JOURNAL PROMPTS

Move & Nourish

Care for your body in ways that feel good, not punishing.

What forms of movement make me feel good emotionally?

How does movement affect my mood?

What wellness habits feel sustainable for me?

What routines help me feel more energized?

What habits make me feel more balanced?

What does my body need from me today?

What kind of movement feels like play instead of punishment?

What foods leave me feeling good, not just full?

When does my body feel most like home?

What would rest look like if I didn't have to earn it?

Move & Nourish

CUT ALONG THE DASHED LINES

NO. 1

What forms of movement make me feel good emotionally?

NO. 2

How does movement affect my mood?

NO. 3

What wellness habits feel sustainable for me?

NO. 4

What routines help me feel more energized?

NO. 5

What habits make me feel more balanced?

NO. 6

What does my body need from me today?

NO. 7

What kind of movement feels like play instead of punishment?

NO. 8

What foods leave me feeling good, not just full?

NO. 9

When does my body feel most like home?

NO. 10

What would rest look like if I didn't have to earn it?