



Empowered Body Journal

Journal Prompts To Improve Confidence &
Your Relationship With Your Body Today

EDUCATE. ELEVATE. EMPOWER.





Empowered Body Journal

Studies show that actually writing things down is a powerful way to rewire your brain; this allows you to change your story or the way you think or feel about yourself.

Let go of old unhealthy habits, toxic thoughts and beliefs and begin to replace them with ones that make you feel happier, healthier and more in line with the way you want to feel.

Begin with shifting how you think and feel about your body, food, health & wellness. Start by taking it one day at a time.

Remember this is YOUR journey! Avoid comparing to others or social media standards, establish what you want and own it from a place of self-love & kindness.

Body Love Journaling Prompts

1. a) What is my definition of health? What does healthy feel like?

b) What is my definition of wellness? What does being well feel like?

2. a) How do I feel in my body today? Overall comfort (body scan), stress, body image mentally, emotionally, physically, spiritually?

b) How do I want to feel in my body?

c) What is one thing that I can do today to feel better in my body?

d) What are 5 things that I love about my body?

* Reminder this might feel challenging at first but know it's a practice and the more you repeat this practice the easier it gets. Start with just one thing and grow from there.

3. a) What is my body image story? What does body image mean to me?

b) What do I want my story to be? What does a happy relationship with my body look and feel like?

c) What is one thing that I can do today to show my body more love and appreciation? Think about how you can show up and be your own hero.

4. What can I do to honor my health and wellness today? Think of the small things you can do today to feel the way you want to feel.

Mind:

Body:

Spirit:

5. a) What unhealthy habits, toxic thoughts, behaviours or beliefs am I ready to let go of?

b) How can I change or replace these patterns with healthier habits, positive thought, beliefs and behaviours?

Gratitude

Having a gratitude practice is one of the most powerful ways to positively impact your life. When you focus on the things that you are truly grateful for you begin to feel good emotions. Those emotions can improve your mental health and can improve your self-confidence.

Write down a few things that you are grateful for when it comes to your body and your life.

Know that the more you look at yourself in a mirror and state what you love about your body the more confident you will feel in your body. Being truly grateful for your body will allow you to honour your body and give it the love and respect it deserves.

Notes:



BONUS!

12 Body Love Affirmations

1. I love and accept my body as it is today.
2. Today I choose to love my body unconditionally.
3. Everybody is beautiful and deserves love, including mine.
4. Today I am choosing to show my body love through: nourishing foods, movement, rest and things that make me feel fantastic.
5. I am grateful for my body and all of the wonderful things it does for me each day.
6. I am proud of myself for making choices that honour my body each day.
7. I am free to love my body confidently and truly enjoy my life fully.
8. I am proud of myself for doing the inner work to find self-love and body acceptance.
9. I accept this body as I am.
10. I love my body. I am beautiful, I am radiant, I am confident and I deeply accept myself for who I am and how I look right now.
11. I am strong and brave warrior. I have the courage to show up fiercely and conquer my goals and dreams in a body I love.
12. I am a beautiful goddess. In this moment my relationship with my body is opening it is becoming more respectful, patient, and kind. My body is a sacred vessel of the divine, a beautiful temple in which my spirit lives. I now pledge to do the things my body needs in order to be healthy and happy and to abstain from activities and thoughts that cause it harm.