

Food Anthropologist

An anthropologist is someone who is observing without judging. With this exercise you'll study your thoughts and behaviors as if you are an anthropologist; with interest and curiosity.

Throughout the week, take note of the thoughts that arise...

Before, during, or after meals.

Before, during, or after exercise.

While getting dressed or trying on clothes.

Looking in the mirror.

Looking at photos.

At social events.

What did you notice?