

JOURNAL PROMPTS WORKBOOK

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**if DIETS
DON'T WORK,
WHAT DOES?**

Dear Reader,

The number one thing you can do to get the most out of reading **IF DIETS DON'T WORK, WHAT DOES?** - is to complete the journal prompts at the end of each chapter. I've collected them for you here in this workbook. As you take the time to thoughtfully answer each Journal Prompt, you will see how you can customize the principles in the book to fit your life.

There are no right and wrong answers. These questions are not a quiz on knowledge gained. The Journal Prompts are meant to help you think about your unique journey. They will help you reflect, dream, plan, and act in a way that you are most ready, willing, and able to do next.

Reading this book and completing these Journal Prompts represents a significant commitment to yourself and to the desire you have to make lasting changes. I would like to reward that effort. When you are done with this workbook, email it to me at hello@danielledinkelman.com to claim a free 45 min VIP Coaching Session. Together we can discuss what you learned in the reading & reflecting process and plan together your next best steps in your health journey.

I look forward to hearing from you!

-Danielle



CHAPTER 1 JOURNAL PROMPT

What attempts have you made at living a healthy lifestyle?
What worked? What didn't?

What wake up call to health have you had?

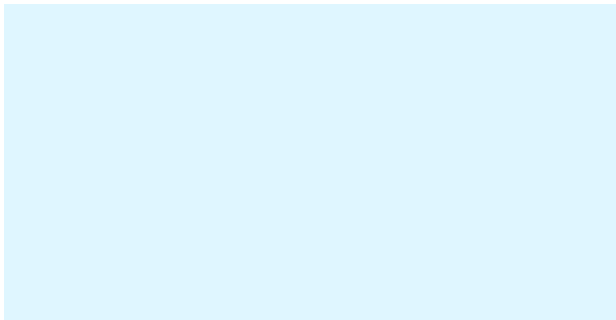
Why is now the time to take charge of your health?

How is your health holding you back from living the life you want?

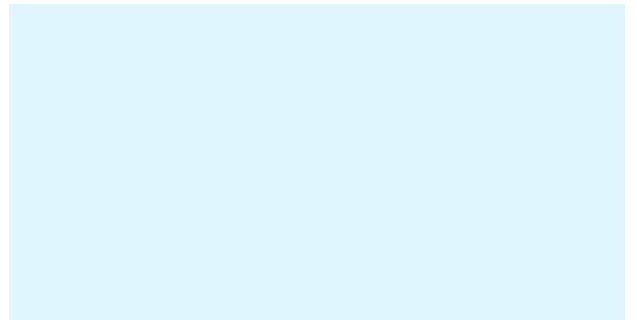
If you could have it your way, what would your health journey include? What do you need to make it feel DOABLE? What do you need for it to feel ENJOYABLE?

CHAPTER 2 JOURNAL PROMPT

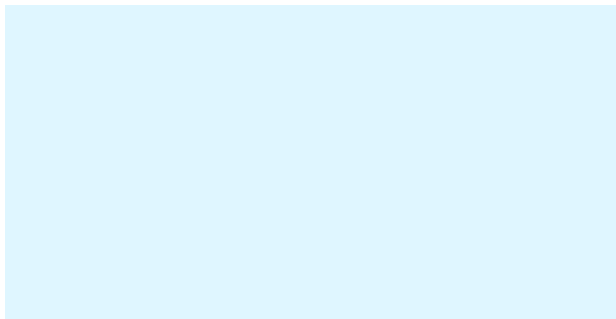
What is your history with dieting? How many have you been on? Which ones? What worked and what didn't?



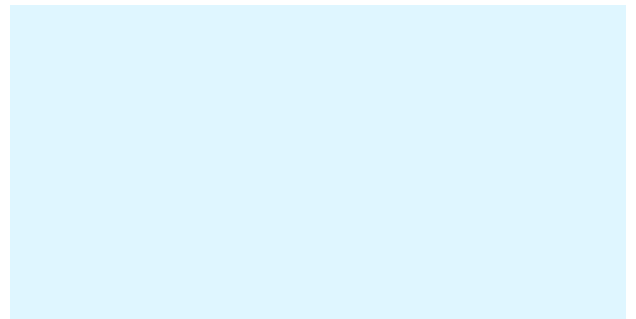
How has diet culture changed the way you think about health?



