Journal Prompt

Day 16: Meet Yourself Where You're At

Get honest and meet yourself where you're at. We live in a culture obsessed with appearance, weight, and food, and these cultural influences have an impact on us all. Take a moment to tune in to yourself and reflect:

- How would you describe where you are currently on your health journey? Where would you like to go?
- What is your relationship with food like now? In what ways would you like for it to shift?
- How would you describe your body image? Are there things you'd like to change about how you view your body? What do you appreciate about your body?

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