



*EXCEL Weight Loss Solutions
and Energy Healing Center*



Positive Self-Talk Challenge

7-Day Journal of Reflection

ABSTRACT

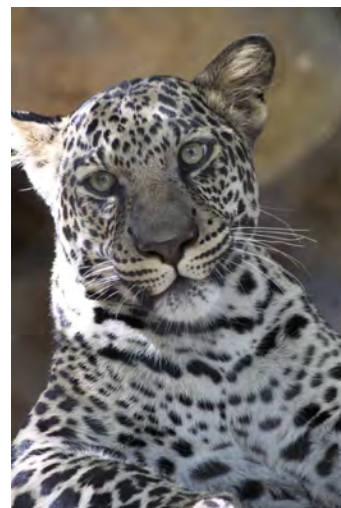
Are you ready to simply rest in your own thoughts and listen to what your heart is feeling? Many people have a tough time journaling, so we thought we would help get you started for the next 7 days.

Spend a few moments in quiet thinking about each day's message or question. Focus on you. Relax, and then just write what you feel in your heart.

A Journal of Reflection

Day 1

I love myself.



A Journal of Reflection

Day 2

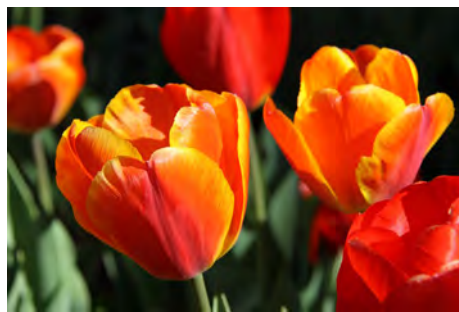
I am strong.



A Journal of Reflection

Day 3

I am beautiful.



A Journal of Reflection

Day 4

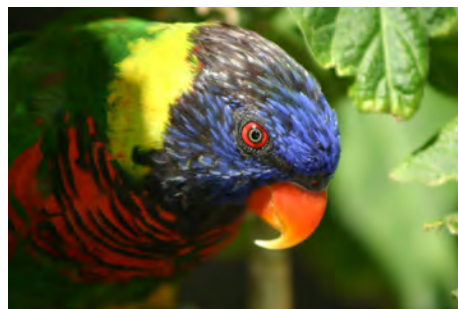
I am confident.



A Journal of Reflection

Day 5

I accept myself.



A Journal of Reflection

Day 6

I am amazing.



A Journal of Reflection

Day 7

I am worthy.