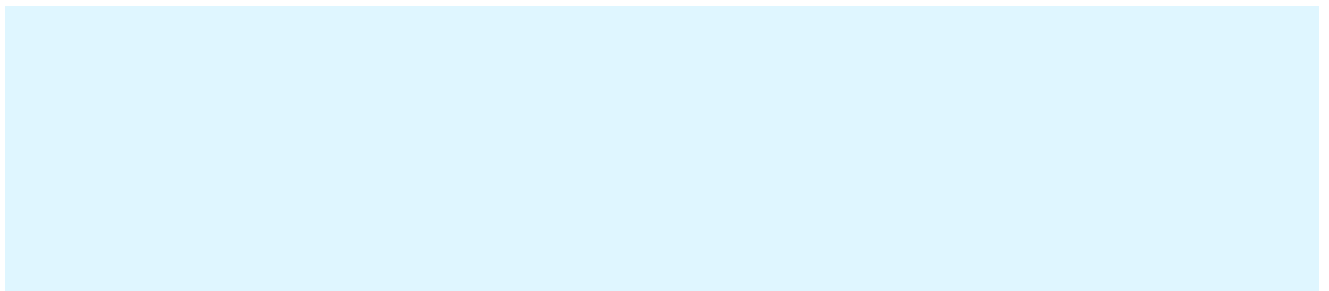
How has dieting affected how you think about food?



How has dieting influenced your thoughts and feelings about yourself?



What do you most want to leave behind from diet culture? What would a better way of moving forward feel like for you?



CHAPTER 3 JOURNAL PROMPT

List three things that would be different in your life if you were in perfect health.

What healthy habits would support you in becoming healthier?

What are the easy wins you could focus on to help you rebuild your trust and self-efficacy?

What do you most look forward to about being healthier? How can you start living that way now?

What result are you ready to loosen your grip on? What behaviors will you focus on instead of “over-efforting” your outcomes?

CHAPTER 4 JOURNAL PROMPT

What fears or excuses are coming up for you as you consider pursuing a healthy lifestyle?

What past failures are causing you to doubt yourself? What did you learn from those experiences that can actually be helpful for you this time around?

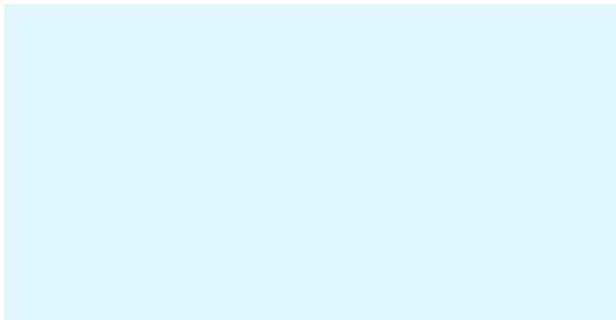
Who are you feeling would “lose out” if you took more time and attention for yourself? How would they actually be better served by you taking care of yourself?

What are the pros and cons of focusing on your health when it comes to your job and finances?

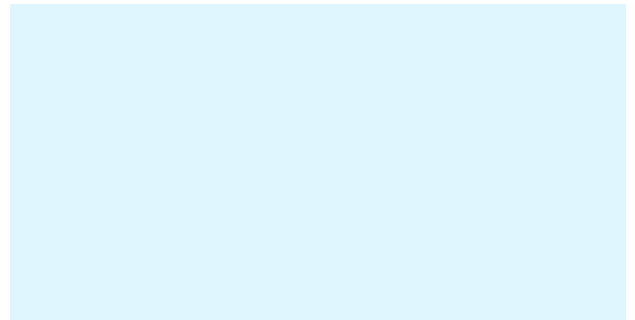
What mantra or “I am” statement will help you remember that you are worth taking better care of? Write it down and put it somewhere you will see it daily.

