

Savouring Something Pleasurable

This is an invitation to spend a few moments reflecting on the experience of savouring your chosen food item, as a way of digging deeper into this powerful practice.

Choose 3 or 4 words to describe your experience.

Is there anything about savouring that surprises you?

What was the most prominent sensation in your body?

If you were going to add more savouring (of all kinds, not just eating) into your life, how often might you want to do that? Daily? Weekly? Other?

What were some other sensations in your body?

How can you help yourself to build this new practice?
(ie: tethering it to something you already do regularly: "I will savour something when I first wake up in the morning", or "on my daily walk", or "I will leave notes for myself on my device or around my home".)



PRINT AND ANSWER
this sheet to dig deeper into the
practice of savouring.



inspiring inner journeys

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