



MIND+BODY **AWARENESS** **5 DAY JOURNAL**

Hello friends!

Many health journals you may have followed in the past typically revolve around meal and exercise planning.

However, for these next five days, I want you to shift your focus toward your **thoughts and self-talk**.

That's precisely why I've included sections for **recording thoughts you are intentionally practicing and a love note to yourself**.

Also, I want you to consider creating a daily routine that doesn't involve restricting food but rather centers around choices that **fuel you and bring long-lasting pleasure**. This approach sets you up for sustainable success.

Instead of choosing an elaborate exercise routine, consider what kind of **movement** you can realistically achieve in just five minutes and plan accordingly. Don't forget to allow for **rest**!

The primary focus of this five-day journal is to transition to a way of **caring for our bodies as the soft animals we live in** rather than as objects that need to be changed, manipulated, or fixed.

Have fun!

Your Coach 
 JOHANA

WELCOME

MIND+BODY AWARENESS

DAILY JOURNAL SAMPLE

I AM LEARNING TO ENGAGE MY PREFRONTAL CORTEX

(S) (M) (T) (W) (T) (F) (S) DAY # _____

DATE 00/00/23

THOUGHTS I'M PRACTICING:

Write the Thoughts you are practicing.

T: This is a human stomach
T: Looking different will not prevent me from feeling the spectrum of emotions.
T: People that are considered conventionally "beautiful" still, sometimes feel, negative emotion.

HOW WILL I FUEL MY BODY TODAY:

Write everything you will have 24 hours in advance. This is a great opportunity to teach your brain the skill of planning ahead of time and following through. This is how you teach yourself to trust yourself.

6:30-noon: Black Coffee Green Tea
Noon: My breakfast shake
2:00pm: Lunch
3:00pm Nap
4:00pm: Green tea
5:00pm: Move
6:00pm- Dinner
8pm-noon: When we fast, insulin is not raised, body learns to use body fat as fuel. which is the way our body evolved to perform.

I'M FEELING:

Circle how you feel



♥ LOVE NOTE:

I encourage you to write a love note to yourself every day. It will be uncomfortable but let it be!

I love you because you keep working on improving your awareness.

HOW WILL I MOVE AND REST TODAY:

Write down what you will do today, no matter how small. Minimal baseline is everything!

Today I will go for a 20-minute walk at 5 pm

I will take a nap at 3 pm

I will go to bed at 10 pm and sleep 8 hours

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5-DAY RECAP

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MY BIGGEST ACCOMPLISHMENT THIS WEEK WAS:

Celebrate any accomplishment, any awareness moment, any movement, etc!
Teach your brain you are your biggest fan and cheerleader.

DID I COMPLETE MY PREVIOUS WEEK GOAL?

Let's reflect! What went well, what didn't, what will you improve.

WHAT HELPED ME THIS PAST WEEK?

What thoughts or actions helped you?

WHAT HINDERED ME THIS PAST WEEK?

Did you fall into any old patterns? Did you listen to your primitive brain? It's normal but noticing is everything!

MY GOAL FOR NEXT WEEK:

Write anything that you will be working on next week.

ON AVERAGE MY MOOD THIS WEEK WAS:



DAYS I MOVED.





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