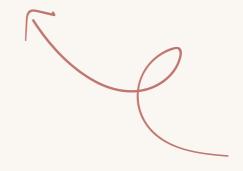


CONFIDENCE,.. SOMETIMES NEEDS TO BE CALLED FROM WITHIN.

I HAVE REPEATED THE SAME WORDS TO MYSELF MANY TIMES NOW THROUGH MANY CLIMBS.

AM I GOOD ENOUGH? YES, I AM.

-MICHELLE OBAMA



### MY ASPIRATIONS

DATE

M T W T F S S

WE CAN LIVE THE LIFE WE WANT BY MAKING SMALL CHANGES EVERY DAY

SOMETHING THAT INSPIRED ME TODAY			
Y ASPIRATIONS  SOMETHING THAT INSPIRED ME TODAY  Daily Affilmation			Trigger
SOMETHING THAT INSPIRED ME TODAY			
SOMETHING THAT INSPIRED ME TODAY			
OMETHING THAT INSPIRED ME TODAY	ACRIBATIONS		
	ASPIRATIONS		
Paily Aflirmation	SOMETHING THAT INSP	IRED ME TODAY	
Daily Affirmation			
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M T W T F S S

WE CAN CONTROL OUR ANXIETY BY CHANGING OUR RESPONSE TO ANXIOUS THOUGHTS.

### TODAY I FELT ANXIOUS/NERVOUS

TRIGGER	THOUGHTS	FEELINGS
MY RESPONSE		
NEXT TIME IN A SIMILA	AR SITUATION I WILL	
Daily Affirmatio		
NOTES & FREE THOUGH	HTS	

### STRESS MANAGEMENT

DATE			

M T W T F S S

STRESS IS AN EMOTIONAL RESPONSE WHICH CAN BE MANAGED USING POSITIVE TECHNIQUES.

# TODAY I FELT STRESSED THOUGHTS **FEELINGS TRIGGER** MY RESPONSE NEXT TIME IN A SIMILAR SITUATION I WILL Daily Affirmation **NOTES & FREE THOUGHTS**

### STRESS MANAGEMENT

DA	TE					
м	т	W	т	F	s	s

STRESS IMPACTS PHYSICAL HEALTH TOO.

	NEGATIVE WAYS TO COPE	POSITIVE WAYS TO COPE
RESPONSE		
HIS HELPS ME MANA	GE STRESS EFFECTIVELY	
aily Affirmatio	N	
aily Affi?mafio	- n	



DATE

M T W T F S S

ANGER IS A SECONDARY EMOTION. UNLESS WE TAKE CARE OF THE PRIMARY EMOTION -- SUCH AS FEELING HURT, SAD, OR DISAPPOINTED -- ANGER WILL NOT SUBSIDE.

### TODAY I FELT ANGRY/MAD/FURIOUS

TRIGGER	THOUGHTS	PRIMARY EMOTIONS  ———————————————————————————————————
MY RESPONSE		
NEXT TIME IN A SIMILA	AR SITUATION I WILL	
Daily Affirmation	N	
NOTES & FREE THOUG	HTS	

### DEPRESSION MANAGEMENT

DA	TE					
М	т	W	Т	F	s	s

SADNESS COMES IN DIFFERENT SHADES FROM LIGHT TO DARK.

#### TODAY I FELT SAD/BLUE/MISERABLE

TRIGGER	THOUGHTS	SHADES OF SADNESS
		_
Y RESPONSE (CHECK ALL 1	HAT APPLY	
Mindfulness exercise	MAI AFFEI)	
Visualizing relaxing scene		
Engaging in activity		
Calling a trusted person		
Yoga		
Listening to music		
Watering plants		
Journaling		
Drawing		
Exercise		
Walking a dog		
Praying		
Lighting a candle		
Self-soothing - use 5 senses		
Using affirmations		
Other -		
HIS HELPS ME THE MOST		



DATE			

M T W T F S S

THE MOST IMPORTANT PART OF ANY RELATIONSHIP IS THE QUALITY OF CONNECTION.

FEEL SECURE IN MY RELATIONSH	IP WITH
THINGS I VALUE IN THIS RELATIONSHIP ARE	
FEEL INSECURE IN MY RELATIONS	SHIP WITH
OME THINGS I WOULD LIKE TO CHANGE IN	THIS RELATIONSHIP ARE
THINGS I CAN CONTROL	THINGS I CAN'T CONTROL
CTION STEPS I CAN TAKE	



DATE	
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 $\mathsf{M}\quad\mathsf{T}\quad\mathsf{W}\quad\mathsf{T}\quad\mathsf{F}\quad\mathsf{S}\quad\mathsf{S}$ 

RELATIONSHIPS CAN CHANGE WITH TIME. IT'S OK.

so	MEONE I COULD BE MORE COMPASIONATE WITH IS
so	MEONE I NEED TO UNDERSTAND MORE IS
so	MEONE I NEED TO STOP TRYING TO CONTROL IS
so 	MEONE I NEED TO THANK MORE IS
so	MEONE I NEED TO LET GO OF IS
so	MEONE I NEED TO MAKE AMENDS WITH IS
so	MEONE I NEED TO ACCEPT WITHOUT JUDGMENT IS
ΓΙΟΙ	N STEPS I CAN TAKE



DATE

MTWTFSS

HEALTHY BOUNDARIES ARE ESSENTIAL FOR HEALTHY RELATIONSHIPS.

#### **RIGID BOUNDARIES**

- Inability to share
- Creating walls in relationships
- Can't compromise
- Unable to build close relationships
- · Can't ask for help

#### **POROUS BOUNDARIES**

- · Can't say NO
- Dependent on other's opinions
- Accepts abusive behavior
- Always compromises
- Overshares

#### **HEALTHY BOUNDARIES**

- Values self-respect
- Can set limits
- Can communicate needs without feeling guilty
- · Respects others
- Appropriately shares personal info

SOMEONE I HAVE RIGID BOUNDARIES WITH
SOMEONE I HAVE POROUS BOUNDARIES WITH
SOMEONE I HAVE HEALTHY BOUNDARIES WITH
ACTION STEPS I CAN TAKE TO IMPROVE MY BOUNDARIES

## GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR	
THINGS THAT MADE ME SMILE TODAY	
SOMETHING THAT INSPIRED ME TODAY	PEOPLE I'M GRATEFUL TO HAVE IN MY LIFE
Daily Affilmation	
NOTES & FREE THOUGHTS	