

AWARENESS JOURNAL



**A PERSONAL GUIDE TO OVERCOMING STRESS
AND INCREASE SELF-AWARENESS**

Created by Chelsea Hollis-Neath

WELCOME!

Firstly, congratulations on taking the step to regain your personal power. By tackling our core stressors, we make space for new positive pathways to form which can form the journey of peaceful awareness and happiness.

This workbook is to educate and support you on your journey to self awareness and a stress-less way of living. There are tasks to complete throughout this journey that is all part of a process to encourage you to take the steps and regain your personal power back over any busy, erratic thoughts you may be experiencing. When it comes to healing, it can feel quite uncomfortable and there may be times that you are triggered. When we are triggered, it means that we become in a "reactive" state. The most irrational thoughts and feelings occur when we have been triggered so most of the time, there is not much good that can come of it. When you are in a triggered state, it means that we have healing and inner work to do around that topic. We react when we tend to be feeling insecure. This is an opportunity to explore awareness around being "triggered," as when we are "aware" that we are being triggered...it means we are indeed growing, learning and starting to master self-awareness..

Take a nice, slow deep breath and let's get started!

WHO AM I WHAT ARE MY GOALS

What has drawn you towards this workbook today?

How are you feeling about your world right now?

Have you been medically diagnosed with any illness or conditions and/or currently on medication?

Are you currently seeing a mental health professional?

Do you have any physical pain or ailments at the moment?

What would you like to gain out of this course?
Set your Intention

STRESS QUIZ

Put a tick next to the points that apply to you

1. I sleep 7-8 Hours every night
2. I manage my time well
3. I drink less than 5 alcoholic beverages per week
4. I give and receive affection regularly
5. I exercise at least three times per week
6. My income is adequate to meet my basic expenses
7. I have a network of friends and acquaintances
8. I am in good health (including eyes, hearing and teeth)
9. I am able to speak about my feelings when I am angry or worried
10. I have regular conversations with the people I live with about domestic problems, (chores, money etc)
11. I regularly participate on social or other activities
12. I do something for fun at least once a week
13. I have at least one friend or relative nearby who I can rely on
14. I eat a well-balanced diet including adequate amounts of protein, fruits and vegetables
15. I am close to the appropriate weight for my height
16. I drink less than 4 caffeinated beverages per day
17. I get an adequate amount of quiet time for myself during the day
18. I have a plan to better manage stress in my life

If your total number of checks is seven or less, you may not be doing all that you can to help reduce and manage the stress in your life. Review the list and identify one or two areas that you can work on each week to help improve your health at this very stressed time in your life.

RAHE STRESS SCALE - ADULTS

To measure stress according to the Holmes and Rahe Stress Scale, the number of Life Change Units that apply to events in the past year of an individual's life are added and the final score will give a rough estimate of how much stress is affecting the individual's health.

ADULTS

Death of a spouse - 100
Divorce - 73
Marital Separation - 65
Imprisonment - 63
Death of a close family member - 63
Personal injury or illness - 53
Marriage - 50
Dismissal from work - 47
Marital reconciliation - 45
Retirement - 45
Change in health of family member - 44
Pregnancy - 40
Sexual difficulties - 39
Gain a new family member - 39
Business adjustment - 39
Change in financial state-- 38
Change in frequency of arguments - 35
Major mortgage - 32
Foreclosure of mortgage or loan - 30
Change in responsibilities at work - 29
Child leaving home - 29
Trouble with in-laws - 29
Outstanding personal achievement - 28
Spouse starts or stops work - 26
Begin or end school - 2
Change in living conditions - 25
Revision of personal habits - 24
Trouble with boss - 23
Change in working hours or conditions - 20
Change in residence - 20
Change in schools - 20

Change in recreation - 19
Change in church activities - 19
Change in social activities - 18
Minor mortgage or loan - 17
Change in sleeping habits - 16
Change in number of family reunions - 15
Chng in eating habbits - 15
Vacation - 13
Christmas - 12
Minor violation of law - 11

SCORE

Less than 150: Only have a slight risk of illness

Score of 150-299: Risk of illness is moderate (reduced by 30% from the below risk)

Score of 300+ At risk of illness

How does your score make you feel?

Do you notice any physiological changes at this moment?

RAHE STRESS SCALE - CHILDREN & TEENS

A modified scale has also been developed for children and teenagers. Similar to the adult scale, stress points for life events in the past year are added and compared to the rough estimate of how stress affects health.

CHILDREN AND TEENAGERS

- Getting married - 100
- Unwed pregnancy - 92
- Death of parent - 87
- Acquiring a visible deformity - 81
- Divorce of parents - 77
- Fathering an unwed pregnancy - 77
- Becoming involved with drugs or alcohol - 76
- Jail sentence of parent for over one year - 75
- Marital separation of parents - 69
- Death of a brother or sister - 68
- Change in acceptance by peers - 67
- Pregnancy of unwed sister - 64
- Discovery of being an adopted child - 63
- Marriage of parent to step-parent - 63
- Death of a close friend - 63
- Having a visible congenital deformity - 62
- Serious illness requiring hospitalisation - 58
- Failure of a grade in school - 56
- Not making an extracurricular activity - 55
- Hospitalisation of a parent - 55
- Jail sentence of parent for over 30 days - 53
- Breaking up with boyfriend or girlfriend - 53
- Beginning to date - 51
- Suspension from school - 50
- Birth of a brother or sister - 50
- Increase in arguments between parents - 47
- Loss of job by parent - 46
- Outstanding personal achievement - 46
- Change in parents financial status - 45
- Accepted at college of choice - 43
- Being a senior in high school - 42
- Hospitalisation of a sibling - 41
- Increased absence of parent from home - 38
- Brother or sister leaving home - 37
- Addition of third adult to family - 34
- Becoming a full-fledged member of a church - 31
- Decrease in arguments between parents - 27
- Decrease in arguments with parents - 26
- Mother or father beginning work - 26

