

DAY 18



BODY AWARENESS JOURNAL TEMPLATE

PRACTICE GUIDE

**“YOUR BODY IS NOT A PROBLEM TO FIX—
IT IS A LIVING, BREATHING ALLY INVITING
YOU INTO DEEPER CONNECTION.”**

Fiona Soutter

PART 1

BODY AWARENESS AUDIT

Take 15 minutes in a quiet space and reflect with curiosity and care.
Respond freely—this is a space for honesty, not perfection.



Current Patterns

- How do I usually speak to my body? What tone or words do I use?
- What signals from my body do I tend to ignore or override?
- What activities make my body feel good and energized?
- What leaves me feeling depleted, tense, or disconnected?
- Where do I feel the most pressure, shame, or “shoulds” about my physical wellbeing?



Gentle Exploration

- What small, nurturing change am I curious to explore?
- Is there a kind of movement or activity I've always wanted to try?
- What does my body naturally gravitate toward or enjoy?
- What is one signal from my body I'd like to start honouring more consistently?

PART 2

DAILY BODY CHECK-IN PROMPTS



My Gentle Commitment

- From what I've discovered today, I will begin with one small, supportive action:
- My chosen action:
- When I'll begin:
- How I'll remember and support this choice:

Use these as a 2-minute reflection at any point in your day:

- What am I feeling physically right now?
- What is my body asking for in this moment—movement, stillness, hydration, rest, breath?
- How can I show appreciation for my body today, even in a small way?



CLOSING THOUGHTS

Your body is not an object to control—it is a living expression of your experience, deserving of gentleness, presence, and appreciation.

"When I listen to my body, I return to wholeness—one breath at a time."

Tomorrow, we'll explore how reconnecting with the Earth can reset and restore your body's natural rhythm through grounding and presence. ✨
