

SheMed®

Mindfulness Journal

AUGUST MINDFULNESS CHALLENGE 2025

A 4-week guide
to nurturing mental
wellness on your
weight loss journey.



Mind Over Matter: Strengthening Your Mind as You Transform Your Body

WELCOME TO YOUR MINDFULNESS CHALLENGE

This 4-week interactive journal is designed to support your mental well-being during your weight loss journey. Each week brings a new focus, small goals, and mindfulness activities. Track your progress, reflect daily, and discover practical tools to stay grounded, calm, and empowered.

Weight loss isn't just about numbers—it's about nurturing the mind and healing from within. This month, we invite you to embark on a journey of mindfulness, where you'll explore the powerful connection between your **mental health** and your **physical wellness**.

IN THIS JOURNAL, YOU'LL:

- Set weekly intentions rooted in self-awareness and growth
- Learn grounding and breathing practices to calm your nervous system
- Reflect through daily prompts designed to build mental resilience
- Discover actionable tips to shift self-talk and improve emotional balance
- Celebrate progress that goes beyond the scale



WEEK 1

AWARENESS & INTENTION

Understanding the Mind-Body Connection

GOAL: Define your “why.” The more emotionally connected you are to your reason for starting, the more resilient you’ll be through challenges.	FOCUS: Building awareness of your emotional relationship with health and weight	INSIGHT: Mindfulness is the practice of bringing your attention to the present moment without judgment. Studies show that mindful awareness can reduce emotional eating, lower stress levels, and improve self-control—crucial factors in sustainable weight loss.
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GROUNDING TOOL:

5-4-3-2-1 TECHNIQUE

Feeling anxious or overwhelmed?
Use this quick sensory exercise to calm your mind:

**5 things you see**

Look around and name them.

**4 things you can touch**

Feel objects near you.

**3 things you hear**

Listen and identify sounds.

**2 things you smell**

Notice or recall familiar scents.

**1 thing you taste**

Focus on the taste in your mouth or imagine one

This brings you back to the present and helps reduce stress quickly.

BREATHING PRACTICE:

3-3-6 BREATHING



Inhale for 3 seconds



Hold for 3 seconds



Exhale for 6 seconds

This activates your parasympathetic nervous system, easing anxiety and tension.

WEEK 1

AWARENESS & INTENTION

Understanding the Mind-Body Connection

DAILY JOURNAL PROMPTS:

1. What inspired you to begin this journey?
2. How does your body feel today? Describe it with compassion.
3. What patterns or habits have you noticed around food and emotions?
4. When do you feel most disconnected from your goals?
5. What does a healthy relationship with food look like to you?
6. What kind of support system do you need?

WEEKLY REFLECTION

What insights about your mindset surprised you?

MOOD:



DATE:

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WEEKLY CHECKLIST

BREATHING PRACTICE		GROUNDING TOOL		DAILY JOURNALING		WEEKLY REFLECTION	
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WEEK 2

SELF-TALK & COMPASSION

Change the Narrative: Becoming Your Own Ally

GOAL: Catch your inner critic and replace it with affirmations.	FOCUS: Shifting inner dialogue from criticism to kindness	INSIGHT: Your thoughts shape your behavior. Research in cognitive behavioral therapy (CBT) shows that changing negative self-talk reduces the likelihood of relapse into old habits. Self-compassion is also linked to better body image and motivation.
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GROUNDING TOOL: MIRROR AFFIRMATIONS

Start each morning by looking in the mirror and stating an empowering truth.



BREATHING PRACTICE: THE HEART HOLD



Place one hand on your heart and one on your stomach.



Breathe slowly, reminding yourself: "I am enough."

WEEK 2

SELF-TALK & COMPASSION

Change the Narrative: Becoming Your Own Ally

DAILY JOURNAL PROMPTS:

8. What does your inner critic say—and whose voice is that really?
9. What would a loving friend say to you right now?
10. List 3 affirmations you want to believe.
11. What does self-care mean to you emotionally?
12. What small act of kindness can you offer yourself today?
13. Recall a mistake. How can you reframe it as growth?

