

Journal Prompt

Day 20: Recognizing & Appreciating My Growth

Take a moment to reflect on all the new information you've taken in during the last month during this course. A great deal of your growth will come from experiencing your body and mental patterns in a new way. Reflect on one or more of the following:

- What have you learned throughout this Food Freedom course?
 - Have you noticed shifts in your relationship with food? With exercise? With your body? With stress?
 - Write 3 things you appreciate about the work you've done and the progress you've made this month.
 - What is an area in which you'd like to improve?
- Brainstorm 3 actionable steps that you can take towards this goal.



Lined writing area with 25 horizontal lines.

