

PAUSE BEFORE YOU EAT

A Simple Moment to Reset

Pause Before You Eat



*A one-minute pause to slow down and
eat with more awareness.*

KAREN PITT

Start Here

This guide works best if you...

- Spend just **one minute** before your meal.
- Focus on awareness, not perfection.
- Let curiosity replace judgement.
- Remember that one mindful meal is progress.

Your First 10 Minutes

- ✓ Read the introduction.
- ✓ Practice the **One-Minute Pause** before your next meal.
- ✓ Notice one thing about your eating experience that you may not have noticed before.

You'll find a completed example later in this guide so you can see what a **One-Minute Pause** can look like in everyday life.

Pause Before You Eat

A simple way to slow down, check in, and feel more in control—without pressure

This is not about stopping yourself from eating.

It’s about creating a small moment to check in—so your choices feel more intentional, not automatic.

Even a few seconds can make a difference.

The Pause

Before you eat, take one breath and ask:

1. What am I noticing right now?

(Physical or emotional)

Calm

Rushed

Satisfied

Still craving

Calm

Rushed

Satisfied

Still craving

2. Am I physically hungry, emotionally hungry, or both?

- ☐ Physically hungry
- ☐ Emotionally hungry
- ☐ A bit of both
- ☐ Not sure

3. What’s would feel good in my body right now?

4. What would feel supportive overall?
(Physical or emotional)

Choose you next step (no right answer)

- ☐ Eat what I was planning to eat
- ☐ Add something to make it more satisfying
- ☐ Eat, but slow down and stay aware
- ☐ Pause for a few minutes first
- ☐ Do something else, then check in again

After eating (quick reflection)
How did that feel?

Do I feel satisfied?

- ☐ Yes
- ☐ Somewhat
- ☐ Not really

You don't need to get this "right."

This is simply a way to reconnect with your body and your needs—one small pause at a time.

Turn the page to see what a *One Minute Pause* could look like.

PAUSE BEFORE YOU EAT

HERE'S WHAT IT COULD LOOK LIKE



Still craving

Notice: There isn't a perfect way to pause. Every meal is a new opportunity to create one small moment of awareness.

Rushed

Satisfied

Want support creating more moments like this in your own day?

If you'd like support building small, sustainable habits that fit into your everyday life, you're welcome to book a complimentary Strategy Session.

[Book your complimentary session here](#)

Pause Before You Eat

Your On-the-Go Tool: The One-Minute Pause

🕒 1 minute

- ✂️ Cut out and keep somewhere you'll see it when you need a reminder.
- 📱 Or screenshot it and save it on your phone for a quick check-in anytime.
- 💡 *Tip: For a sturdier reminder card, print this page on thicker paper or cardstock.*

Ready to eat? Take a moment to pause before you start.

Before your first bite:

Pause

Take one breath.

Notice

What do I see, smell, and feel?

Check In

What does my body need right now?

Choose

How do I want to approach this meal?

Connect the Dots Reminder:

One mindful moment can change the way you experience eating.