JOURNAL PROMPTS

Body Kindness

For the body that carries you, and the voice you use with it.

How do I want to feel in my body?

What motivates me beyond appearance goals?

What mindset around wellness am I trying to unlearn?

What does progress mean to me right now?

What unhealthy expectations have I placed on myself?

What's one wellness goal rooted in self-care instead of punishment?

How do I speak to myself during difficult moments in my journey?

What's a small healthy choice I'm proud of lately?

What does "healthy" look like for me personally?

How can I support myself more gently through this journey?

Body Kindness

CUT ALONG THE DASHED LINES

NO. 1



How do I want to feel in my body?

NO. 2



What motivates me beyond appearance goals?

NO. 3



What mindset around wellness am I trying to unlearn?

NO. 4



What does progress mean to me right now?

NO. 5



What unhealthy expectations have I placed on myself?

NO. 6



What's one wellness goal rooted in self-care instead of punishment?

NO. 7



How do I speak to myself during difficult moments in my journey?

NO. 8



What's a small healthy choice I'm proud of lately?

NO. 9



What does "healthy" look like for me personally?

NO. 10



How can I support myself more gently through this journey?