CHAPTER 5 JOURNAL PROMPT

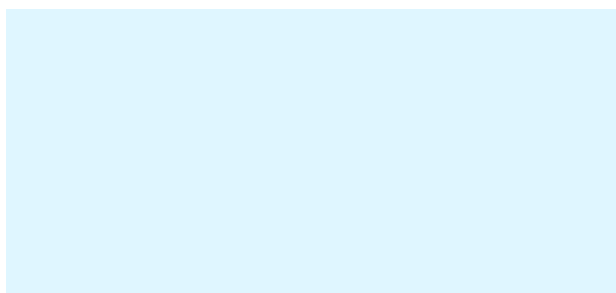
What parts of your day will you set aside just for you? What will you do with that time? What do YOU need?



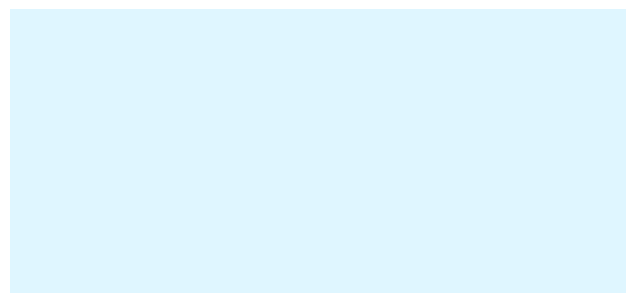
List all the “priorities” and responsibilities you have in your life. How balanced does your life feel between these priorities and responsibilities? What could you do to take some pressure off?



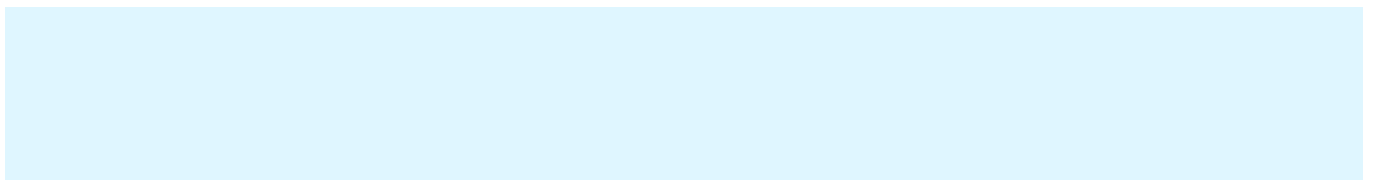
Create a mind map of all the activities you spend time on. Which ones are in line with your top priorities? Which ones could you let go of if you needed to?



Take a look at your income and expenses. Make a list of expenses that would vanish or decrease if you adopted a healthier lifestyle? Tally up the total potential savings.

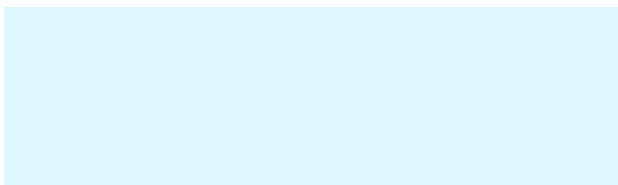


What work will be required of you to create a healthier lifestyle? What sacrifices will you need to make? What benefits do you expect to receive in return?

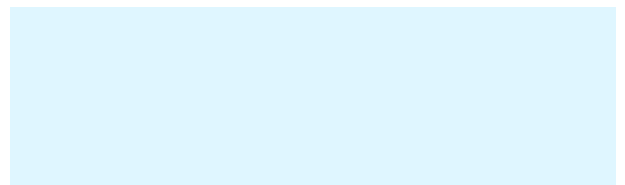


CHAPTER 6 JOURNAL PROMPT

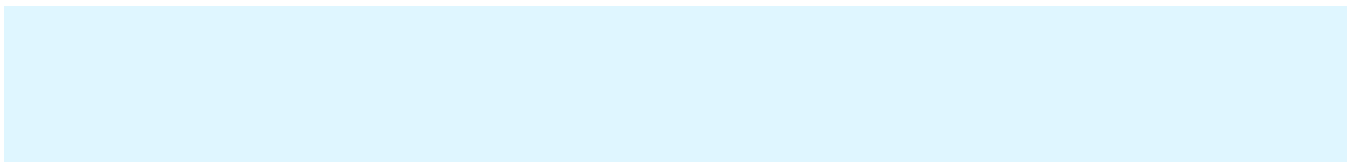
Look at the two or three areas of focus you chose from the last chapter. What stage of change are you in for each? What can you do to help yourself move to the next stage?



