

IN MY EMPOWERMENT ERA

JOURNAL PROMPT FOR EATING DISORDER AWARENESS WEEK

Reflecting on your journey of recovery from an eating disorder, imagine your life as a book filled with chapters of challenges, triumphs, and growth. What memories stand out the most to you? How have the ups and downs shaped who you are today? Consider the lessons you've learned along the way and the strengths you've uncovered within yourself. As you embark on this journey of self-reflection, think about what it means to step into your Empowerment Era. How will you continue to honor your progress, let go of what no longer serves you, open yourself to change, and embrace the beauty of every era in your life?

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