

DAY 14



BODY GRATITUDE JOURNAL TEMPLATE

PRACTICE GUIDE

**“YOUR BODY IS NOT YOUR ENEMY. IT IS
THE SACRED VESSEL CARRYING THE
LIGHT OF WHO YOU TRULY ARE.”**

Fiona Soutter

PART 1

DAILY BODY GRATITUDE PROMPTS:

1. Present-Moment Gratitude

- Today, I appreciate my body for...

- Thank you, heart, for...

- Thank you, breath, for...

2. Honoring My Body's Journey

- My body has carried me through...

- My body has supported me in...

3. Transforming Criticism into Gratitude

- An aspect of my body I've criticized is...

- Today, I choose to appreciate this part for...

4. Whole-Body Appreciation

- I thank my body for being my home, my ally, and my connection to this life experience.

PART 2

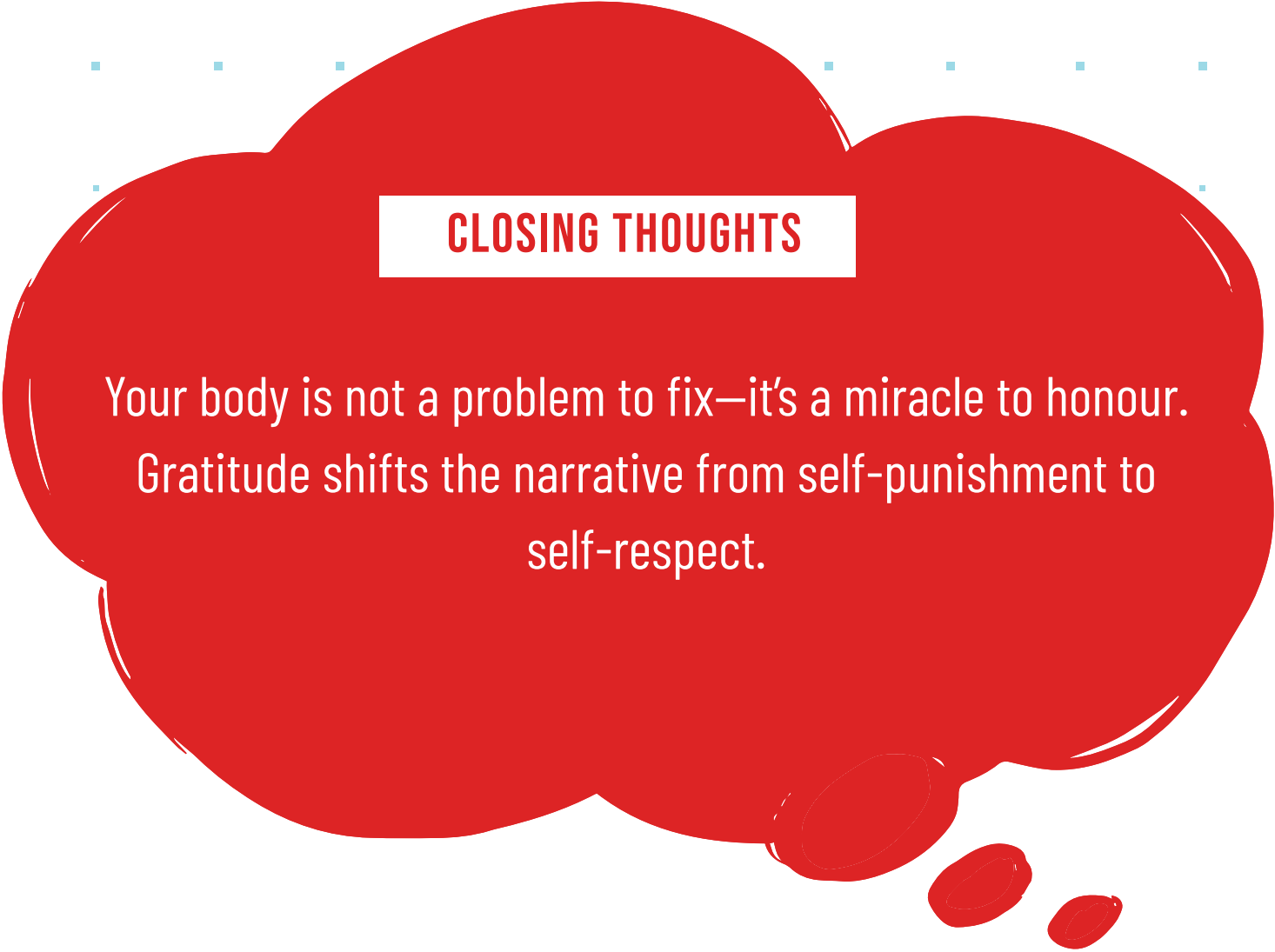
EVENING REFLECTION

- One part of my body I felt gratitude for today:

- _____

- How my body supported me today:

- A new way I honored my body today:



CLOSING THOUGHTS

Your body is not a problem to fix—it's a miracle to honour.
Gratitude shifts the narrative from self-punishment to
self-respect.

Tomorrow, we'll connect even more deeply with the younger
version of you—your inner child—and begin rewriting the stories
behind emotional patterns. ✨
