

# Daily Journal PROMPTS



**Reducing stress is key to this whole process...**



Use these journal prompts each day of the challenge to help you overcome and process any emotions that might be holding you back.

**Day 1:** Reflect on the moments when you have overeaten or cheated on your diet. What triggered you to overeat? How can you develop healthier coping strategies to deal with those emotions without turning to food? i.e. go for a walk, take 10 deep breaths, use a calming essential oil like Stress Away, etc.

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**Day 2:** What are your most common food cravings, and what emotions or situations trigger them? What are some healthier alternatives or rewards you can give yourself? i.e. frozen grapes, drink a glass of water with lemon, raisins or dates, etc.

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**Day 3:** Reflect on any fears or concerns you have about losing weight or changing your lifestyle. What is holding you back? How can you reframe your mindset to embrace the possibility of positive transformation?

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**Day 4:** Write down any negative thoughts or beliefs you have about your body. How do these thoughts impact your motivation and self-esteem? Re-write those thoughts into a positive statement. Say these positive out loud daily. i.e. I hate my arms = I love my arms as they are becoming stronger.

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**Day 5:** Reflect on any past traumas or difficult experiences that may be affecting your relationship with food and weight loss. What would a healthier coping mechanism or strategy be for managing emotions when those come up? i.e. listen to a positive self love meditation on YouTube.

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**Day 6:** Reflect on situations where your perfectionism has hindered your weight loss progress. How can you adopt a more flexible and balanced approach? How can you set realistic goals and celebrate small wins along the way?

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**Day 7:** Identify common stressors in your life and how they impact your eating habits or motivations to engage in healthy behaviors. How can you prioritize self-care and emotional well-being in your weight loss journey?

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Remember, journaling is a personal and reflective practice. Take your time with each prompt, and allow yourself to delve deep into your thoughts and emotions. It can be helpful to revisit your responses over time to track your progress and identify patterns. Journal your way through these prompts during the 14-Day Reset as a way to help you explore your own mindset and reduce stress.

