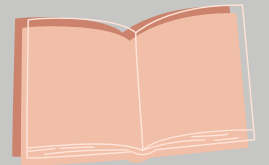


# JOURNAL PROMPTS



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**FOR THOSE WHO HATE JOURNALING**

**@emiliathompsonphd**



# HI

@emiliathompsonphd

**Journaling allows you to dissociate slightly from your thoughts. Putting those thoughts down on paper, regardless of whether or not they are true or valid, will allow you to get them out of your head and find some clarity. Journaling is an almost non-negotiable for improving your relationship with food, body and self.**

**But you hate it. It feels too airy fairy. You're not bought into it. These prompts are for you.**

**The idea is write as though no one, including you, will ever read them.**

**I use these prompts with clients and myself. I hope you'll find them useful! Don't use them all at once - there are a lot! If you use them, I'd love to know how you get on. And if you're a coach, please make sure to credit me before using them with your clients!**

**See you soon,**

**Em xxx**



# DAILY PROMPTS

@emiliathompsonphd

- **Did I achieve what I planned today?**
- **What were my top 3 priorities of the day?**
- **Did I accomplish those top 3 things, and if not, what stopped me?**
- **What's 1 win from today?**
- **What 1 thing am I grateful for today?**
- **What 3 tasks or habits am I committing to tomorrow?**

# WEEKLY PROMPTS

@emiliathompsonphd

- **How was my work life balance this week?**
- **Looking at my actions and choices, what would I guess are my values?**
- **What do I need to change next week to be more aligned with my values?**
- **Where did my mind get lost this week? What stories did I tell myself?\***
- **What is my intention for the coming week?**
- **What is my main goal for the coming week?**

**\*This one is a little deeper but 1 out of 12 isn't bad...**

# MY QUESTION FOR YOU

@emiliathompsonphd

**If you're in a situation that you don't want to be in in 5 years, then how much longer are you going to spend on this?**

**Commit to daily for  
7 consecutive days.  
Let me know how it  
goes.**

**Find out more  
about one-to-one  
support [here](#). We've  
helped 1000s of  
women find peace  
with food & their  
bodies.**

