

Week 1:

Journal Exercise: Script to Self

"It is better to believe than to disbelieve; in so doing you bring everything to the realm of possibility."

-Albert Einstein

It's time to begin a journal of your journey to health. This journal can take any form you choose. Write in a spiral bound notebook or go to the store and spend a little bit of time finding a journal with a cover that more personally represents your journey, that **brings you joy and inspiration**.

On the inside, starting with page one, please write:

I, _____ (your name) agree on this _____ day of 20____ to rewrite my life script around gastroparesis and to arrive at a healthy, happy, improved level of health and nutrition. I realize that I will need to be honest with myself about many areas of my life. I embrace this new path of life with open arms for I have nothing to lose and everything to gain. I know that I am not alone on this journey, and I will remember to ask for help when I need it and to reach to those who support me, whenever I need to be reminded of this. I am excited to step onto this new path filled with hope.

Signed: _____ Date: _____

Weekly Affirmation:

I am healthy in mind, body, and spirit and I can accomplish anything I put my mind to.