

the roots of health program™

getting started: journaling for success

8. JOURNALING FOR SUCCESS

Keeping a journal helps to keep you accountable and on track with your program.

WEEK OF: _____

- Took Supplements?
- Exercise/Outside?
- Breathwork/Stress Management?
- Castor Oil Pack/Hydrotherapy/Dry Skin Brushing?
- Diet/Seeds/Water?
- Digestion/BM's?
- Sleep?
- Fun?

REFLECTIONS: