



Take this quick Empowered Mindful Eating Quiz and learn about:

- The barriers between you and your ideal weight, optimum health and vitality
- What your current relationship with food says about you
- The three stages of Empowered Mindful Eating and your current stage

PLUS, get customized, simple action steps you can take to help you get on the road to a peaceful, confident and vital state of being.

-----**Empowered Mindful Eating Quiz**-----

**Answer a Simple Yes or No to the following questions:**

- 1 Can you easily describe the sensation of “hunger”?
- 2 Do you allow your hunger to tell you when to eat, rather than your head?
- 3 Do you stop eating when you’re satisfied, rather than “full”?
- 4 Do you enjoy and savor your food on a regular basis?
- 5 Do you intuitively know what foods your body is asking for?
- 6 Do you set health and wellness goals?
- 7 Do you know what combination of protein/carbohydrates/fats will boost your serotonin levels, thus improving your mood and state of being?
- 8 Do you know how often YOUR body needs to eat and in what quantity to balance your blood sugar?
- 9 Are you comfortable in your own skin?
- 10 Do you find it easy to make your self-care a priority?
- 11 Do you consider yourself “intuitive”?
- 12 Are you grateful for what your body can do for you?

- 13 Do you let things other than your weight determine your self-worth?
- 14 Do you meditate regularly?
- 15 Do you enjoy nourishing yourself with wholesome foods?
- 16 Do you enjoy taking actions towards your health, such as talking to a nutritionist, movement and exercise and stress reduction exercises?
- 17 Do you show yourself compassion when you “slip up”?
- 18 Do you ever appreciate the colors, shapes and textures of your food while eating?
- 19 Do you have effective and skillful ways to deal with everyday stress?
- 20 Do you treat your relationship with your body and with food as an important investment, as you would treat your relationship with a significant other or child?
- 21 Do you regularly eat just because something “looks good”?
- 22 Do you usually use the word “should” around your food choices?
- 23 Do you eat something just because it’s free, even though you’re not hungry?
- 24 Do you ever finish eating something and have no recollection of where it went?
- 25 Do you regularly eat when you’re bored?
- 26 Do you regularly eat when you’re lonely?
- 27 Do you regularly eat when you’re tired?
- 28 Do you regularly eat when you’re angry?
- 29 Do you regularly eat when you’re stressed?
- 30 Are your stress levels normally high?
- 31 Is food a common substitution for intimacy or love?
- 32 Do you binge eat at least once a week?
- 33 Do you regularly feel shame or guilt after eating?
- 34 Do you regularly pay close attention to the textures and flavors of your food?
- 35 Do you view foods as being either “good” or “bad”, “healthy” or “unhealthy”?
- 36 Are you aware of what food sensitivities or allergies you may have?
- 37 Do you have a fear of hunger?
- 38 Have you been on more than 5 diets in your lifetime?
- 39 Do you have a belief, even a subconscious one, that you are not capable of doing what it takes to feel fit and vital?
- 40 Do you feel like you don’t have the willpower to be in optimum health and/or at an ideal weight?

### **SCORING**

Add up your yes’s from questions 1 - 20. Write that number here: \_\_\_\_\_.

Add up your no’s from questions 21 - 40. Write that number here: \_\_\_\_\_.

Add the first number to the second number. This is your total Empowered Eating score: \_\_\_\_\_.

**If your score is 0-11: Your relationship with your eating and body could use some serious TLC.** Congratulations, though, for taking the brave step of completing this quiz. Take pride in yourself for having the willingness to show up, be honest with yourself and for starting to get clear on where you're at. The first step of transformation is willingness. You're already ahead of the game just by showing up. You have some work to do to clear out the weeds of limiting beliefs about your body and health. Learning how to cultivate mindfulness, acceptance and self-compassion will help you embrace coping mechanisms for your emotions that will serve you. While your relationship with your body may feel like it's been more of a war than a love affair that can change— starting today. The good news is, you're here and you're willing. You are in the right place at the right time.

#### **An immediate action step you can take:**

- Make a list of all the things your body does for you. What we put our attention on grows. Start investing in your relationship with your body by giving gratitude everyday for what health you DO have and for all of the body parts that ARE in good working order.
- When feeling triggered, take a long, deep, belly breath. One expanded breath can work wonders!

**If your score is 11-30: You are on your way to being mindfully empowered!** There's a rewarding relationship to your body in your future! You may still have to clear some limiting beliefs about your body and sense of self-worth, but you are well on your way to becoming an empowered and mindful eater. Well done! You have everything within you needed to hone your intuition, to fall head-over-heels in love with yourself and learn to eat for nourishment rather than to soothe your emotional needs. You are on the path!

#### **Some action steps you can take:**

- Begin to watch the words you use around food choices and your body. A loving relationship starts with loving words, which is followed by loving feelings. Decide to stop labeling food as "good" or "bad" and/or describing yourself as "fat, lazy, incapable, etc."
- Get super clear on when you're eating and why. Keep a food journal for one week and track what, when and how much you eat in one column and note how you feel, energy levels, etc.

throughout the day in another column. See if you can pinpoint what triggers you to eat, and notice any trends or patterns in your eating habits.

- Make a list of 5 of your positive traits that don't involve your appearance.

**If your score is 31-40: Hey there, Empowered!** Kudos to you: You are one of the few people who have a healthy relationship with food. You are connected your body and know when and how much to eat, and of what types of food. Like any other relationship, your relationship with food and with your body takes nurturing and investment. Make the choice today to stay engaged with your body in a loving way. You may want to optimize your energy levels, moods, hormones, brain function or athletic performance. All of this is possible for you and more. You simply need to stay engaged from a place of love. When you love your body it will love you back. Stay on the path!

#### **Some action steps you could take:**

- Each night before you go to bed, write down 3 things you are proud of about yourself
- Hire a nutritionist or personal trainer to help you set goals and work towards them
- Try a food-based cleanse/detox program.

#### -----**WANT MORE?**-----

Below are 4 Blog Posts I've written to help inspire you to go deeper into loving yourself, your life, and finding peace in your relationship with food.

**[How Self-Compassion Will Help You Eat Better](#)**

**[Love Your Body and It Will Love You Back](#)**

**[Achieving Health and Fitness Goals](#)**

**[Physical Hunger vs. Emotional Hunger](#)**

To your health,  
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