



EMbody

by Lo

WEEK 5: JOURNAL PROMPT

Journal about your intentions. What intentions do you want to set for your mind, body, and soul? And then define the why for each intention you set.

This Week's Reminders:

- When limiting beliefs arise, remind yourself of your intention(s) you've set and why.
- Practice loving your body!
- Journal from your soul to develop and to set your intentions.