



# **MINDFULNESS BUNDLE**

*FOR BEGINNERS*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MINDFUL EATING

**SLOW DOWN, TASTE MORE**

*Are you eating on autopilot or truly experiencing your meal?*



**MEAL: BREAKFAST / LUNCH / DINNER (TYPE YOUR CHOICE)**

**1** Mindfully Pick: Choose one piece of food. What did you pick?

\_\_\_\_\_

**2** Look Closely: Describe its appearance.

\_\_\_\_\_

**3** Colour:

\_\_\_\_\_

**4** Shape:

\_\_\_\_\_

**5** Smell: What does it smell like? Does it remind you of anything?

\_\_\_\_\_

**6** Truly Taste: Describe taste, texture, spices, flavours.

\_\_\_\_\_

**7** Thoughts & Feelings: What emotions arise as you eat mindfully?

\_\_\_\_\_

**8** Slowly Chew: What changes do you notice as you chew?

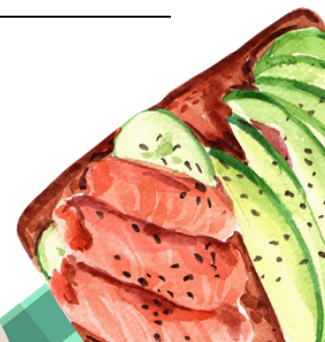
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**9** Swallow: What do you feel as you swallow?

\_\_\_\_\_

**10** Practice: Will you take at least 3 mindful bites in each meal?

\_\_\_\_\_



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# MINDFUL EATING SCALE



- 1** I stop eating when I'm full.
  - a) True
  - b) Sometimes true
  - c) False
- 2** I eat when hungry, not emotionally.
  - a) True
  - b) Sometimes true
  - c) False
- 3** I avoid grazing/picking food.
  - a) True
  - b) Sometimes true
  - c) False
- 4** I taste each bite before the next.
  - a) True
  - b) Sometimes true
  - c) False
- 5** I think about nourishment.
  - a) True
  - b) Sometimes true
  - c) False
- 6** I am non-judgmental if I overeat.
  - a) True
  - b) Sometimes true
  - c) False
- 7** I don't multitask while eating.
  - a) True
  - b) Sometimes true
  - c) False
- 8** I can leave food I don't want.
  - a) True
  - b) Sometimes true
  - c) False
- 9** I eat slowly, chewing each bite.
  - a) True
  - b) Sometimes true
  - c) False
- 10** I notice when I slip into mindless eating.
  - a) True
  - b) Sometimes true
  - c) False

## MINDFULNESS NOTE

Mindful eating brings you back into your senses—sight, smell, taste, and texture. When you slow down, your mind stops rushing and your body tells you what it really needs. One mindful bite can shift the whole meal.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# EMOTIONAL CHECK-IN

## KNOW YOUR INNER WEATHER

*Your emotions are signals, not problems.*



## PICK THE WORDS THAT DESCRIBE YOUR FEELINGS TODAY:

(Calm, Content, Relaxed, Happy, Excited, Surprised, Unsure, Afraid, Concerned, Anxious, Bored, Upset, Angry, Sad, etc.)

## EMOTIONAL CHECK-OUT

Today, I am feeling....

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Because..

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## MINDFULNESS NOTE

Mindfulness teaches you to name emotions without judging them. When you label a feeling ("I'm anxious"), you reduce its intensity and regain control. Awareness is emotional strength.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# SELF-REGULATION

## HOLDING YOURSELF WITH STRENGTH

*Your breath is your anchor. Your awareness is your guide.*



### PRE-PRACTICE:

Sit comfortably, breathe deeply 5 times, settle into presence.

### EMOTIONAL CONTROL RATING (1–5)

What is your score for emotional control?



### REFLECTION PROMPTS

1. Describe a time you didn't let your emotions interfere with doing the right thing.

2. Describe a situation where you couldn't control your emotions.

3. How could you react differently if it happened again?

### MINDFULNESS NOTE

Mindfulness teaches you to respond instead of react. Each conscious breath creates a pause—a moment where wisdom steps in before impulse takes over. This pause is your power.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# UNDERNEATH YOUR ANGER

## WHAT'S REALLY THERE?

*Anger is often a mask. Let's gently peek behind it.*



## PRE-PRACTICE:

Sit straight, breathe slowly 5 times.

## REFLECTION PROMPTS

1. What is your anger often triggered by?
2. How do you currently deal with anger?
3. Has your anger affected others? How?
4. Have you ever used anger to hide another emotion? Which one?

## MINDFULNESS NOTE

Mindfulness helps you see the emotion beneath anger—hurt, fear, disappointment. Once you see the real feeling, anger softens. Awareness opens the door to healing.



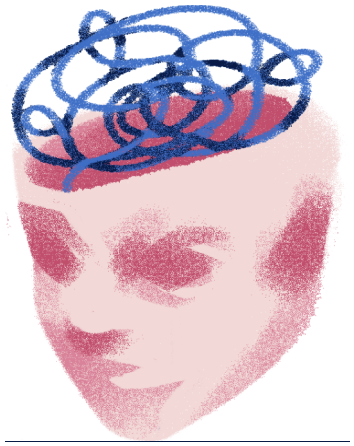
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# NEGATIVE THOUGHTS

## TRANSFORM YOUR INNER DIALOGUE

*The thoughts you repeat shape the life you experience. Let's understand and shift them.*



### PROMPTS

Write your most repetitive negative thoughts (keep each under 8 words). Circle one thought you'd like to transform.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

What is the worst-case scenario of that thought?