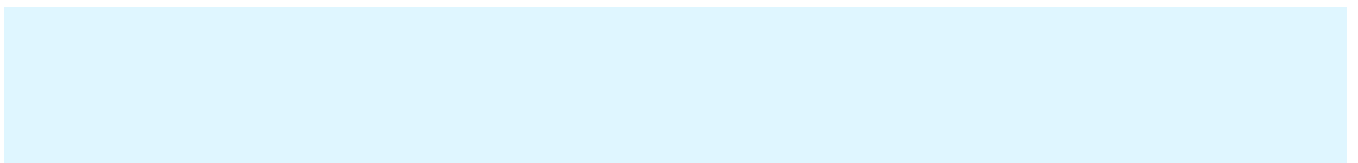
What unhealthy habit loops are running in your life right now? What healthy habit loops would you like to see in the future? (Download the Habit Loop Journal to get traction on changing/creating habits.)



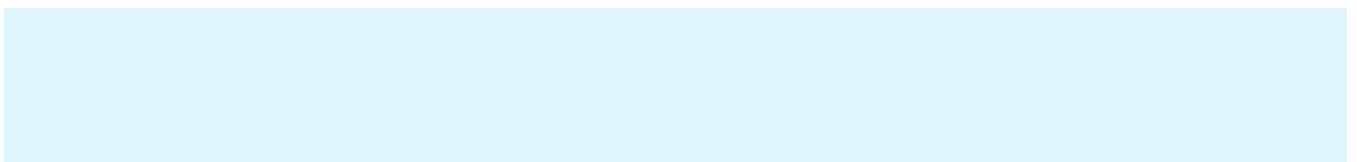
When it comes to change, what feels doable right now? What will you feel ready for after that? And after that?



Choose one of your areas of focus. What conversations do you need to have to enlist support? What will you change in your physical surroundings to be supportive? (Download the “Six Source Change Plan Worksheet” to make sure you cover all the bases for each goal and set yourself up for success.)

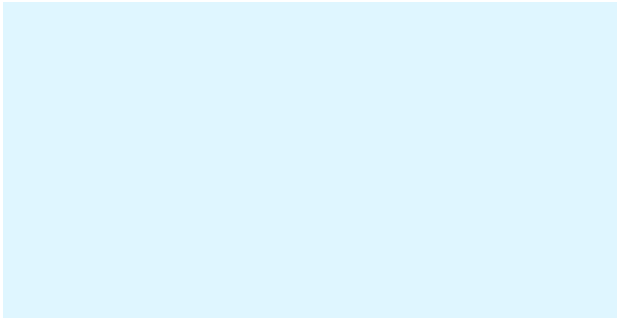


How will your health journey be unique to you? Your values? Your personality? Your starting point? Your pace?

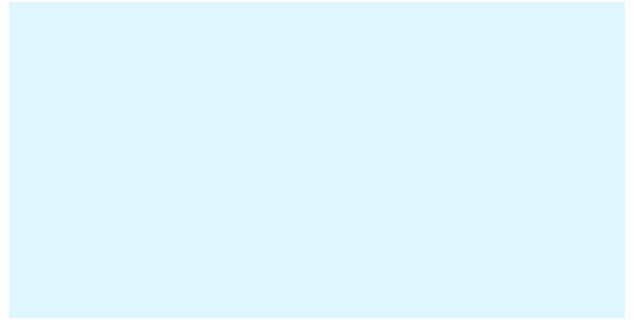


CHAPTER 7 JOURNAL PROMPT

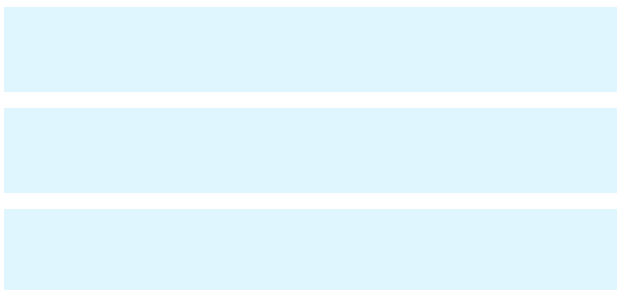
What benefits of better sleep are you most excited about?



