Journal Prompts or Affirmations for Gut-Skin Connection

- Journal Prompt: “How does my gut feel today? What foods or thoughts might have influenced my gut health?”  
- Affirmation: “I nourish my body with foods that promote balance, health, and glowing skin.”  
- Journal Prompt: “Reflect on a time when stress impacted your digestion. How did you feel, and what actions did you take to support your body?”  
- Affirmation: “My gut and skin are deeply connected. I am nurturing them with love, care, and wholesome foods.”