



SELF-LOVE

JOURNAL PROMPTS

8 journal prompts to support you on your journey to self-love. Written and developed by nutritional therapist, life coach and eating disorder specialist, Sasha Paul Dip NNT, CNHC, NCFED.



NATURAL FOOD THERAPY



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WELCOME TO THE SELF-LOVE JOURNAL PROMPTS MINI WORKBOOK

Welcome to a journey of self-discovery and self-compassion. In this special resource, we present 8 journal prompts designed to guide you through different facets of self-love in your recovery journey.

Each prompt invites you to explore and celebrate your inner world, challenge limiting beliefs, and acknowledge your strengths.

These prompts are tools for reflection and growth. Approach them at your own pace, understanding that every step taken is part of your journey towards a more loving relationship with yourself. There is no right or wrong way to work through them.

As you delve into these prompts, allow yourself moments of honesty, clarity, and kindness. We celebrate you for taking this time for yourself and hope you find these prompts to be helpful tools on your path to healing and self-acceptance.

Sasha



2) CHALLENGE LIMITING BELIEFS

WRITE DOWN SOME BELIEFS ABOUT YOURSELF THAT MAY BE HINDERING YOUR SELF-ACCEPTANCE JOURNEY. NEXT TO EACH, CAN YOU FIND A DIFFERENT WAY TO SEE IT?

FOR EXAMPLE, IF YOU BELIEVE 'I ALWAYS MAKE MISTAKES,' COULD YOU SHIFT THIS TO 'I CAN LEARN AND GROW FROM MY EXPERIENCES.'

BELIEF

'I ALWAYS MAKE
MISTAKES'

RE-FRAMED THOUGHT

'I CAN LEARN AND GROW
FROM MY EXPERIENCES.'



4) EXPRESS GRATITUDE TO YOUR BODY

COMPLETE THE SENTENCE 'THANK YOU, BODY, FOR...' WITH AS MANY ENDINGS AS YOU CAN THINK OF.

PERHAPS YOU CAN APPRECIATE YOUR BODY FOR ITS STRENGTH, ABILITY TO HEAL, OR THE WAY IT SUPPORTS YOU EACH DAY.

THANK YOU, BODY, FOR...

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5) RECOGNISE YOUR STRENGTHS

IDENTIFY FIVE PERSONAL STRENGTHS SUCH AS
PATIENCE, COURAGE, OR EMPATHY.

REFLECT ON HOW YOU CAN USE THESE STRENGTHS TO SUPPORT
YOUR RECOVERY JOURNEY.

1**STRENGTH #1:** _____**2****STRENGTH #2:** _____**3****STRENGTH #3:** _____**4****STRENGTH #4:** _____**5****STRENGTH #5:** _____

LET'S CONNECT

At Natural Food Therapy, we believe that self-love is at the heart of true recovery. It's about recognising your worth, treating yourself with kindness, and fostering a loving relationship with both your body and food. Get in touch via email, our website or connect with us on Instagram.

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