



EMbody

by Lo

WEEK 11: JOURNAL PROMPT

Journal: What does alignment feel like in your life? How does alignment affect your mind, body, and spirit?

This Week's Reminders:

- Remember meditation brings you into alignment - keep practicing!
- Feel what alignment is in the physical body. Notice how your body operates in alignment.
- Use your journal prompt to connect to you soul by defining what aligns with your soul.