



Journaling tip:

As you go through this mind-body medicine journey, we invite you to use this journal to **reflect** on your experience



- You can **write freely whatever comes to your mind**, or you can use the various writing prompts which will be offered
- To start with, consider reflecting and writing about one thing in your life you are **thankful** for each day
- You may also write down what you notice in your mind, body, or emotions as you practice the soft belly exercise
- Feel free to add drawings to **express yourself**
- These journals can be kept private or if you feel comfortable you may share your thoughts with others