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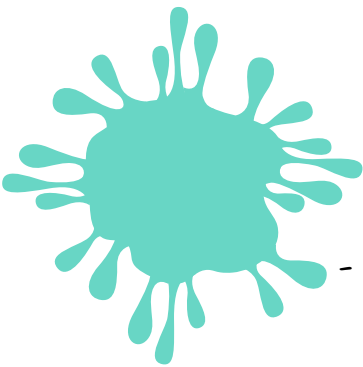
UNDERSTANDING STRESS

When faced with challenging or threatening situations, the stress response is activated within our bodies. This means that our brains starts sending signals to different parts of our body demanding that more stress hormones be released such as Adrenaline and Cortisol. These hormones are great for us in small doses. Cortisol reduces inflammation within the body and helps regulate the immune system, however Chronic Stress, (stress over an extended period), can interfere with the communication between the immune system and the Hypothalamic-Pituitary-Adrenal (HPA) Axis - the primary driver of the endocrine/hormone stress response. This response is also known as Fight-or-Flight Response, first described as an "emergency response" by Dr Walter B. Cannon, a well respected Physiological Professor at Harvard Medical School. After extensive research by Czech Scientist, Dr. J Brod, not only can prolonged stress have severe negative health declines within all of the human body systems, Muscular, Respiratory, Cardiovascular, Digestive, Endocrine, Nervous & Reproductive but something as simple as trying to solve a mathematical equation under a time limit, triggered the Fight-Or-Flight response in his test students.

STRESS EFFECTS



Here are just a few changes that occur in the short-term within the body when Fight-Or-Flight Response takes place.



- Increase in blood pressure
 - increased heart rate
 - increased breath rate
- increased muscle tension/cramping
 - eyes dry out
- decrease in saliva production
 - sweating/clamminess
 - release of Cortisol
- suppressing immune system function
- loss of bladder control. hearing, vision
 - digestive system interruption.

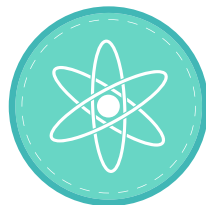
The more our Stress Response is activated, the greater the chance of long term illness such as heart attacks, stroke, cancer etc.



THE POWER OF OUR BRAIN

Studies have shown that our mind is an extremely powerful thing especially when it comes to intention. When we say something negative and hurtful to a person, (especially a child), this can stay in their subconscious mind throughout their entire life-time. Bullying is a perfect example of this. Kids who have been called "fat" over and over again can often struggle with weight issues later in life due to the effect these words have had on them from an early age. An example of the power of intention is the Rice Experiment by Dr Masaru Emoto. In three different containers he poured white rice and topped with clean water and left these for 30 days. During the course of the experiment he said "Thank you" to the first container, (love), the second he would call an idiot, (hate), and the third was ignored completely. After this time frame, the 'Thank You' beacon started to ferment and expel a pleasant aroma, the second turned black and the third started to rot. You can find more on this on You Tube by searching Masaru Emoto's Rice Experiment. He also conducted a similar experiment with water, words and different music which had similar results. This is why self care is important. Reaffirm self-worth, value and love, as over time

negativity can be quite harmful.. Author/Speaker Brooks Gibbs explains bullying in the most simplistic terms: Dominance behavior. Bullying, (the intention to intimidate or seek to harm or to hurt ones feelings, not assault and battery) is an imbalance of power. The bully seeks power over another which can often result in a response of anger which then feeds the bullys behaviour further which then becomes a game of "winning or losing" Gibbs states in his online Youtube Video, "How To Stop A Bully." "If you the victim decided not to get upset and let words bounce back off you without getting to you," then the bully fails to gain power and the game is over. Gibbs also mentions that "if we empower kids to solve their own social problems, the following happens: They grow in self-esteem They grow in self-confidence They grow in self-worth All three points have one word in common, 'self'. It is so important to listen to our body, and it is okay to ask for help when it is needed. For those who have children, listen and communicate with them and provide them with the guidance and correct tools to be emotionally strong, mentally tough and resilient. Re-affirm to them every day as much as you can how wonderful, kind, strong, healthy, loving, talented, brave, appreciated they are and what they mean to you as you might just have a huge part to play in making sure any unknown stressors or self doubts they may have, is counteracted. You can also help by dedicating time for yourself for self-care and starting this process is a positive first step!



TAKING BACK YOUR POWER

Dr Herbert Benson who completed endless studies in this field discovered that with regular gratitude and meditation we can gain control of our body responses in stressful situations by achieving the Relaxation Response. More recently, Dr Joe Dispenza has stated in his "Becoming Supernatural Workshop" in Sydney May 2019, that from over 8,500 brain scans and over 7000 studies of epigenetics he concluded that by conditioning the mind & body to work together via training (5 of 7 days of meditation over 30 days), 'we can alter genetic cells to reduce cancer and damaged stem cells to repair.'

See following pages for more in depth information on Meditation



DREAM BIG,
WORK HARD,
- MAKE IT -
happen.

EFFECTS OF MEDITATION

Here are just a few positives that occur in the short-term within the body when the Relaxation Response is triggered.