What am I really afraid of? (Core fear)

Where do I feel tension in my body?

**Flip the Script:** Write an opposite, empowering thought.

### MINDFULNESS NOTE

Mindfulness doesn't erase negative thoughts—it helps you see them as passing mental events, not truths. When you observe a thought without believing it, you take back your freedom.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

# EMOTIONAL RESILIENCE

## YOUR BOUNCE-BACK TOOLKIT

*You've survived 100% of your tough days.  
Here's how you keep rising.*



### PROMPTS

1. Think of a tough time you overcame. What helped you?
2. What did that experience teach you about yourself?
3. One area you're struggling with right now:
4. What advice would your future self give you?
5. List 3 things that make you feel stronger (music, movement, affirmations, etc.).

### MINDFULNESS NOTE

Mindfulness builds resilience by grounding you in the present instead of overwhelming "what ifs." When you breathe, notice, and accept, you strengthen the part of you that heals.





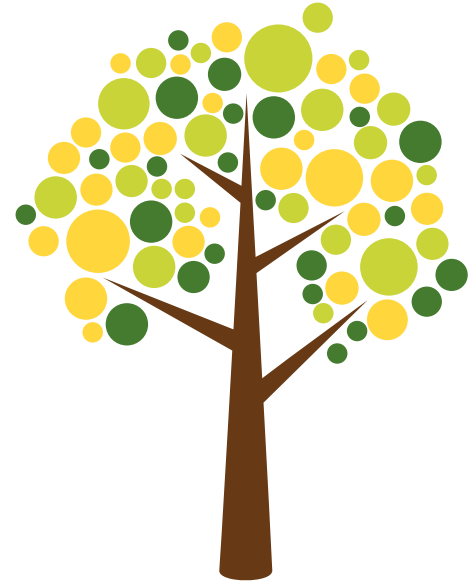
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# CORE VALUES

## WHAT TRULY MATTERS TO YOU?

*Your values are your inner compass. Let's discover what guides your life.*

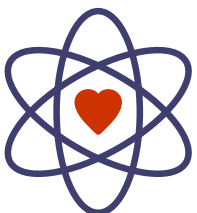


## PROMPTS

1. Write 3 things you love doing and why.
2. List 3 values most important to you.
3. Think of a time you followed one of these values. What happened?
4. How can knowing your values help you stay motivated?
5. Write one value you want to live by more—and how you'll remind yourself mindfully.

## MINDFULNESS NOTE

Mindfulness helps you live in alignment with your values—less reacting, more choosing. When you act from your values, life feels meaningful and grounded.



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# ANXIETY

## THE SILENT OVERTHINKER

*Anxiety is your mind trying to protect you. Let's support it with awareness.*



### WARM-UP:

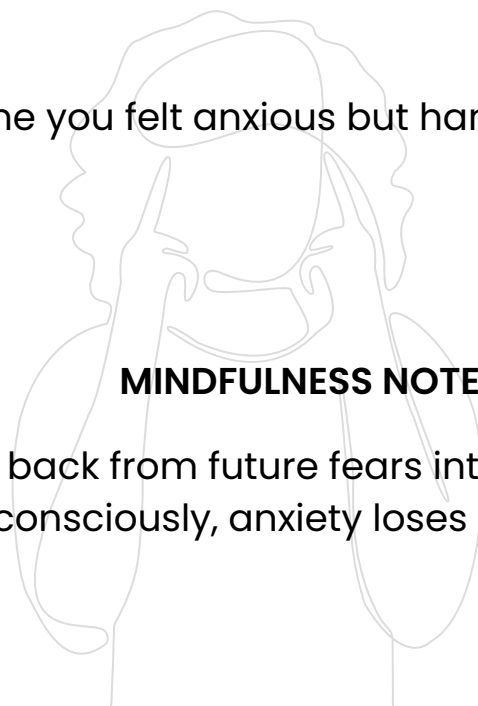
Write one worry and tear the paper.

### PROMPTS

1. Imagine giving a presentation—your heart races. What thoughts appear?
2. One thing you can do to return to the present moment:
3. Your personal anxiety hacks:
4. What do you wish people understood about your anxiety?
5. Write about a time you felt anxious but handled it well.

### MINDFULNESS NOTE

Mindfulness pulls you back from future fears into the safety of this moment. When you breathe consciously, anxiety loses its grip and clarity returns.



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# PROCRASTINATION

## UNDERSTANDING MY DELAY HABITS

*Procrastination isn't laziness—it's an emotional signal. Let's decode it.*



### PRE-ACTIVITY:

Clear one small area around you for 2 minutes.

### PROMPTS

1. What is one task you keep delaying, and why?
2. Break it into 3 small doable steps.
3. What thoughts or feelings show up before you procrastinate?
4. A time you procrastinated and regretted it—what did you learn?
5. One simple habit you'll try this week.

### MINDFULNESS NOTE

Mindfulness increases awareness of your inner resistance and helps you notice urges without acting on them. A single mindful pause can shift you from delaying to starting.



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# GRATITUDE

## THE LENS THAT CHANGES EVERYTHING

*Gratitude doesn't change your life situation—it changes how you experience it.*



### PROMPTS

1. Write a thank-you message to someone who helped you.
2. List 5 small things you're grateful for today.
3. Write about someone who supported you recently.
4. One challenge that taught you something valuable:
5. Finish the sentence: "Even though things aren't perfect, I'm thankful for..."
6. Set your gratitude goal for the week.



### MINDFULNESS NOTE

Mindfulness and gratitude together create emotional balance—one grounds you, the other uplifts you. When you notice what's good, your mind becomes lighter, softer, and more hopeful.