

Identity Beyond Sport

1. Who am I when I'm not training?
2. What parts of myself deserve more attention?
3. If my sport disappeared tomorrow, what would still remain?
4. What makes me valuable that has nothing to do with my appearance?
5. When do I feel most like myself?
6. What qualities do my closest friends appreciate about me?
7. Write a letter introducing yourself without mentioning your sport or appearance.
8. What do I want people to remember about me years from now?
9. What passions have I put aside?
10. What version of myself am I becoming?

Body Appreciation

11. What has my body allowed me to experience this week?
 12. List five things your body helped you do today.
 13. What would my body say if it could speak?
 14. How has my relationship with my body changed over the years?
 15. What do I admire about my body besides how it looks?
 16. What does taking care of my body actually mean?
 17. What would treating my body like a teammate look like?
 18. What small act of kindness can I give my body today?
 19. When do I feel strongest?
 20. What makes my body unique?
-

Body Image Reflection

21. What thoughts about my body keep repeating?
 22. Where did these beliefs come from?
 23. Are these beliefs actually mine?
 24. What situations make body comparison worse?
 25. What situations make me feel confident?
 26. How do social media and my sport influence how I see myself?
 27. What unrealistic standards am I trying to meet?
 28. What would freedom from comparison look like?
 29. What compliments do I wish I believed?
 30. What would change if I trusted my body more?
-

Self-Compassion

31. What would I tell my best friend if they felt this way?
32. How can I offer myself that same kindness?
33. What's something I'm proud of today?
34. What mistake am I ready to forgive myself for?
35. What does grace look like today?
36. What do I need instead of criticism?
37. When have I overcome something difficult before?
38. What would it feel like to believe I'm enough?

39. What does self-respect look like?
 40. What small win deserves celebrating?
-

Thoughts & Emotions

41. What emotions have I been avoiding?
 42. What is causing me stress right now?
 43. What am I carrying that isn't mine?
 44. When do I feel most anxious?
 45. What helps me feel safe?
 46. What do I need more of this week?
 47. What drains my energy?
 48. What fills my energy?
 49. What emotion needs attention today?
 50. Finish the sentence: "Today I needed..."
-

Recovery & Healing

51. What does recovery mean to me?
 52. What fears make recovery difficult?
 53. What have I gained from choosing healing?
 54. What has recovery already taught me?
 55. What unhealthy rule am I ready to let go of?
 56. What does progress look like today—not perfection?
 57. What am I learning to trust again?
 58. What does balance mean for me?
 59. How do I know I'm moving forward?
 60. What hope can I hold onto today?
-

Relationships

61. Who makes me feel accepted?
 62. What qualities make someone feel safe?
 63. How do I show love to others?
 64. How do I want to be supported?
 65. What boundaries do I need?
 66. What conversation have I been avoiding?
 67. What friendship brings out my best self?
 68. How can I connect with someone this week?
 69. What makes me feel understood?
 70. Who inspires me—and why?
-

Mindfulness

71. Describe today's weather and how it matches your mood.
72. What are five things you notice around you?

73. What made you smile today?
 74. What are three things you're grateful for?
 75. What slowed you down today?
 76. Describe your perfect peaceful morning.
 77. What moment do you wish you could relive?
 78. What made today meaningful?
 79. What beauty did you notice today?
 80. What are you looking forward to?
-

Confidence

81. What challenge have I overcome recently?
 82. What strengths helped me through it?
 83. What is one thing I'm becoming better at?
 84. What scares me because it matters?
 85. What would I try if I knew I couldn't fail?
 86. What compliment have I dismissed?
 87. What am I capable of?
 88. What does confidence actually feel like?
 89. What goal excites me?
 90. What evidence do I have that I'm stronger than I think?
-

Future Self

91. Describe yourself one year from now.
92. What habits does Future You have?
93. What would Future You thank you for?
94. What kind of environment helps you thrive?
95. What dreams deserve more attention?
96. What does your healthiest life look like?
97. What values guide your decisions?
98. What do you hope never changes about you?
99. What story are you writing with your life?
100. Finish this sentence: "I am becoming someone who..."

Weekly Prompts ✨

1. What brought me joy this week?
2. What challenged me?
3. What did I learn about myself?
4. When did I feel most confident?
5. When did comparison show up?
6. How did I care for my body?
7. How did I care for my mind?
8. One thing I'm proud of...
9. One thing I'll carry into next week...
10. One intention for the week ahead...