

# I give myself permission to live



## Positive Body List

A Positive Body list is anything that you love about your body and can do for yourself.

# Give space and time to how you feel



There are no correct ways to answer these questions. They are simply an invitation for self-reflection where it may feel helpful. Answer as many as you want, however you like.

DATE: TODAY MY MIND IS

TODAY MY BODY IS

TODAY MY SOUL IS

TODAY'S COMMITMENT TO MYSELF IS

HOW WAS MY ENERGY TODAY?

THINGS I DID WELL

THINGS THAT COULD HAVE GONE BETTER

REFLECTING ON MY MIND, BODY AND SOUL TODAY

TODAY'S WATER INTAKE

