

The purpose of this exercise is to check in with yourself every week to build consistent healthy habits and positive thinking. The goal is to reset actions or stress that could be throwing you off, and start fresh with clear intentions.

The hardest part is to JUST START.

How to use this worksheet effectively:

- Keep a health journal where you record your reflective answers and thoughts.
- Commit to at least 10 minutes of reflection time every week on a designated day.
- Write down specific actions, habits, or events that you want to change something about.

Start with reflection:

In the last week

1. What did I do that felt like I am making progress?
2. I am feeling confident about
3. What barriers are standing in my way?
4. What do I need to overcome to have a better week than the last?

Daily Affirmations

Affirmations can help us move past limiting beliefs and unhealthy actions that hold us back. These statements could help describe the way you feel currently or want to feel moving forward. If a statement resonates with you, write it down where you can see it, say it out loud, and let it set the tone for the day. *This becomes your intention.* You can even generate your own unique affirmation as your practice progresses.

1. I give myself space to grow and learn.
2. I allow myself to be who I am without judgment.
3. I listen to my intuition and trust my inner guide.
4. I accept my emotions and let them serve their purpose.
5. It's okay for me to trust the wisdom of my body.
6. I give myself the care and attention that I deserve.
7. My drive and ambition allow me to achieve my goals.
8. Food doesn't have to be the enemy, it can be nurturing and healing.
9. I trust that I am on the right path.
10. I am creatively inspired by the world around me.
11. My mind is full of brilliant ideas.

Reflection & Progression Worksheet

Guided health journaling and affirmations

12. I put my energy into things that matter to me.
13. I trust myself to make the right decision.
14. I choose health and healing over diets and punishing myself.
15. It's okay to love myself now as I continue to evolve.
16. I am learning valuable lessons from myself every day.
17. I am at peace with who I am as a person.
18. I am confident in my ability to [fill in the blank].
19. I use my time and talents to help others [fill in the blank]
20. Food doesn't make me feel better, it just temporarily stops me from feeling.

Next Steps:

- *Use your health journal to be accountable for making progress on your own time.*
- *Recognize non-scale wins and healthy choices you feel positive about.*
- *Consider other forms of self care with meditation, exploring nature, low-impact exercise, and community interaction - cooking class, volunteering, or art.*
- *Schedule time to talk with your health advocate (dietitian, therapist, life coach) to review the big picture on a timely schedule.*