

Body Awareness Journal

A 7-day practice for homeschooling mums

This journal is built around one simple question:

"How do I feel right now?"

After each main meal, pause and check in.

This asks for one thing... **honest attention.**

Over seven days, patterns will start to emerge...



How to use this journal

1. After each meal, circle the word that fits best.
2. Add a short note if something stands out - or leave it blank.
3. At the end of each day, write one thing you noticed.
4. On Day 7, complete the weekly reflection on the final page.

Welcome to Day One!

Change begins with noticing...

Day 1 - __ / __ / ____

Breakfast - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	
Lunch - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	
Dinner - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	

One thing I noticed today:



Do the best you can until you know better. Then when you know better, do better.

— Maya Angelou



Day 2 - __ / __ / ____

Breakfast - how do I feel right now?	Notes
☐ Energised	
☐ Flat	
☐ Clear	
☐ Foggy	
☐ Satisfied	
☐ Searching	

Lunch - how do I feel right now?	Notes
☐ Energised	
☐ Flat	
☐ Clear	
☐ Foggy	
☐ Satisfied	
☐ Searching	

Dinner - how do I feel right now?	Notes
☐ Energised	
☐ Flat	
☐ Clear	
☐ Foggy	
☐ Satisfied	
☐ Searching	

One thing I noticed today:

Half way through.
Keep going.



Day 3 - __ / __ / ____

Breakfast - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	
Lunch - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	
Dinner - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	

One thing I noticed today:



A journey of a thousand miles begins with a single step.

— Lao Tzu



Day 4 - __ / __ / ____

Breakfast - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	
Lunch - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	
Dinner - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	

One thing I noticed today:



A gentle challenge... today, drink a glass of water before your first meal and notice if anything shifts.



Day 5 - __ / __ / ____

Breakfast - how do I feel right now?	Notes
☐ Energised	
☐ Flat	
☐ Clear	
☐ Foggy	
☐ Satisfied	
☐ Searching	

Lunch - how do I feel right now?	Notes
☐ Energised	
☐ Flat	
☐ Clear	
☐ Foggy	
☐ Satisfied	
☐ Searching	

Dinner - how do I feel right now?	Notes
☐ Energised	
☐ Flat	
☐ Clear	
☐ Foggy	
☐ Satisfied	
☐ Searching	

One thing I noticed today:

Did
You
Know?

After a high-carb meal, blood sugar rises quickly, then drops. The 3pm energy crash most of us know so well often traces back to what we ate two hours earlier.

Day 6 - __ / __ / ____

Breakfast - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	
Lunch - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	
Dinner - how do I feel right now?	Notes
☐ Energised ☐ Flat ☐ Clear ☐ Foggy ☐ Satisfied ☐ Searching	

One thing I noticed today:



You've Made it !!



Day 7 - __ / __ / ____

Breakfast - how do I feel right now?

Notes

- ☐ Energised
- ☐ Flat
- ☐ Clear
- ☐ Foggy
- ☐ Satisfied
- ☐ Searching

Lunch - how do I feel right now?

Notes

- ☐ Energised
- ☐ Flat
- ☐ Clear
- ☐ Foggy
- ☐ Satisfied
- ☐ Searching

Dinner - how do I feel right now?

Notes

- ☐ Energised
- ☐ Flat
- ☐ Clear
- ☐ Foggy
- ☐ Satisfied
- ☐ Searching

One thing I noticed today:



Let's reflect...

What have we learnt?

What pattern did I notice across the week?

Which meals left me feeling the best?

What surprised me?

One small thing I want to try next week?



Not quite sure?

If something came up this week that you'd like to explore, a free Discovery Call is always a good place to start. Book a free [Discovery Call](#) with me.