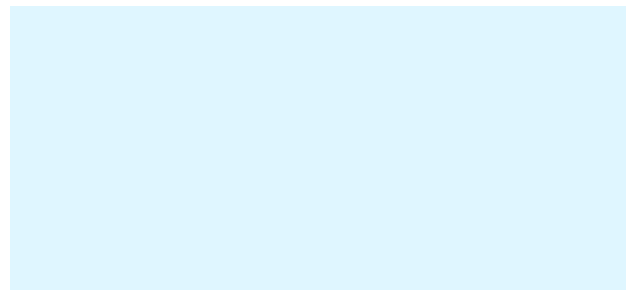
Which area do you need to improve most: sleeping more or sleeping better? (Quantity or quality?)



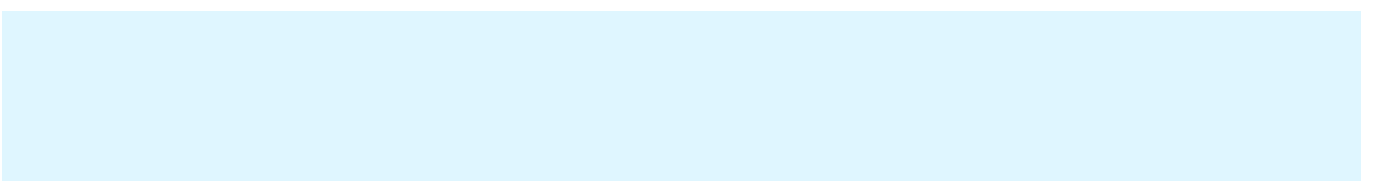
What are three current habits that are holding you back from experiencing better sleep? What's one new habit that could help you improve?



What is your “low-hanging fruit” when it comes to sleeping better? What could you focus on doing or changing that feels most doable first?

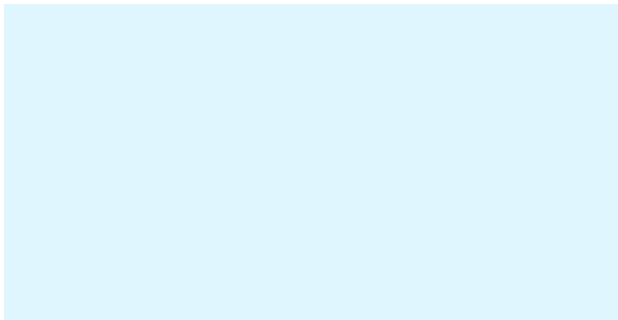


How will sleep affect other aspects of your health and wellness? What other areas would you like to focus on that would make sleeping better easier? (Nutrition, stress management, exercise, etc.)

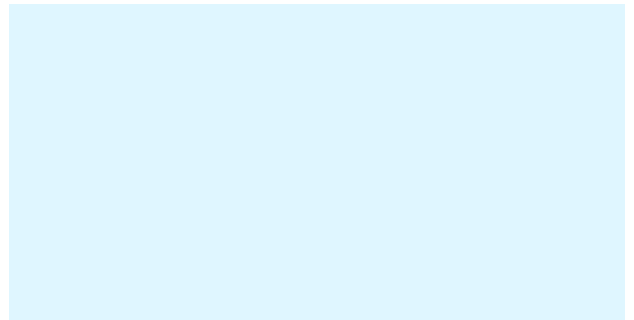


CHAPTER 8 JOURNAL PROMPT

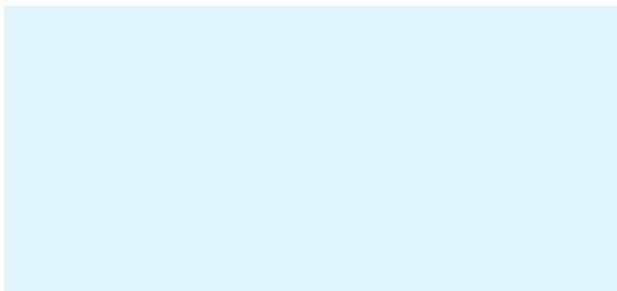
List three things you learned about healthy eating in this chapter. What interests you or excites you most about what you learned?



