



Mindful Movement & Munchies Worksheet

Created by Anri van Rooyen

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Use this Worksheet with the 'Mindful Movement & Munchies eGuide'

Get your journal and write down your personal thoughts and feelings based on the activities listed below.

This is a great way to start your mindful living journey. Practice makes perfect. Do these 5 activities daily, until it becomes second nature and part of your way of living.

1. 'Gratitude' Activity:



- Write down 3 things you are grateful for, for at least 30 days. I put it in a jar and it is amazing how it lifts your mood/energy. Take one out whenever you need to (like on days that you feel 'fat' or 'ugly' or need motivation).
- Bless and thank your food and body, daily.

Gratitude List:

- 1.
- 2.
- 3.

2. 'Power of Now' Activity:



- Start living in the moment by noticing your environment.
- Write down 5 things you noticed today and do this daily. Pay attention to what you see, hear, feel, smell and touch.

'Power of Now' List:

- 1.
- 2.
- 3.
- 4.
- 5.

3. 'Listen to Your Body' Activity:



- Write down your feelings and emotions before, while and after eating.
- We can then look at this and find ways to stop or minimise emotional/stress eating to improve your relationship with food and listening to what your body needs instead (i.e. physical hunger cues).
- It takes time and practice. Do it daily, every time you eat.

- Find your Fun Fitness and listen to your body. When you experience pain while moving, you are doing something wrong. Stop, feel into it, adjust your posture and try again.

Journal Prompts:

- Why do I want to eat now? Am I emotionally hungry or physically?
- What is my Fun Fitness? What movement do I enjoy?

4. 'Breathing' Activity:



- Focus on your breathing in everything you do! Whether it is eating, working, exercising, watching a movie etc.
- This is a great activity whenever you feel stressed out or overwhelmed.
- Take deep breaths (an easy example – inhale for 4, hold for 4, exhale for 4 = block breathing) – repeat it for 8 rounds (it can be more or less).

Set your intention:

- I will be taking ____ deep breaths before my meals, from now on. You can also start with a specific meal, e.g. I will be taking **10** deep breaths before my dinner, from now on. Add a sticky note to your dinner table to remind you to breathe!

5. 'Mix-it-Up' Activity



- Incorporate different types of movement into your life. For e.g. add a yoga session, hiking (the sky is the limit) to your current routine, once a week. Or just start with movement that you enjoy (like dancing to your favourite songs or jumping on a trampoline), if you don't exercise. I am going to incorporate: _____.
- Count the colours you are eating with your meals daily, then try to increase it every day. PS: fruit and veggies add lots of colours. My previous meal had _____ colours. I will be having _____ colours in my next meal.
- Add a new food type (from a natural source) to your meal to mix things up. To mix things up, I will be adding _____ to my next meal.
- Start tuning in with yourself and write down your thoughts around your relationship with food and/or your beliefs around your health and/or weight.