- Improved focus and clarity
 - increased happiness
 - reduced muscular tension
- improves regular breathing rate
 - lowers heart rate
- Reduces unnecessary release of additional dopamine, adrenaline and cortisol-Strengthens immune system

The more our Relaxation Response is activated, the greater the chance of reaching ultimate happiness and positive health.

We can achieve the Relaxation Response by practicing daily gratitude and meditation, physical activity, positive nutritional diet.

Persistence and perseverance is the key. Find your calm and encourage our kids to find theirs too. Yoga, breathing techniques, regular meditation, movement, massage, art, adventure, journaling.



EFFECTS OF MEDITATION

By practicing Meditation, you train your mind and body to remain in the Relaxation Response for longer periods of time in order to deal with daily stressful situations better.

Therefore minimising chance of ill health and enhancing balance. Many people have commented that they tried meditation once and their mind was too busy and they never tried again. However what a lot of people do not seem to realise is that there are multiple Meditation Styles that may be more suited to each individual. Getting to a meditation state where your mind is completely still takes time and perseverance. Below are just a few examples of different meditation styles that may help trigger the Relaxation Response.

“YOU’VE
TOTALLY GOT
THIS!”

MEDITATION STYLES

Movement Meditation

Movement meditation helps release our happy hormone, serotonin as well as releases built up tension and stress our body holds onto. This style of meditation can be in the form of dance, long distance walking/running or other physical activities such as a fitness class.

Movement Meditation disengages the fight-or-flight response as it burns excess energy through exercise. This is a fun, laid back style of meditation

Zen Meditation

Be focused in the present moment by BEING. Focusing on what is happening in the NOW. A great way to start incorporating Zen Meditation into your day is whilst having a shower by listening to the sound of the water, feeling the water on your skin and noticing the sensations happening to your body, paying attention to the temperature and sounds.



MEDITATION STYLES

Concentrative Meditation

Fixing your gaze upon a particular object whether it be the ocean, a candle flame, a plant or mandala to create utmost stillness of the mind. This is a wonderful way to begin exploring meditation. You may find you do this in some ways already without realising it. Remember to move aside any thoughts during your meditation and refocus on your object

More and more research is being conducted around mind-body medicine that provides evidence of the positive health effects of self-care, regular meditative practices and conditioning the mind and body to work together to achieve a higher level of awareness or consciousness. Reaching this state of consciousness and calm not only reduces stress in adults and children but now allows us to self heal. By providing this knowledge to the children of today, not only will stress be reduced significantly but the generations to follow to lead healthier, longer and more peaceful lives.



TAKE A BREATH



Deep breathing helps you relax, lowering the harmful effects of the stress hormone cortisol on your body. In addition, can help lower your heart rate, blood pressure and increase oxygenation within the body.

Put on some calming music and remember, if you tend to suffer from panic attacks or anxiety...breathing is the most natural thing we know. Repeat this mantra within your mind

"I am capable of breathing easy, for breathing is the most natural thing I know."

MAKE A START

It's time to tackle that stress!

On the following pages you have a tracking chart for one week. Over the following week, monitor times when you become stressed or overwhelmed and briefly note it down in your Awareness Journal.

This is going to allow you to break down and identify your stress triggers so that you can start looking at solutions which we will cover in the following weeks.

In reality, the last thing you may want to do whilst having a stressful moment is grab a pen and paper and write about it. If you are unable to fill this out during the day, reflect at the end of the day on what caused your stress and how your body responded. This will make things clearer when you start taking back control in the following weeks.

You will also see a Gratitude Chart. Expressing daily Gratitude helps encourage shifting to positive thought patterns



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DAILY GRATITUDE



NAME ONE POSITIVE THING
THAT HAPPENED TODAY

TIP: What Physiological Needs are you grateful for?

LIST THREE THINGS YOU ARE
GRATEFUL TO HAVE IN YOUR
LIFE

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DAILY AWARENESS JOURNAL

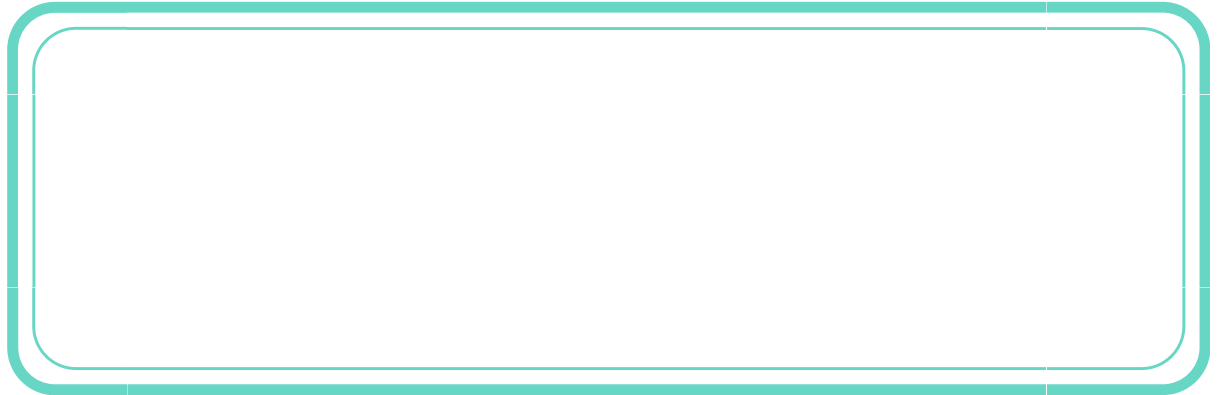
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DAILY GRATITUDE



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DAILY GRATITUDE

NAME ONE POSITIVE THING
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*take care
of your mind*