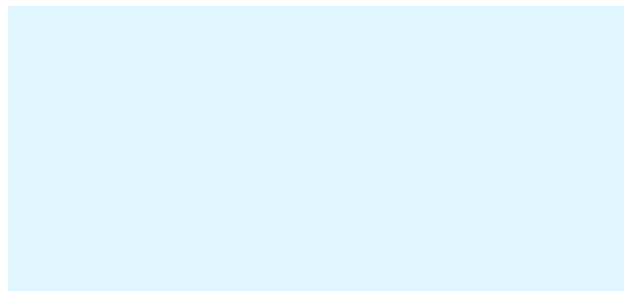
What percent of your current eating habits is whole-foods? What percent of your current eating habits is plant-based?



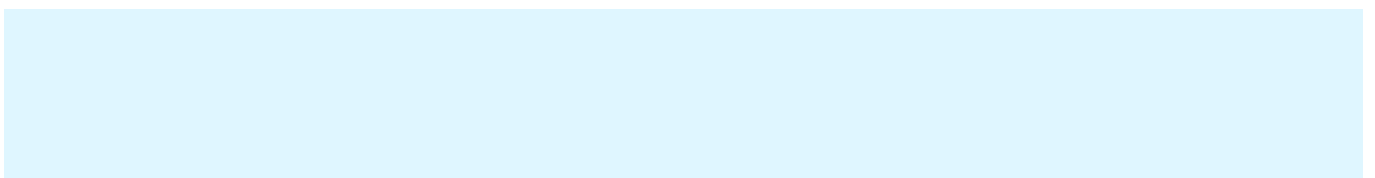
What healthy eating habits do you eventually want to adopt? How could you break those into individual steps you can work on over time?



What are you feeling ready, willing, and able to adjust in your eating habits?



What domino effect are you hoping for as you begin to eat better? (Better sleep, more energy, mental clarity, reduced pain and inflammation, etc.)



CHAPTER 9 JOURNAL PROMPT

What benefits (mental, physical, emotional, etc.) of exercise do you need most right now?

Make a list of twenty activities you enjoy that get your body moving and heart pumping. Think outside the box! And for now, ignore ALL obstacles; pretend anything is possible. (Use the 103 Ways to Move More activity in your toolkit for inspiration.)

Picture your future self living an active lifestyle. Who are you? “I am a (runner, skier, hiker, swimmer, cyclist, gardener, bodybuilder, etc.).”

What stage of change are you in for beginning an exercise routine? What will you do to move through that stage and on to the next?

Write down your top three reasons for becoming an active person. Post them where you can see them.

CHAPTER 10 JOURNAL PROMPT

How have you seen stress impact your day-to-day life? How is it impacting your health and wellness? How is your stress affecting the people around you?

Think of the pond analogy. How big is your pond? How full or shallow? How protected is it? Do you have a steady stream of self-care coming in to refill it? Or is it more like a trickle? Whatever the current state of your pond, know that you can take small steps to improve it.

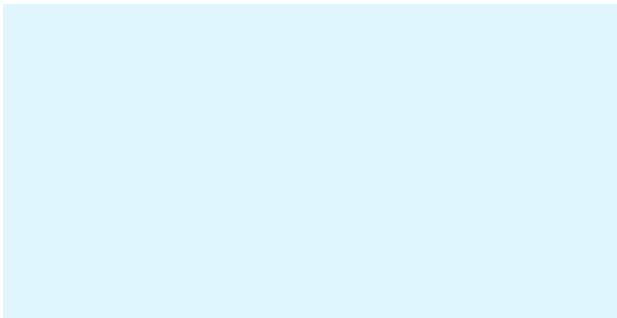
What habits or practices do you want to adopt to feel less stressed and more balanced?

What small but mighty thing could you start doing to show yourself that you are prioritizing your self-care?

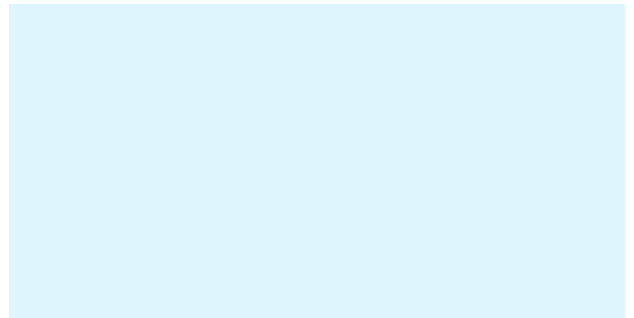
List at least twenty ways the OTHER PEOPLE in your life will benefit from you increasing your self-care and improving your stress management. Remind yourself of this often.

