

A collage of healthy food items including a bowl of fruit (kiwi, dragon fruit, orange), a plate of pancakes with blueberries, and a cup of coffee.

Delightful Detox

7-Day Health Journal

Simply print this off to help you connect with your relationship with food and your body!



Day:

I got _ hours sleep and I woke up feeling...

The negative thoughts or beliefs filling my mind today were...

Today I want to feel...

What could I replace those thoughts and beliefs with? (new habits, rituals, practices?)

Today I am really grateful for....

What is my affirmation and declaration for today:

The two things I love about my body today are:

I am worth it because:



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Reflection

At the end of the week is really good to summaries all that your body has been telling you, so pull up a chair and spend some time reflecting and answering the following questions.

What did you learn about yourself this week?

What are you proud of this week?

What one thing has the biggest impact on helping you shift your mindset?

How have been feeding you soul, mind, and spirit?

Well done – you are learning to listen to your body so that you can thrive!