

Mindful Eating Wishes for Your Daily Practice

May I savor
each bite with
all my senses.

May I chew
slowly and enjoy
my food.

May I eat
just what my
body needs to
be healthy.

May I eat in
quiet, serene
environments.

May I thank
the earth and
others for my
nutritious food.

May I smile,
breathe, and eat
mindfully.

We hope you enjoy these **Mindfulness Circles**, with wishes as gentle reminders for your daily mindful eating practice.

Please print, clip the circles, and post them
in your home, car, and workplace.

♥ **Awakening the Mind & Heart, Blog Series©**
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