

BODY IMAGE JOURNAL PROMPT FOR ATHLETES

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JOURNAL PROMPT

Write about your story with body image. Include how you have worked through and continue to work through challenges related to it.

You may write about this however you'd like. As a female athlete, I did this prompt myself, I found it easy to do it in a timeline, beginning with when I started running. This is a challenging prompt, take breaks, it doesn't need to be finished in one day. Make your self-care a priority. If you find yourself struggling, talk with someone you trust, who can listen to you. This person could be a friend, family member, or counselor. **I recommend that if you have a counselor, talk the writing prompt through with them.**

An important part of this exercise is to **really think about what you're doing NOW to continue to work through the challenges.** Taking your time to think about this topic will increase your awareness around what's going on and may help you figure out new ways to work through it. It may also be helpful to simply do more of what is working for you.

I'll share something that I learned about myself as I was reading my answer out loud. I learned that having a running coach really helped me fight any idea of what my body should look like as an athlete. If I'm training at an appropriate, prescribed amount, then my body is going to do what it's going to do, it's going to perform in a way that reflects my training, and along with that, it's going to look how it's going to look.

My body's appearance doesn't matter. Performance matters. That's how having a running coach has helped me fight issues with body image, so it's important to me that I have a coach. I felt benefitted after writing down my story and seeing how I have overcome the obstacles.

When you're choosing a coach, be sure to choose someone who is a good fit for you! It makes a huge difference. When you interview your coach, ask them questions. Make sure that they're qualified. **Ask them what they think about body image.** Find out if they are also informed, certified, or hold a degree in diet or nutrition. These are all important things to ask. [Here's an article on what to look for in a running coach.](#)

I hope that this prompt and information was helpful, however, it is not intended as counseling advice. It is just for educational purposes.

MORE INFORMATION ON BODY IMAGE

Body Image info. on Finish Stronger Mindset and Mental Wellness

[Chat about Runner's Body Image and Positivity](#)

[The Dear Mark Project Podcast with Maria](#)

Body Image info. on Finish Stronger Counseling

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Finish Stronger Mindset and Mental Wellness Coaching



[Body Talk Activity for Body Image](#) (downloadable worksheet appropriate for teens and adults)

[Body Appreciation and Positivity](#)

[Mirror Work Activity How To Get In-Touch With Yourself](#)

