

Mindful Eating & First Food Memories Journal Prompts

The next time you sit down for a meal or snack, I invite you to take a moment and reflect on your personal food story. Grab a journal or open a note on your phone and explore one or more of these questions.

Recall a negative or confusing food memory.

What is one of the earliest food memories you can recall that felt negative, confusing, or even shameful? Describe it in as much detail as you can. What were you eating? Who were you with? What emotions or feelings were present during that memory?

Unpack the underlying message.

What belief about food, your body, or yourself did that memory create for you? Did it teach you that certain foods are 'bad,' that you should eat a certain way, or that your body wasn't trustworthy?

Connect the past to the present.

How might that early, negative belief still be showing up in your relationship with food today? Is it influencing your choices, your feelings of guilt, or sense of hunger and fullness?

Rewrite the narrative.

If you could go back to that younger version of yourself, what would you want them to know about food, health, or their body? Write a brief, compassionate message to your younger self, offering the understanding and grace they didn't have then.