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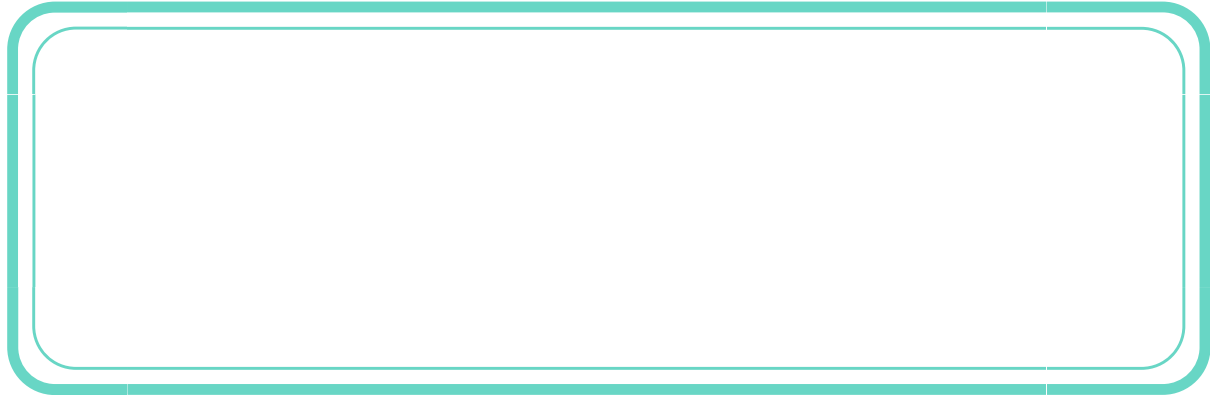
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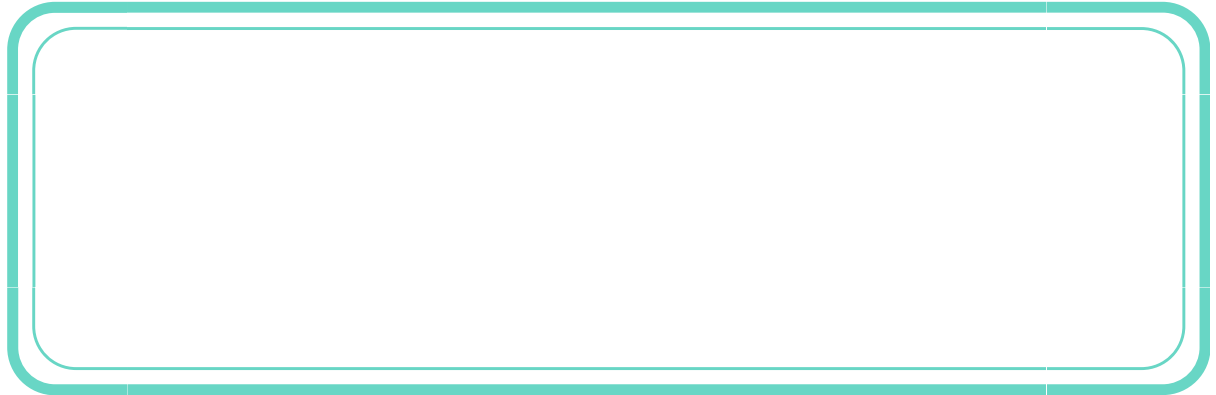
SPEND
SOME TIME
IN NATURE
& NURTURE
YOURSELF



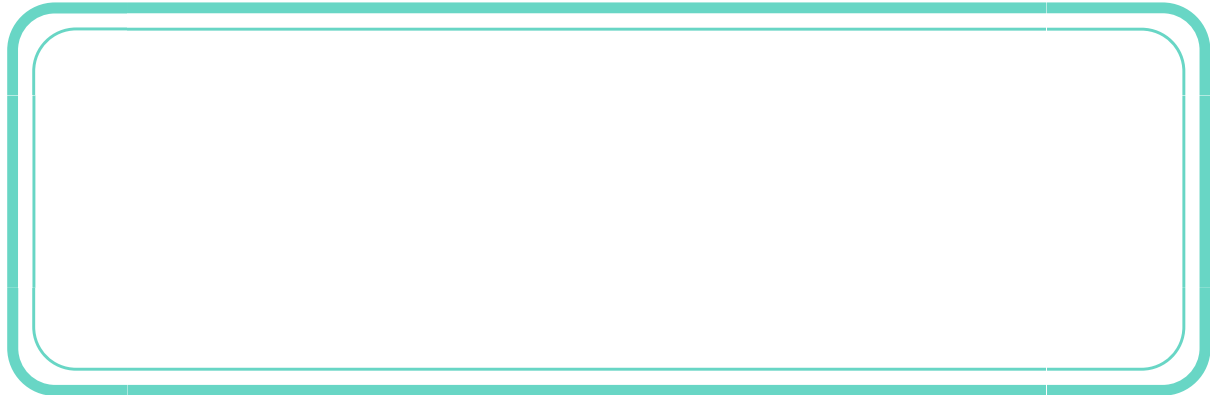
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STAGE 1 REVIEW

TASK: Go over your Awareness Journal for the week and see if you can notice any patterns in stress triggers and physiological responses. This will help us utilise the time we have to brainstorm together and see what actions we can come up with to manage these reactions better and minimise stress

When: Can you notice if there is a particular time of the day you are more stressed than others?

What: Are there particular situations or events that cause you stress?

Where: Do you notice if there are particular places or environments where you are more stressed

Symptoms: Have you located where you are effected most in your body when this stress occurs?

Are there repetitive patterns in your body responses with particular situations. If so, write about it.

