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The Mindful Breakfast Experience

Select 7 different breakfast choices and perform a mindfulness experience to reflect on how you feel right after having it and then one to two hours in order to identify which choices make your body feel energized, sharpened and prepared to tackle the day.

Feel free to use the breakfast items below or swap options based on your current preferred choices. The main purpose of this mindfulness exercise with breakfast choices is to tune into your body, learn to listen to how it responds to different food options and explore how it may impact your breakfast choices in the future after you observe your findings.

Day	Breakfast	Feelings Right after:	Feelings 1-2 hours after:
1	<i>Scrambled Eggs or</i> _____		
2	<i>Scrambled tofu or</i> _____		
3	<i>Oatmeal or</i> _____		
4	<i>Boxed Breakfast Cereal or</i> _____		
5	<i>Muffin and coffee or</i> _____		
6	<i>Fruit Smoothie or</i> _____		
7	<i>Fresh green juice with handful of nuts or</i> _____		