WEEKLY REFLECTION

How did self-compassion affect your mood and choices?

MOOD:



DATE:

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WEEKLY CHECKLIST

BREATHING PRACTICE		GROUNDING TOOL		DAILY JOURNALING		WEEKLY REFLECTION	
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WEEK 3

RESILIENCE & PROGRESS

Redefining Success: Beyond the Scale

GOAL: Identify and celebrate non-scale wins.	FOCUS: Building confidence and emotional resilience	INSIGHT: Progress isn't always visible on the scale. It shows up in energy, mental clarity, reduced cravings, and mood stability. Celebrating these non-scale victories (NSVs) rewires your brain to associate wellness with more than weight.
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GROUNDING TOOL:

BODY SCAN MEDITATION

Take 5–7 minutes to calm your mind and reconnect with your body.

How to do it:



Sit or lie down comfortably. Close your eyes.



Focus on your toes, then slowly move attention upward through your body.



Notice sensations without judgment—just observe.



Breathe deeply into any tension.



Silently thank each body part for what it does for you.

Why it helps:

This practice grounds you in the present and builds body awareness and self-compassion—key tools for emotional balance during weight loss.

BREATHING PRACTICE:

SQUARE BREATH



Inhale for 4 seconds



Hold for 4 seconds



Exhale for 4 seconds



Hold for 4 seconds

Enhances mental focus and stress management.

WEEK 3

RESILIENCE & PROGRESS

Redefining Success: Beyond the Scale

DAILY JOURNAL PROMPTS:

15. What is one win you're proud of today?
16. How do you respond to setbacks—and what would you like to change?
17. In what ways have you become stronger emotionally?
18. What are 3 ways your life is different now than a month ago?
19. How do you soothe yourself in hard moments?
20. What helps you stay consistent on tough days?

WEEKLY REFLECTION

Weekly Reflection: What's something you never thought you could do—but did?

MOOD:



DATE:

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WEEKLY CHECKLIST

BREATHING PRACTICE		GROUNDING TOOL		DAILY JOURNALING		WEEKLY REFLECTION	
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WEEK 4

JOY & MINDFUL LIVING

Thriving, Not Just Surviving

GOAL:

Incorporate one joyful, non-food-related activity into your day.

FOCUS:

Reconnecting with joy, pleasure, and balance

INSIGHT:

Chronic stress can derail even the most disciplined health plans. Practices that spark joy activate dopamine—the brain’s “feel-good” chemical—creating positive associations with your health journey. Mindful living means infusing purpose and pleasure into everyday choices.

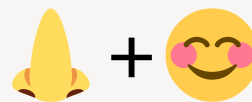
GROUNDING TOOL:

Joy List

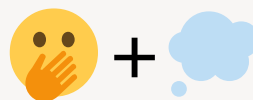
Make a list of 10 things that bring you peace and happiness. Schedule at least one each day.

BREATHING PRACTICE:

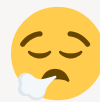
JOYFUL BREATH



Inhale with a smile



Hold while thinking of something joyful



Exhale slowly with a soft sigh.



WEEK 4

JOY & MINDFUL LIVING

Thriving, Not Just Surviving

DAILY JOURNAL PROMPTS:

22. What's something small that brings you joy?
23. When was the last time you laughed—and what sparked it?
24. What creative or playful outlet have you missed?
25. Who lifts your spirits? Send them a kind message today.
26. How can you rest with intention?
27. What boundaries do you need to protect your joy?

WEEKLY REFLECTION

Weekly Reflection: What does a joyful, balanced life look like for you?

MOOD:



DATE:

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WEEKLY CHECKLIST

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FINAL REFLECTION: *LOOK HOW FAR YOU'VE COME*

PROMPT

Over the past 28 days, how has your mindset evolved? What have you discovered about your emotional wellness and resilience? How can you carry these insights forward?

DATE: / /

MOOD: 😂 😊 😐 😐 😞 😭 😡

I AM PROUD OF YOU

BONUS EXERCISE:

Write a letter to your future self—six months from now. What do you hope she remembers about this journey?

DATE: / /