

# JOURNAL *prompts*

# Write it Down & Move On

Learning how to avoid overeating

**Why did you overeat or overdrink?**

Be very specific and very honest.

**What did you notice?**

**What could have worked better?**

**What did you learn?**

**How do you want to feel about this moving forward?**

**How will you handle this next time?**

# Current Self vs. Future Self

Where I am & where I want to go

DRAW "CURRENT ME" HERE

LIST WHO YOU ARE RIGHT NOW (GOOD & BAD)

LIST WHO YOU WANT TO BE, YOUR GOALS, ETC.

DRAW "FUTURE ME" HERE

# Letter to Future Self

Dear Future \_\_\_\_\_ ,

Please Stop:

Please Start:

Please Continue:



All of these actions are what you need to achieve your goal.

*I love you,*

\_\_\_\_\_

