Practice Of Presence?

Good job! I am sure you noticed A LOT in mind and body doing this Savouring exercise. Bring your observations to the group discussion!