

# Reflect & Nourish: Guided Journalling Prompts

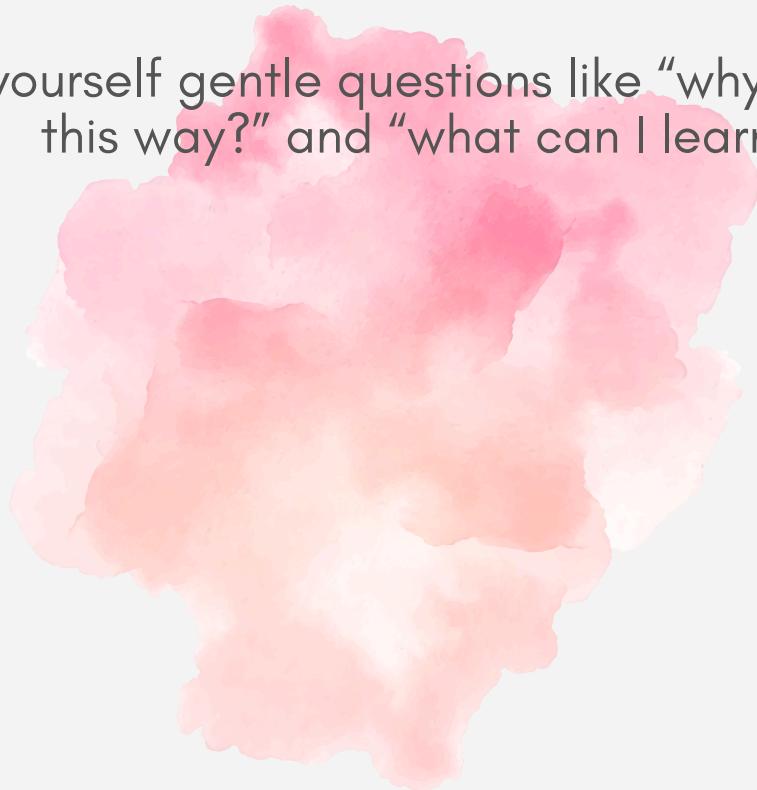


# Tips on Journalling

Journalling is a simple yet powerful way to build self-awareness. Research shows it can help ease stress, boost emotional wellbeing, and clear your mind.

Here are some helpful tips for answering these guided journalling prompts:

- Write openly and without pressure — there's no right or wrong.
- Be kind and honest with yourself; this is your safe space.
- Tune into your feelings, not just the facts.
- Ask yourself gentle questions like “why do I feel this way?” and “what can I learn?”



When was the last time I truly nourished my body and felt connected to its needs?

How can I create more opportunities like that to nourish and listen to my body regularly?

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What are some ways I can practice kindness and compassion toward myself today?

# How do I speak to myself internally when faced with challenges?



What lights me up — what activities, people, or values bring me joy and purpose?

How can I incorporate more of these into my daily life?

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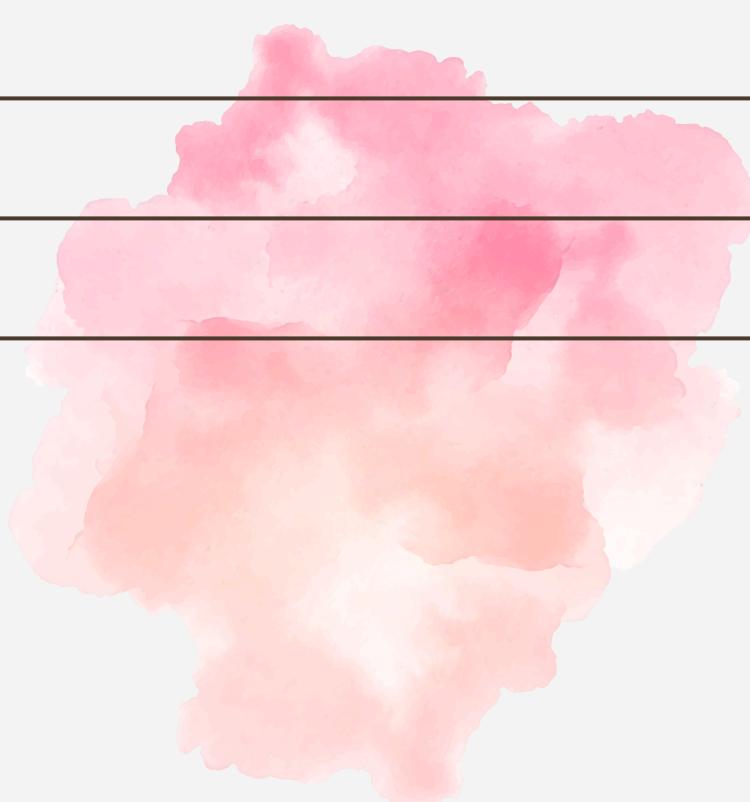
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What would peace and joy in my relationship  
with food and my body look like?

What's one small step I can take today?

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