

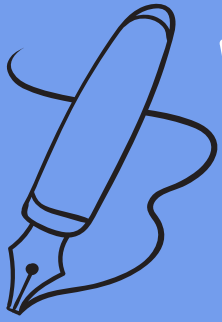


Emotional Eating Journaling Prompts





My biggest barrier to
weight loss is...



What do I want from life?

How can I make sure I get it?



What is your relationship with food like? Write as letter as if it were a real person.

Dear body, I love you because...



List 10 things you are grateful for in your life.

- _____

- _____

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- _____



When I look at myself in the
mirror, I feel...
because...

Review your food diary entries
for the last 7 days. What
patterns are you noticing? ...





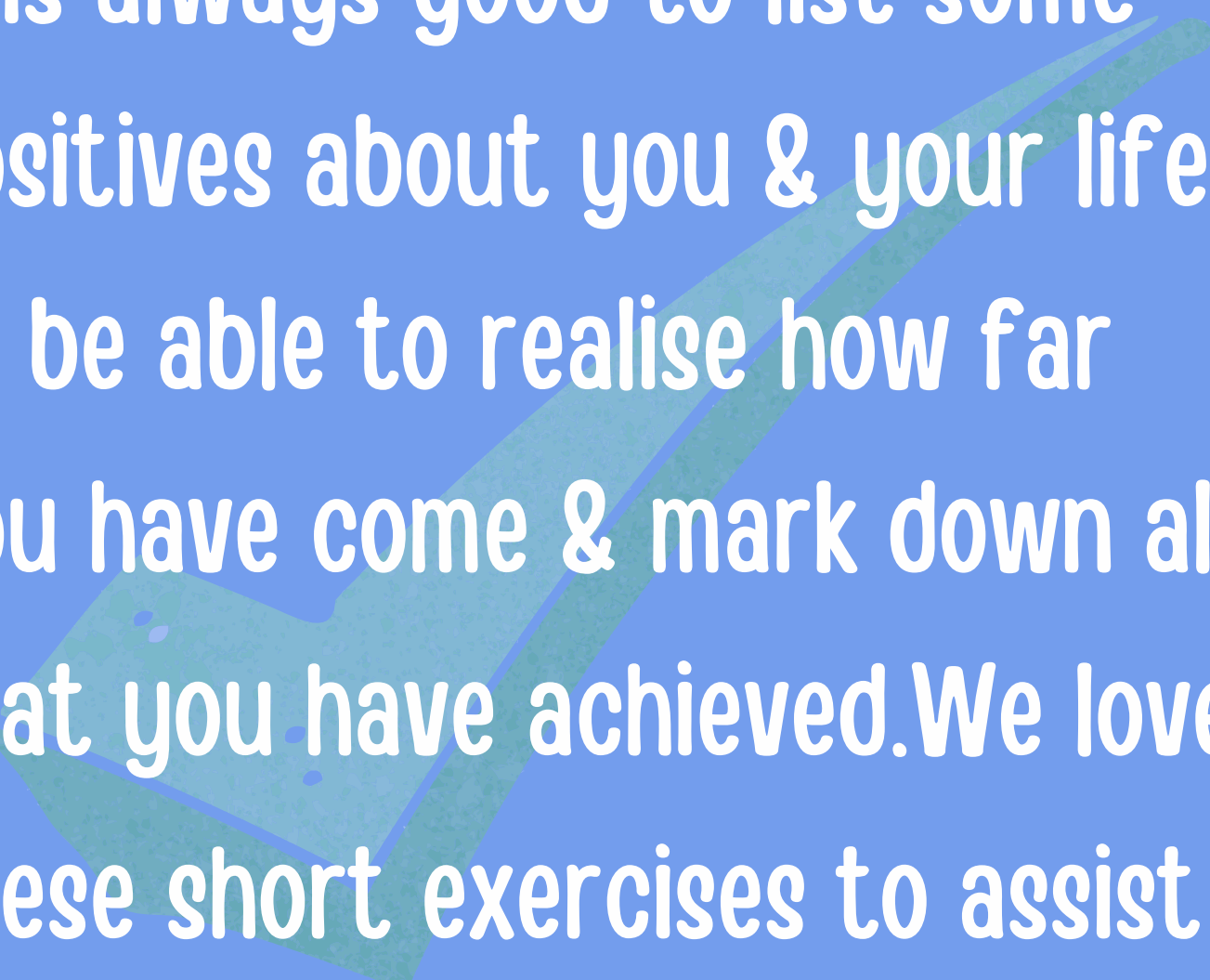
Describe 3 triggers in your life
that cause you to emotionally
eat.



Are your expectations of
yourself too low or too high?
Why is this?



What would you like to do more
of in your life & why?



It is always good to list some positives about you & your life to be able to realise how far you have come & mark down all that you have achieved. We love these short exercises to assist clients along their journey.

Things I am good at are:

1.

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2.

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3.

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Compliments I have received:

1.

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2.

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3.

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Things I like about my appearance:

1.

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2.

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3.

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Challenges I have overcome:

1.

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2.

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3.

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I have helped others by:

1.

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2.

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3.

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Things that make me unique:

1.

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2.

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3.

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What I value the most:

1.

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2.

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3.

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Times I have made others happy:

1.

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2.

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3.

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