

{GETTING CLEAR FOR YOUR HEALING JOURNEY}

1. These are my personal thoughts on food and lifestyle vs. drugs and medications_____.
2. Here are XX ideas for how I can implement more sleep into the new year_____.
3. The 21-day plan is a temporary elimination diet. How many times have I engaged with an elimination of sorts only to have it extend to 1, 2, 3+ months with no results? (Think about this, read it again, and then journal.)
4. _____ is a piece of the healing puzzle I have not yet focused on with full effort.
5. Journal your thoughts on this — Think about something, anything, in your life that you have resisting due to one fear or another. How has this been holding you back?
6. How can I slow down today and embrace this journey even more?
7. Today, on New Year's Day, this is my one-liner of daily gratitude_____.
8. If I did habit tracking with a Daily Habits tracker, these are _____ new habits I'd like to form for my gut healing journey.
9. Today my bowel movements were a Bristol Stool Scale number_____.
10. My fitness log is showing that I'm doing (too much / too little) activity.
11. I'd like to learn how to journal for gut healing because_____.
12. My top XX favorite healing quotes are_____.
13. During the next 90 days I want to focus on_____.
14. What materials, medications, supplements, etc. do I need for the next 90 days?_____
15. What is holding me back from healing my gut?
16. How overdue is my gut healing?
17. What is a mantra to help guide the healing journey for my own life this upcoming year?
18. This year I want to look more into (western/traditional OR alternative/functional medicine) because/so that_____.
19. These are XX foods I KNOW I can confidently eat_____.
20. When it comes to my gut healing journey, these are the 3 things I know for sure_____.
21. Last year, I_____ and this next year I will_____.
22. The next step on my gut healing journey is_____.
23. Here are XX ways my mental health has been affected due to my gut_____.
24. There is a cost for everything. The extra cost for me not healing my gut in 2023 looks like_____.
25. One bad habit I will drop this year is_____.
26. The number one big goal for my health in 2023 is_____.
27. These are 2 healthy habits I can start today in moving towards ultimate healing_____.
28. My main goal for the 2023 healing journey is to understand more about_____.
29. One new food I'd like to try for healing is_____.
30. I will know I'm on the right track for healing my gut if/when_____.
31. Here are a list of things I'm going to focus on to make this my best year yet_____.
32. Play is part of healing, and I know this. Here are XYZ fun activities I'd like to try this upcoming year_____.
33. The perfect way to end 2023 is_____.
34. January's top XYZ actionable steps for healing for good include_____.
35. _____ would be a great accountability partner for me this year.
36. By summer, this is the ideal life I'd like to be living_____.
37. My word of the year for 2023 is_____.