

♡ 35 JOURNAL PROMPTS FOR WEIGHT LOSS ♡

1. What does your ideal body look and feel like?
2. How would being at your ideal weight affect your life?
3. What are your favorite ways to be active?
4. What outdoor activities do you enjoy?
5. Write 5 positive affirmations to support yourself in your weight loss. For example: "I am learning to love my body." "My body was designed to feel amazing, and I'm feeling better and better each day."
6. List your 10 favorite foods, no matter what they are.
7. How can you still enjoy those foods or healthier versions of them?
8. List 10 new healthy foods to try.
9. Google then list 10 new recipes to try.
10. What challenges have you faced as a result of your excess weight? Mean comments? Physical limitations?
11. How can you release the shame associated with your weight? Ideas: Prayer,
12. journaling, counseling.
13. How can you forgive yourself, give yourself grace, and love yourself?
14. Who or what else needs to be forgiven or let go of so that you can heal your body?
15. What are your bad food habits and how can you begin to shift out of those habits?
16. What new food habits can you create to support weight loss and better health?
17. How does your physical environment affect your weight and overall health? For example; Do you live in a walkable area? What's your job like?
18. How does your social environment affect your weight and overall health? For example: How supportive is your partner, family, friends, or co-workers?
19. List some ways your physical surroundings could be changed to support weight loss. For example: Can you change jobs if your job is sedentary? Can you move? Can you expand your social network?
20. How do your emotions affect what you eat? Do you eat out of boredom? Exhaustion? Convenience?
21. What would make meal planning easier? Do you need food blog inspiration? New cookbooks? A meal planner?

22. What inspires you for good health?
23. What scares you about losing weight or having your ideal figure? (Maybe nothing, but this is a good question to ask yourself.)
24. How can you keep yourself feeling motivated and positive?
25. How can weight loss feel more natural and effortless and less difficult? How can it feel more joyful?
26. Considering your ethnicity or heritage, what foods did your ancestors eat 150+ years ago? What does the term "traditional foods" mean to you and have you tried eating traditionally?
27. List 10 ways to eliminate processed foods from your diet. For example: Swapping out processed grains in cereals and breads for more potatoes, rice, and starchy vegetables.
28. Write out a playlist for exercise.
29. What is holding you back the most for losing weight?
30. How has past trauma affected your eating habits?
31. How can you create more overall happiness in your life so that you can have more energy, motivation, and strength to heal your body?
32. Regarding your body image, what self-talk would you like to eliminate, and what self-talk would you like to create?
33. Describe how you identify yourself on as many levels as possible. How does your personal identity connect to your weight?
34. What is your self-esteem like and how can you improve it?
How can you accept yourself fully for who you are now, with no contingencies?
35. What do you love about your body and what are you most grateful for regarding your health?