



SELF  
LOVE  
CLUB

daily  
**journal**

## Why Journal?

*I am a big believer in the powers of reflection, as well as having a morning and an evening routine.*

*The way we start and end our days have a tremendous impact on our happiness and the actions and decisions we take every day. Taking a moment each morning and evening to reflect helps you stay focused, positive, and motivated to making those goals happen, one day at a time!*

NEVER  
\* STOP \*  
GROWING



# Morning Check-In

Today I want to feel...

Today I am looking forward to...

What can I do today to ensure I am living according to my values and take one step closer to my goal(s)?

My affirmation/intention for today is...

# Evening Check-In

The best part of today was...

I am grateful for...

What can I learn from today's experiences?

Tomorrow I wish to...

## **BONUS:**

*25 affirmations/intentions for you to practice or  
use as inspiration to create your own*

*I will treat my body with respect and nourish it with what it asks for.*

*I will show my body that it can trust me by not restricting food.*

*I will see all food equally, no food is good or bad.*

*I am more than the food I eat.*

*The foods I choose to eat do not impact my self worth.*

*What I ate yesterday does not dictate what I eat today.*

*I deserve to nourish my body.*

*No matter what my body looks like I will still be ME.*

*I can eat any and all foods whenever I want. There is no need to binge.*

*I feel amazing when I am nourished, I deserve to feel this way.*

*I choose to see the positive, not the negative.*

*I respect my body for all it does for me, I choose to treat it that way as well.*

*I'm okay with being imperfect, there is no such thing as perfection.*



*I am a mindful eater*

*I am confident with my food choices*

*I am free to eat what I want, when I want, and how much I want.*

*All foods are allowed, and there are no “good” or “bad” foods.*

*I am gentle with myself and allow myself to make mistakes.*

*I choose foods that make me feel good, both physically and emotionally.*

*Food is meant to be enjoyed, not feared.*

*I am honouring my body's signals and stop eating when I'm  
comfortably full and satisfied.*

*I am grateful*

*I am blessed*

*I am worthy*

*I am excited about today*



**MAKE  
ROOM FOR  
YOURSELF**

# WORK WITH ME



*In need of more personalized guidance? Let's make it happen. Drop me a message, and let's chat about how we can make your health and fitness goals come true. To explore how we can work together or if you have any questions, don't hesitate to reach out. A discovery call is always for free - and if I am not the right coach for you, I will do my best to refer you to someone who is!*



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