

Blissfully Balanced Nutrition

*Strengthen
in Sixty
Journal
Prompts*

Strengthen Your Movement

Day 36: What do you do in the evenings? Do you have a ritual? What does that look like? What do you do in the mornings? Do you have a ritual? What does that look like?

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Day 37: What exercise(s) do you think you are supposed to be doing? Why do you think you are supposed to be exercising? Do you think exercise is healthy or unhealthy? Why?

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Day 38: Do you view exercise as something you "have" to do? Why do you think that?

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Day 39: How long do you think you are supposed to exercise each session? How many days a week do you think you are supposed to exercise a week? Why do you think this?

Strengthen Your Movement

Day 40: How do you enjoy moving your body? Barre? Yoga?
Stretching? Walking the dog? Weight lifting?

Is there anything you would enjoy doing everyday? Walking the
dog? Walking with the kids? Walking and listening to a podcast?
Rollerblading? Swimming?

Strengthen Your Movement

Day 41: How do you view your body physically? How do you feel about yourself? Write it all out. How do you feel writing and reading this?

Strengthen Your Movement

Day 42: What words would you use to describe your current self physically? What words would you use to describe your physical aspiring self? How can we change your mindset around your body? Using words like strong, healthy, happy and beautiful vs. words like skinny, smaller, and fat