# Journal Prompt

## Day 14: Connecting to Inner Wisdom

**How does what you eat regularly impact your physical body?**
**What about your emotional or mental health?**

- Reflect on any changes or symptoms that you notice (i.e., digestive changes, breakouts, bloating, joint pain, fatigue, brain fog, anxiety, depression, impulsivity, etc.).
- Are any of these related to certain foods or patterns of eating?

Tuning in to your body like this is getting in touch with your inner wisdom!

FF 21