Pinpoint what stress events resulted in particular repetitive physiological responses, this will help us identify which tools will help best moving forward

NOTES

STAGE 1 COMPLETE!

Congratulations!

You have completed your first stage of your Awareness
Journal & Gratitude Chart!

POSITIVE
VIBES



WEEK 2 TASK 2

TASK 2

You did so well in your first week and even though there may have been some challenging times you got through it so let's get stuck into week 2!

In the following pages you have seven pages marked "Worry Time"

Read the following page and set aside a small amount of time each day over the next week to focus on your worries. You will also find another Awareness Journal Tracker for week

2. If you feel you would like to continue this process it may help bring more awareness and clarity regarding your common stressors

This week we are going to add some Zen Meditation in. Each day, choose a moment where you practice Zen Meditation by paying attention to smells, sounds, how certain things make you feel and really narrow down your focus.



WEEKLY AWARENESS JOURNAL

WORRY TIME

Aim at taking control of how often you spend time worrying about things that are causing stress and set aside an amount of time each day to express, break it down and look at solutions. Becoming aware of your wandering thoughts takes time and it is okay if you forget to do this. Keep at it because over time you will start to notice that for the majority of your day you are stress free.

By completing your weekly stress/awareness journal you may have started to realise that you may have multiple times throughout the day where you are experiencing stress symptoms. Awareness is a great start because it allows you to take your control back. Set aside 15 minutes of "WORRY TIME" each day where you focus on what is worrying you, identify your stressors and look at tackling one at a time. Sometimes we can overwhelm our mind by frantically jumping from one stressful thought to another. Worry Time will help break that down over time and allow you to gain control so that you can enjoy your day. If you find yourself straying towards worry, remember to keep it for your set worry time.

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DAILY WORRY TIME

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Which stressors are avoidable and which are unavoidable?

Avoidable

Unavoidable

What is your altered mindset to minimise the emotional and mental effect each worry has, so you can gain your control back

Avoidable New Mindset

Unavoidable New Mindset

DAILY GRATITUDE



NAME ONE POSITIVE THING
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TIP: What Physiological Needs are you grateful for?

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DAILY GRATITUDE

NAME ONE POSITIVE THING
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you are
enough

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DAILY WORRY TIME

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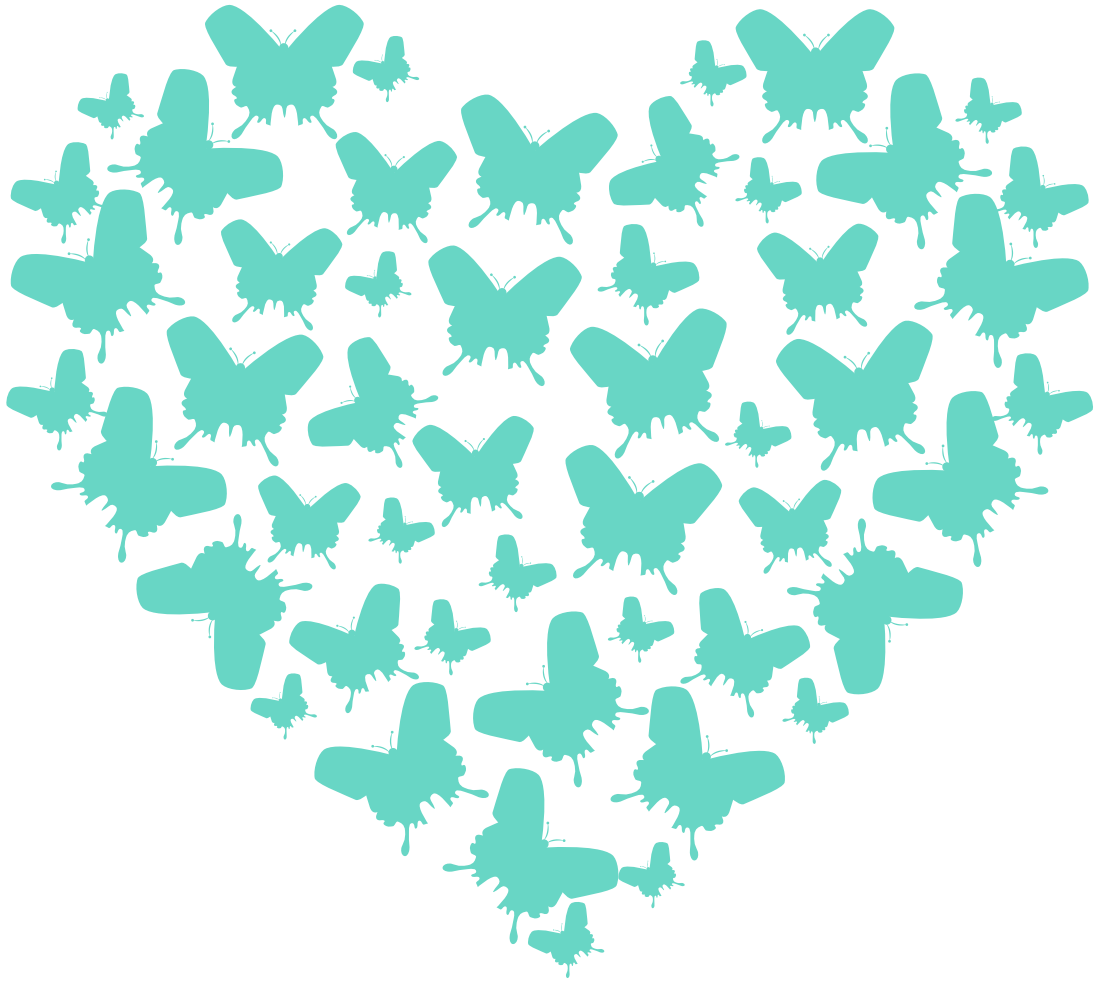
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believe →

You're doing great! Keep going
you've got this!

