

# Refining Me Journal Prompts



Use this page to write your heart out, the more specific you are the better! Journaling can look like random words, drawing, or scribbling. Remember, there is no pressure to feel anything, write anything. Take some deep breathes and ground into your body, set the mood by lighting some candles or incense and making this a habit. Tag me on IG @sarahbrookebergco or send me a message with your answers!

WHAT DOES SELF LOVE MEAN TO ME?

WHAT DOES CONFIDENCE MEAN TO ME?

WHAT DOES HEALTH MEAN TO ME?

WHAT DOES MY INNER CHILD LOOK LIKE?

What are some negative thoughts you think about your body?

Try to reframe these negative thoughts into affirmations, like "I feel so fat" reframe "Fat is not a feeling, I am allowed to feel my emotions. I am strong and working on a healthier mindset"