



# EMbody

by Lo

## WEEK 2: JOURNAL PROMPT

Using radical honesty, and kid-like thinking write about your ultimate goal for your life. And, what your goal is for the end of this program. Remember to get as specific and clear as you can!

### **This Week's Reminders:**

- Use the visualization practice to help you define your goals.
- When moving through your fitness programming, visualize what you WANT your body to look like.
- Use your journaling practice to get to know yourself at the soul level.