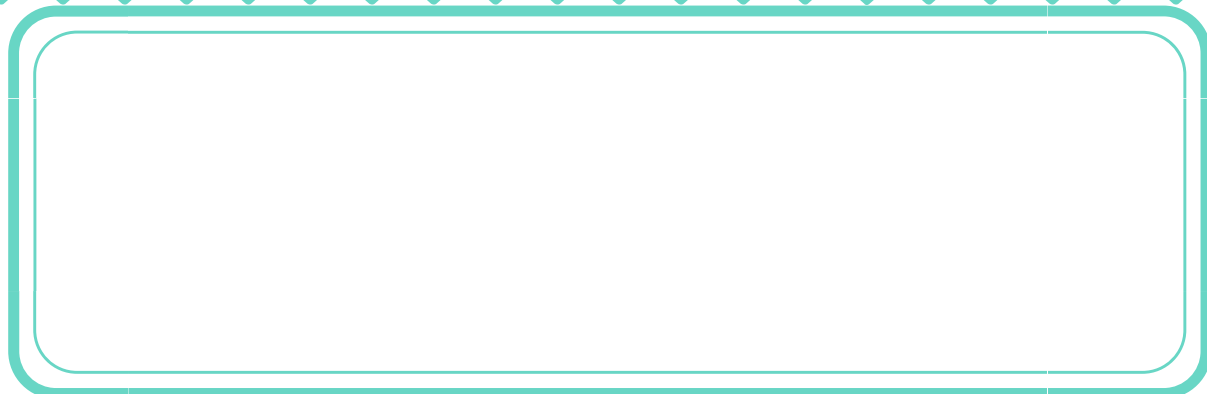


Affirm:

"I am capable of making positive and
healthy changes in my life!"

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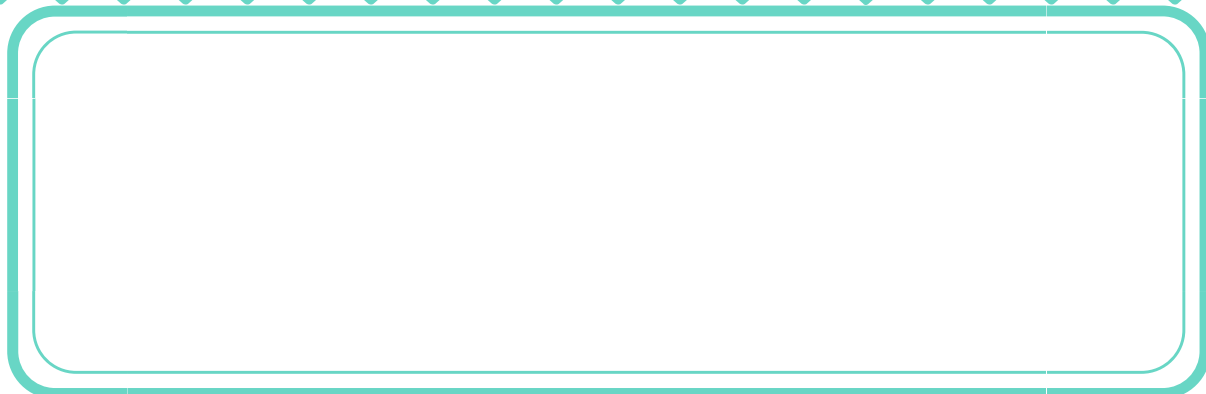
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DAILY AWARENESS JOURNAL

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SYMPTOMS



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SYMPTOMS



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WHEN
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SYMPTOMS



DAILY WORRY TIME

W H E N

W H E R E

W H A T

W H Y

Which stressors are avoidable and which are unavoidable?

Avoidable

Unavoidable

What is your altered mindset to minimise the emotional and mental effect each worry has, so you can gain your control back

Avoidable New Mindset

Unavoidable New Mindset

DAILY GRATITUDE

NAME ONE POSITIVE THING
THAT HAPPENED TODAY

“good
things
ahead”

LIST THREE THINGS YOU ARE
GRATEFUL TO HAVE IN YOUR
LIFE

1.

2.

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DAILY AWARENESS JOURNAL

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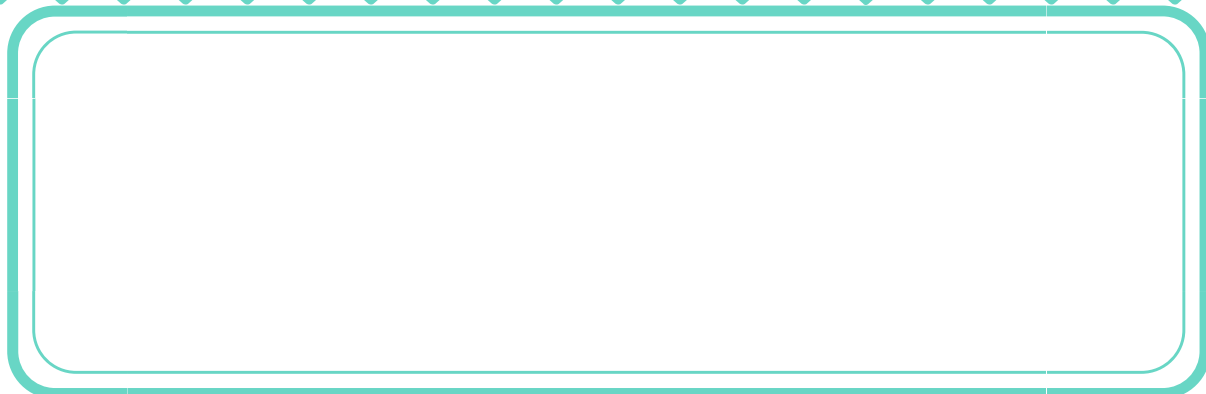
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DAILY AWARENESS JOURNAL


