

Muscular System Journaling

When do I notice my muscles the most? (During sports, walking, emotions, etc.)

How does my body feel after moving, stretching, or exercising?

What's one way I can take better care of my muscles this week?

If my muscles could talk, what would they tell me?

How do I feel when I'm strong versus when I feel weak?

Journal Worksheet: Fascia & Emotions

1. Body Scan Check-In

Close your eyes for a moment. Take 3 deep breaths. Slowly notice:

- Where do you feel tightness or heaviness in your body right now?
- Circle or mark any areas below that stand out:

☐ Shoulders/Neck

☐ Chest/Heart area

☐ Stomach/Belly

☐ Hips

☐ Legs

☐ Back

☐ Other: _____

2. Emotions in the Body

Write down the emotions you are feeling right now. (Examples: stressed, calm, happy, sad, worried, excited.)

Do you notice if these emotions connect to the body area you circled?

3. Movement & Release

Pick one simple movement to do for 1–2 minutes:

- Stretch your arms overhead
- Twist side to side
- Roll your shoulders
- Gently stretch your hips
- Take 5 deep belly breaths

Now answer:

- How does that area of your body feel after moving? _____
- Did your emotions shift in any way? _____

4. Reflection Question

Why do you think fascia and emotions are connected?

5. Affirmation

Finish by writing a sentence you want to remind your body and emotions today.

Examples:

- “I can let go of stress and feel light.”
- “I am strong, flexible, and calm.”

My affirmation:
