Your Next Bite

Three small ways to practice mindful eating during real meals.

Pick the card that fits today. Cut it out or keep the whole sheet handy.



SUSHI

01 / THE INTERRUPTED LUNCH

Halfway through lunch?

On your next bite, notice one detail. Is the bread still crisp at the edges?

Sushi says *"Half a sandwich is plenty of plot."*

May the rest of lunch feel like a little break.



SUSHI

02 / THE SHARED TABLE

In the middle of a good story?

When the conversation pauses, notice one flavor. Then go back to the story.

Sushi says *"I'm listening. I'm also listening for a crunch."*

May there be a good laugh at your table.



SUSHI

03 / THE BUSY BRAIN

Mind still at work?

Try your next sip. Notice how warm or cool it feels. Let that be the whole exercise.

Sushi says *"I sat on the to-do list. You're welcome."*

May one small moment today feel like yours.

One thing I noticed today

If you feel like writing it down.