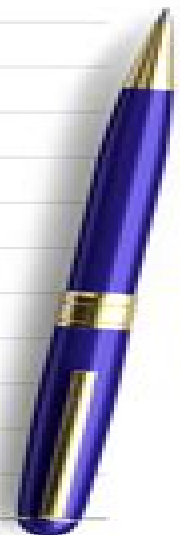
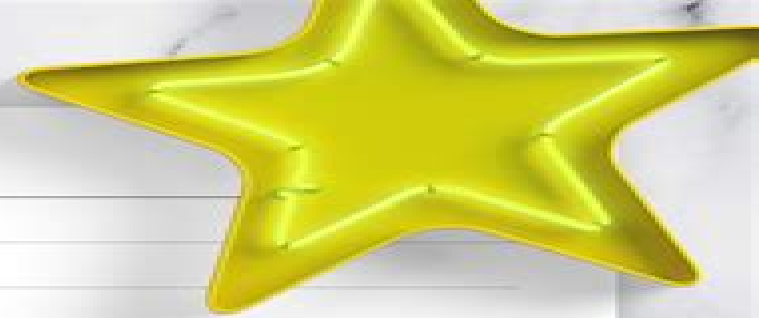


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1. What makes you feel powerful?
2. What makes you feel calm?
3. What makes you feel in control?
4. How do you encourage yourself when you're trying something new?
5. What's a choice you can make this week based on your needs?
6. How do you shift your mindset if it isn't working for you?
7. How can you celebrate yourself today?
8. What helps you slow down and feel more present?
9. What's a goal you want to accomplish and why?
10. How do you put yourself first without feeling guilty?
11. How do you practice self-acceptance?
12. How do you stay focused and steer clear of distractions?
13. How do you set boundaries and avoid absorbing someone else's emotions and stress?
14. How do you savor the time you get alone?
15. How do you share your feelings with the people who care about you?
16. How do you advocate for yourself?
17. How do you forgive yourself when you make a mistake?
18. How do you ask for help or support when you need it?
19. How do you practice self-love and self-kindness?
20. What do you do to make your time with people more intentional?
21. How do you set and protect your boundaries?
22. What opportunities have come out of challenges you've faced?
23. When do you step outside your comfort zone to grow?
24. How do you remind yourself that you're enough?



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Jennifer Grant,Cathleen Falsani



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Write Your Self Well ... Journal Your Self to Health Ina Albert, Zoe Keithley, 2004-05 Chosen by Arts Healing Network as one of the six best journals for healing in 2005 the book introduces a new easy way to journal designed specifically for people suffering from illness and stress and for use by healthcare professionals **The Art of Grief** J. Earl Rogers, 2011-02-10 Art and other expressive therapies are increasingly used in grief counseling not only among children and adolescents but throughout the developmental spectrum Creative activities are commonly used in group and individual psychotherapy programs but it is only relatively recently that these expressive modalities have been employed within the context of clinical grief work in structured settings These forms of nonverbal communication are often more natural ways to express thoughts and feelings that are difficult to discuss particularly when it comes to issues surrounding grief and loss Packed with pictures and instructional detail this book includes an eight session curriculum for use with grief support groups as well as alternative modalities of grief art therapy **Recovering the Self** Ernest Dempsey, 2010-06-01 Recovering the Self A Journal of Hope and Healing Vol II No 3 July 2010 This issue explores the themes of recovery and healing through poetry memoir opinion essays fiction humor art media reviews and education Contributorsto RTS Journal come from around the globe to deliver unique perspectives you won't find anywhere else The theme of Volume II Number 3 is Addiction and Recovery Inside we explore this and several other areas of concern including Diet Health Fitness Disaster Recovery Abuse Survivors Relationships Grieving Journaling and much more This issue's contributors include Morgan Phillips Barbara Sinor Christy Lowry Margaret Placentra Johnston Telaina Eriksen David J Roberts Karen Sherman Robin Lathangue Patricia Wellingham Jones Sherry Jones Mayo Alana Richardson Sweta Srivastava Vikram Jim Kelly Tyler R Tichelaar Jo Ann Magill Holli Kenley Sam Vaknin Robert Rugel and George W Doherty Acclaim for Recovering The Self Editor Ernest Dempsey does an admirable job of pulling this material together in a pleasing shape Each piece offers a revelation insight or lesson for the reader to take away The writing throughout is excellent Janet Riehl author Sightlines A Poet's Diary I highly recommend a subscription to this journal Recovering the Self for professionals who are in the counseling profession or who deal with crisis situations Readers involved with the healing process will also really enjoy this journal and feel inspired to continue on The topics covered in the first journal alone will motivate you to continue reading books on the subject matter presented Guaranteed Paige Lovitt for Reader Views Visit us online at www.RecoveringSelf.com Published by Loving Healing Press www.LovingHealing.com Periodicals Literary Journal Self Help Personal Growth Happiness *Writing Your Authentic Self* Lois Guarino, 2009-09-30 How to use a journal to communicate with your deepest self Step by step advice on keeping every type of journal from a personal diary to a dream chronicle Simple exercises that bring out the poet journalist profiler narrator in everyone The Omega Institute the nation's largest holistic education and retreat center has helped tens of thousands of people in their search for well being personal growth and spiritual development through its world renowned workshops and

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The Household Journal ,1912 **Loving Someone with Bipolar Disorder** Julie A. Fast,John D. Preston,2012-01-02 Written to the partner of a bipolar individual this book will help readers mend strained relationships control episodic crises learn which coping approaches work and create loving healthy relationships Readers also learn how to recognize a bipolar conversation and survive the financial turbulence manic spending may cause

Heal Your Gut with Bone Broth Robin Westen,2022-02-10 A program to balance digestive health in seven days using traditional quick and easy bone broth remedies from the author of The Yoga Body Cleanse The key to a healthy happy stomach starts with bone broth Used by our ancestors for centuries broth restores and promotes the healthy bacteria crucial for pain free digestion Heal Your Gut with Bone Broth unleashes these ancient healing powers to conquer discomfort with a seven day program including Essential mineral information Easy to follow daily meal plans Simple organic recipes Trigger foods to avoid Tips for long term health Designed to quickly relieve tummy troubles this book also details the added benefits of broth including stronger bones younger skin healthy hair and weight loss Westen s helpful book highlights two elements as essential to maintaining vitality of body and soundness of mind gut health and bone broth This is a needed and helpful antidote to the stresses of modern times that assault mental and physical health Publishers Weekly

The Devoted Dreamers Nicolya Williams,2017-11-03 Do you struggle to wake up before the sun rises Do you roll out of bed and rush through your day Do you allow things to just happen to you Are you finding it difficult to find a clear purpose in each day Life does not have to be this way You can regain control of your life with simple changes to your evening routine In Devoted Dreamers you will learn how to create an evening routine to help you gain control of your life There are countless articles books and blogs for developing a powerful morning routine While having a morning routine is great the truth is that is only part of the process You need a successful evening routine if you really want to put yourself on the fast track for success Routinely doing something every day even just a little bit creates a habit which generates momentum In Devoted Dreamers you will learn tips for creating a successful evening routine that will transform your life

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