

# purposeful Living

**Eating mindfully and purposefully fuels your body and mind to bring your best into each day**



"Your health is what you make of it. Everything you do and think either adds to the vitality, energy, and spirit you possess or takes away from it."

— *Ann Wigmore*

***Our series on SPACE factors ends this month with a deep dive into eating. If you recall, SPACE factors are the 5 levers we can pull to replenish our spirit and get the most out of our days and years.***

Eating healthy's about treating your body and mind to the foods that truly make you feel alive. With more time at home, some of us are rediscovering our kitchen and food. We all know the recommendations to avoid saturated fats, to have a balanced and colorful plate, and to focus on nutrient-dense foods. Knowing these nutritional principles, why is it still so hard to maintain healthy eating? You may not be eating with a purpose.

Eating with a purpose means aligning your food choices to support you being your best. If your intention is to be active, does your food energize you? If you value learning, are you eating brain-healthy foods? Starting from your purpose, get in the habit of asking yourself if what you're eating supports what you value most. This simple exercise can help you uncover personal eating principles and food preferences that move you towards sustaining a lifestyle of healthy eating.

You can eat for a variety of purposes: energy, health, longevity, strength, mental clarity, enjoyment, celebration, even nostalgia! Food and eating go beyond nourishment – when connected to your purpose, it can support and fuel what matters most to you.

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## Here are some actions to make the shift towards eating with purpose.

### Track Your Eating

Practice conscious eating by focusing on how you feel while you're eating – and one hour after. Feeling energetic? Or ready for a nap? Take note of how you feel and any changes you need to make.

### You C.A.N. Eat Healthy

Smooth the transition to more nourishing meals with healthy foods that are easy to buy and pleasant to eat. There's even a memory aid to help you keep this top of mind: Convenient + Attractive + Normal = Healthy.

### Give Gratitude

Before eating, take a moment to give thanks to those who made your meal possible. From the farmers who grew the food, the truckers and grocers who brought it to you, to the chef, and even your dinner mates.

### Take Mindful Bites

As you eat, focus on each bite and engage all of your senses. Notice if your food is warm or cold, savory or sweet. What texture does it have and what spices are present? Can you name any flavors? Does your food generate any emotions? Listen mindfully to your body with each bite.

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## Join the Conversation

Our new tip-sharing functionality launched last month. Since then, we've been blown away by the tips and ideas shared by many of you. Learn what other users are doing to live more purposefully and be their best selves – simply go to **Explore** and find the "From the community" category. Feeling inspired? Submit a tip of your own!

As always, keep the feedback coming (email [feedback@kumanu.com](mailto:feedback@kumanu.com)) — and watch your ideas become reality in Purposeful!

**Purposeful** is a simple yet **powerful** app designed to help you harness **brain science** to find and live your purpose while becoming the best version of you. Purposeful is a free resource provided to you by your employer!

Your team members are using Purposeful. Are you in?

Here's how to get started:

Text **UDEL** to 734-436-3939

Already have an account? Jump back in whenever you need support, guidance, or motivation to be your best.

