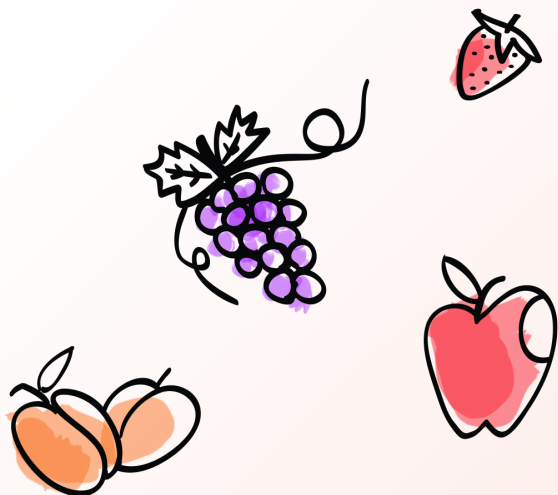


The cover features a central red plate with the title 'Mindful EATING' in white. The plate is flanked by a fork on the left and a knife and spoon on the right. The background is white with a pattern of black line-art food items including mushrooms, lemons, cheese, pumpkins, donuts, jars, strawberries, grapes, tomatoes, fish, pears, carrots, apples, and bread. The title 'Calm' is in a script font, 'MASTERCLASS' is in a bold sans-serif font, and 'Reflection Journal' is in a regular sans-serif font.

# Mindful EATING

*Calm*  
MASTERCLASS  
Reflection Journal



Do you have a love-hate relationship with food? Do you often find yourself eating mindlessly even when you're not hungry? You're not alone! In our food-abundant, diet-obsessed culture, eating is often mindless, consuming, and guilt-inducing.

That's why we created a Calm Masterclass on Mindful Eating with Dr. Michelle May, founder of the Am I Hungry? Mindful Eating Program, and author of the Eat What You Love, Love What You Eat book series.

*This Journal is designed as a companion to the Mindful Eating Calm Masterclass to help you integrate and explore the strategies presented in each lesson.*

Eating was meant to be a natural, enjoyable activity, aimed at meeting our energy and nutritional needs. However, many people struggle with food because they have unrecognized triggers that leave them feeling powerless to change. Mindfulness increases our awareness of these patterns and creates the necessary space so we can finally transform our relationship with food.



LESSON 1:  
*Why do you eat?*  
PART I

What eating pattern do you follow most often?

- ☐ Instinctive eating
- ☐ Overeating
- ☐ Restrictive eating
- ☐ Eat-repent-repeat cycle
- ☐ Mindful eating

REFLECT ON WHAT CAME UP FOR YOU DURING THIS LESSON.

---

---

---

---

---

---

---

# LESSON 1: Why do you eat?

## PART II

What are the signs your body gives you to let you know when you need to eat?

- ☐ Hunger pangs
- ☐ Growling or grumbling
- ☐ Gnawing
- ☐ Empty or hollow feeling
- ☐ Weakness or loss of energy
- ☐ Trouble concentrating
- ☐ Difficulty making decisions
- ☐ Light-headedness
- ☐ Slight headache
- ☐ Shakiness
- ☐ Irritability or crankiness
- ☐ Other



REFLECT ON WHAT CAME UP FOR YOU DURING THIS LESSON.

---

---

---

---

---

---

---

---

Calm

LESSON 1:

# Why do you eat?

## PART III



Identify any **physical**, **environmental**, and **emotional** triggers that urge you to eat (or continue eating past the point of fullness)



CHOOSE ONE OF THE TRIGGERS YOU'D LIKE TO WORK WITH AND ANSWER THE FOLLOWING QUESTIONS:

Are there specific steps you can take to reduce the trigger?

Are there other skills you need to develop to help you respond more effectively to this trigger or cope with this emotion?

What would be the most compassionate thing you would say to a friend with a similar trigger?



# LESSON 1: Why do you eat?

## PART IIII

Your emotions can be a powerful source of information about your true needs.  
Try this "fill-in-the-blank" formula below to help you better meet your needs.

Identify the trigger or the situation → WHEN I am overwhelmed at work,

and the feeling → I FEEL anxious and tense.

Identify the underlying need → I NEED to give my mind a rest.

then one or more action steps → I WILL take a walk or go to the park.  
you can take to meet that need

WHEN \_\_\_\_\_ ,

I FEEL \_\_\_\_\_ .

I NEED \_\_\_\_\_ .

I WILL \_\_\_\_\_ .

Do you need additional guidance and support from a therapist or counselor who is trained to help you work through difficult emotions and meet your true needs?



Calm



## LESSON 2: What do you eat?



**Identify** a fear-based thought  
you have around eating.

**Replace** your fear-based thought  
with a fearless thought.

example: I can't trust myself. → I trust myself to nourish my  
body, mind, heart, and spirit.

Take a personal inventory of what your body needs for your optimal well-being.

Make a list of convenient, delicious, nutrient-rich foods  
you will have available to choose from.

Calm



### LESSON 3:

## How do you eat?

Identify your eating habits that get in the way of mindfulness.

What practices and commitments can you put in place to help you eat more mindfully?

### LESSON 4:

## How much do you eat?

Reflect on how you feel and where your energy goes after eating.



## LESSON 5:

# Where do you invest your energy?

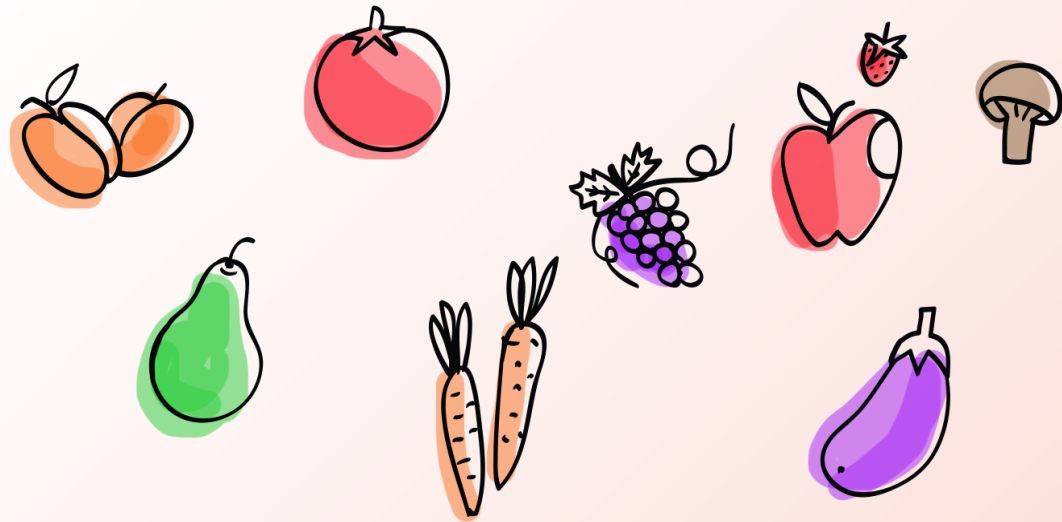


Identify what you're already doing that fosters well-being and vibrant living.

How can you build upon these existing strengths and skills?

Identify the gaps in your self-care habits.

What new knowledge, skills, resources, or relationships do you need to develop or connect with to effectively meet the needs of your body, mind, heart, and spirit?



As you reflect on where you are now in your self-care, set an intention for where you'd like to be by creating a short, simple action plan.

Write down your ideas and prioritize them, perhaps starting with the simplest one.

Be patient with yourself and take it slowly in small steps.

Remain open and curious.

*Aim for progress, not perfection.*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---