SPEND SOME
TIME IN
NATURE &
NURTURE
YOURSELF




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DAILY GRATITUDE

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*take care
of your mind*

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BENEFITS OF EXPRESSING GRATITUDE

7 Scientifically Proven Benefits of Gratitude

Credit: Amy Morin 2015

1. Gratitude opens the door to more relationships. Not only does saying "thank you" constitute good manners, but showing appreciation can help you win new friends and acknowledging other people's contributions can lead to new opportunities., according to a 2014 study published in Emotion.
2. Gratitude improves physical health. Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in Personality and Individual Differences
3. Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.
4. Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly, according to a 2012 study by the University of Kentucky. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge

BENEFITS OF EXPRESSING GRATITUDE

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5. Grateful people sleep better. Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.
6. Gratitude improves self-esteem. A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments.
7. Gratitude increases mental strength. For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you have to be thankful for—even during the worst times—fosters resilience.

NOTES

STAGE 2 COMPLETE!

CONGRATULATIONS!

Describe what challenges arose last stage?

What tools did you find beneficial during this time?

How are you feeling about moving forward?

Do you have anything you would like to discuss?

BREAK

Butterfly Symbolism

What is the meaning of the butterfly? This animal totem is primarily associated with symbolism of change and transformation. Powerful transformation, metamorphosis in

your life, personality

Moving through different life cycles

Renewal, rebirth

Lightness of being, playfulness

Elevation from earthly matters, tuning into emotional or spiritual

The world of the soul, the psyche

A secondary meaning of the butterfly is about finding joy in life and lightness of being.

Sourced from www.spiritanimal.info



When you see a butterfly cross your path, remember this symbolism. It may be just what you need to remind you to keep going

STAGE 3

Life Charting

You have made it to stage 3!

Now it is time to really look at your goals, see where your happiness lies and where you want it to be

This week we are going to add some Movement Meditation in. Each day, choose a moment where you practice Movement Meditation whether it be in form of exercise, dance or getting out in nature

live
your
dream.

do it for you

do what
makes
you happy

You are WORTHY

start
somewhere

you are
enough

seize the day

THEORY OF HUMAN MOTIVATION

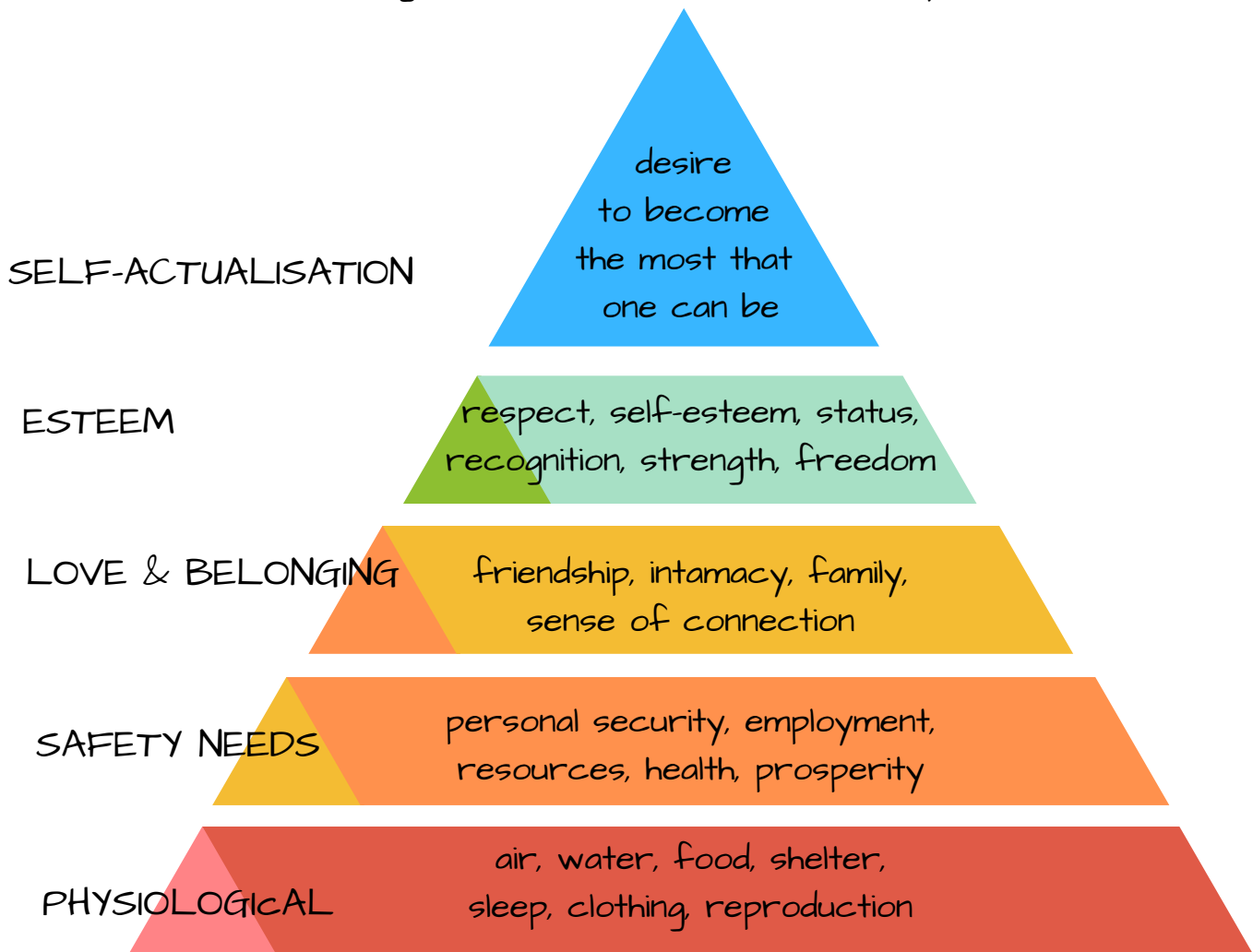
Maslow's hierarchy of Needs is a theory in psychology proposed by Abraham Maslow in his 1943 paper "A Theory of Human Motivation" in *Psychological Review*. Maslow subsequently extended the idea to include his observations of humans' innate curiosity. His theories parallel many other theories of human developmental psychology, some of which focus on describing the stages of growth in humans. He then decided to create a classification system which reflected the universal needs of society as its base and then proceeding to more acquired emotions.[3] Maslow's hierarchy of needs is used to study how humans intrinsically partake in behavioral motivation. Maslow used the terms "physiological", "safety", "belonging and love", "social needs" or "esteem", and "self-actualization" to describe the pattern through which human motivations generally move. This means that in order for motivation to occur at the next level, each level must be satisfied within the individual themselves. Furthermore, this theory is a key foundation understanding how drive and motivation are correlated when discussing human behaviour. Each of these individual levels contains a certain amount of internal sensation that must be met in order for an individual to complete their hierarchy.[3] The goal in Maslow's theory is to attain the fifth level or stage: self-actualization.[4] Maslow's theory was fully expressed in his 1954 book *Motivation and Personality*.[5] The hierarchy remains a very popular framework in sociology research, management training[6] and secondary and higher psychology instruction.