CHAPTER 11 JOURNAL PROMPT

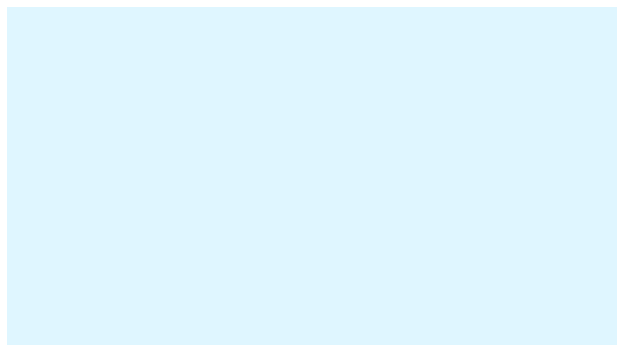
How much do you believe your thoughts, feelings, and attitudes impact your health and wellness? How much do your thoughts, feelings, and attitudes affect your ability to change?



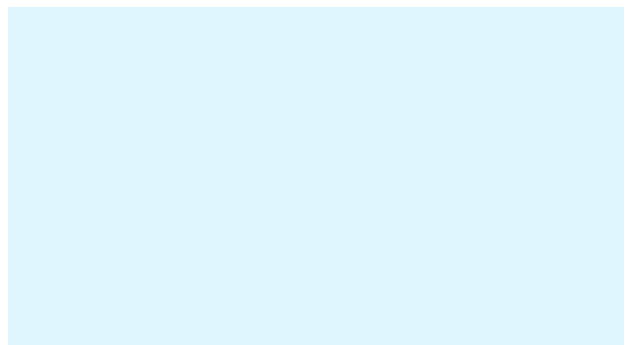
What thinking and speaking habits would help you remodel your mindset and attitudes about life, yourself, and getting healthy?



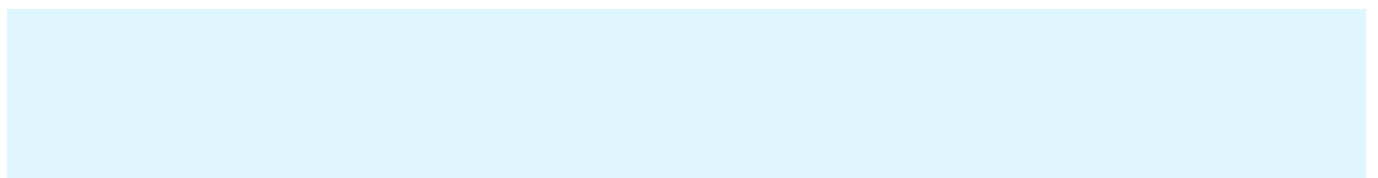
What mindset do you see in yourself that has held you back?



Where will you begin? What's your first baby step in remodeling your mindset?



How will thinking differently about yourself, your life, and your health and wellness help you be successful in creating the life you want?



CHAPTER 12 JOURNAL PROMPT

What is your “why”? Remember to go five layers deep if you can.

What areas of focus did you choose to start with? What are your three-month-habit goals in those areas? (For guidance on making your three -month plan, download the Wellness Blueprint Videos & Workbook.)

What routines around dreaming, planning, acting, and reflecting will you follow? Consider daily, weekly, monthly, quarterly, and yearly routines.

Where do you tend to push too hard in your health-and-wellness goals? What will you do to remind yourself to take it one step at a time?

When you feel like quitting, what will you do to bring yourself back? Who can help you make sure you find your flow and that you are giving yourself grace for your setbacks and credit for your accomplishments?

Congratulations!

You're doing the work that matters most - focusing on exploring YOUR next best steps.

Send your completed workbook to me at hello@danielledinkelman.com to request your free 45 min VIP Coaching Session. I'm excited to help you design your next steps forward.

- Danielle

