HOW ARE YOU SHOWING UP IN YOUR LIFE?

One of the best ways to show up more fully is to create a daily or weekly practice of self-reflection.



Journal Promots for a full life

FINDING MEANING

REFLECTION GIVES US A SAFE STARTING PLACE.

WHAT HAS THE LAST YEAR MEANT TO YOU?
USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.

SELF-AWARENESS

WHY DO I HAVE SO MANY FEELINGS?

LET'S UNPACK THE COMPLEX EMOTIONS OR THE LONG-TERM STRESSES OF LIFE.
WRITE DOWN HOW YOU'VE BEEN FEELING LATELY, AND SOURCES OF THE EMOTIONS.
USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.

PARADIGM SHIFTS

I FEEL UNEASY WITH SO MUCH UNCERTAINTY.

THERE'S NO RIGHT OR WRONG WAY TO TRANSITION OUT OF UNCERTAINTY. LIST SOME UNCERTAINTIES THAT LIE AHEAD, AND WAYS YOU CAN STAY PRESENT IN THE MOMENT, WHATEVER THE OUTCOME.

USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.

CULTIVATING EMPATHY

COMPASSION IS NOT COMPLACENT.

RECORD WAYS YOU ARE REACHING OUT TO OTHERS WITH COMPASSION, UNDERSTANDING AND JUDGEMENT-FREE LISTENING. WHAT ARE SOME WAYS YOU'VE ENDEAVORED TO CULTIVATE EMPATHY?

USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.		

SELF-CARE INVENTORY

HOW DO WE GET BEYOND THE BUZZ WORD OF SELF-CARE?

HOW CAN YOU GO BEYOND THE BASIC SELF-CARE OF DRAWING A BATH? DO YOU MAKE A PLAN FOR SELF-CARE MONTHLY, DAILY, WEEKLY? USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.

POSITIVITY

GREY CLOUDS AREN'T WITHOUT THEIR LINING.

WITHOUT QUESTION, THE LAST TWO YEARS OF COVID HAVE RENDERED MORE CHALLENGES THAN WE COULD HAVE IMAGINED. THINK OF SOME SILVER LININGS DURING THIS PERIOD, AND RECORD THEM.

USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.

ACCEPTANCE

ACCEPTANCE IS FREEING.

WE ALL HAVE THINGS WE CRITICIZE AND FIND FAULT ABOUT OURSELVES, BUT REACHING A PLACE OF ACCEPTANCE ENABLES US TO GROW AND SHOW TRUE, SELF-LOVE.

HOW HAVE YOU ACCEPTED YOURSELF RECENTLY?

USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.

NURTURANCE

WE ABUSE A LOT OF WHAT WE TAKE FOR GRANTED.

THE DAILY ACT OF LIVING REQUIRES A GREAT DEAL OF CARE: IN HOW WE COMMUNICATE AND HOW WE MANAGE HOW WE FEEL. CAN YOU NUTURE YOUR WELL-BEING IN NEW WAYS? WHAT'S BEEN ON YOUR DREAM LIST FOR WELLNESS? USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.

RELEASING TENSION

MOVING FORWARD, WHEN WE LOVE TO LOOK BACK AND EVEN LIVE IN THE PAST, IS TOUGH.

FEELING STUCK? HOW CAN YOU HELP YOURSELF MOVE FORWARD? USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.

SUSTAINABILITY

WE CAN ONLY MAINTAIN MENTAL WELLNESS WITH A GOOD PLAN.

LIST SOME SUSTAINABLE WAYS TO SUPPORT YOUR SELF-NURTURANCE IN THE WEEKS AND MONTHS AHEAD. DAILY STILLNESS? GETTING DIRTY IN NATURE? CREATING A GRATITUDE PRACTICE?

USE THE LINES BELOW TO WRITE, OR VOICE RECORD YOUR THOUGHTS.

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