

The Journaling Starter

A structured writing practice for Body, Breath, Bowl and Balance. Karuna Grover,
Integrated Wellness & Movement Coach, Singapore.

WHY WE WRITE

Structured journaling is the missing link in most training plans. Movement changes the body, breathwork settles the nervous system - writing is how you notice what actually changed. Five honest minutes on paper builds the self-awareness that turns a good week into a lasting habit.

HOW TO USE THIS

- Pick one prompt a day. You are not meant to answer all of them.
- Write for five minutes, by hand if you can, without editing yourself.
- Date every entry. The pattern across two weeks matters more than any one day.
- Close the session with one breath, one line: what does my body need tomorrow?

DAILY PROMPTS

Body - movement as medicine

- Where did I feel strong today, and where did I feel restricted?
- What did my body ask for that I ignored?
- One movement that felt easier this week than last week.

Breath - nervous system regulation

- What raised my stress today, and how quickly did I come back down?
- When did I hold my breath without noticing?
- What does calm actually feel like in my body - name three sensations.

Bowl - strategic nutrition

- How was my energy two hours after each meal?
- What did I eat because I was hungry, and what did I eat for another reason?
- One meal this week that left me steady and satisfied.

Balance - the 'ish' of real life

- What did I say yes to that I wanted to decline?
- What did I do purely because it brought me joy?
- What would make tomorrow 10% kinder to me?

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The Weekly Reflection

Once a week, sit down with the same four questions. Progress is easiest to see in your own handwriting.

Week of

1. What did my body do this week that it could not do a month ago?

2. Which practice regulated me fastest - and will I schedule it again?

3. Where did the plan collide with real life, and what will I adjust?

4. One thing I am keeping, one thing I am dropping.

Ready to take this further? The Downregulation Series and 1:1 structured journaling sessions go deeper into breath, sound healing and the mind-body connection.

fitishbyk - Karuna Grover - Singapore, in person & globally via HD video