HIERARCHY OF NEEDS

Maslow's classification hierarchy has been revised over time. The original hierarchy states that a lower level must be completely satisfied and fulfilled before moving onto a higher pursuit. However, today scholars prefer to think of these levels as continuously overlapping each other.[3] This means that the lower levels may take precedence back over the other levels at any point in time -

https://en.wikipedia.org/wiki/Maslow%27s_hierarchy_of_needs



current

LIFE CHARTING

What are you doing to fulfill each life area?

FRIENDSHIP

FAMILY

HEALTH

COMMUNITY

FINANCES

CAREER

LEISURE
FUN

CREATIVITY

LOVE

Here is some inspiration to get one step closer to reaching your happiness goals

FRIENDSHIP

Join a social club or online friendship group
Catch up with an old friend

FAMILY

Make a call, catch up for dinner, consider a family reunion, throw a party, send a nice gift

HEALTH

Try a fun sport that you would love to do.
Take a healthy cooking class, meditation group

COMMUNITY

Volunteer for a charity or make a donation. Pay it forward

FINANCES

Talk to a financial planner, explore budgeting, set money goals

CAREER

Try work experience and explore short courses in areas that you are excited about

LEISURE FUN

Get out of your comfort zone, try something new, wine tour, new restaurant, day trip

CREATIVITY

Join a class, writing, art, pottery, sewing, singing group, woodwork, sip & paint class

LOVE

Open your heart & express love to yourself & others. Let someone know you are thinking of them

DAILY AWARENESS REVIEW

stage 3

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3.

future

LIFE CHARTING FUTURE

What do you want each life area to look like?

FRIENDSHIP

FAMILY

HEALTH

COMMUNITY

FINANCES

CAREER

LEISURE
FUN

CREATIVITY

LOVE

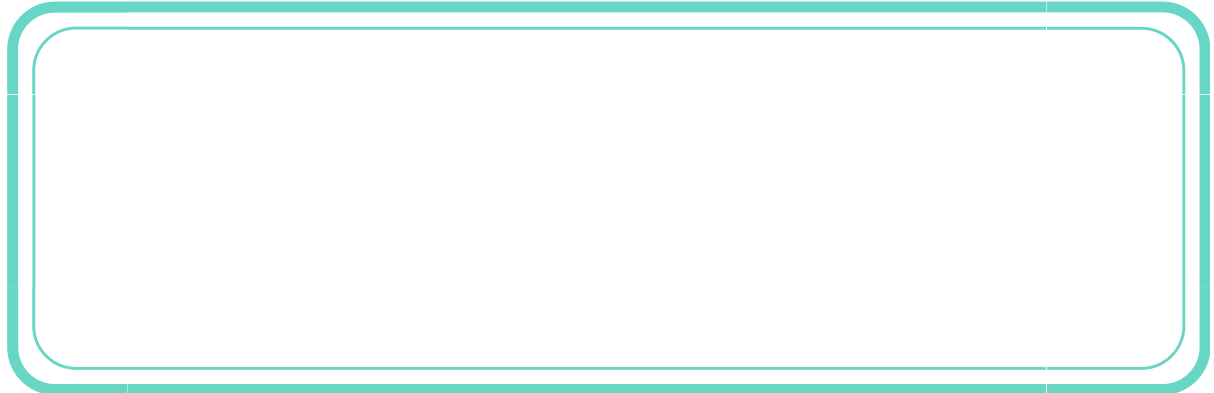
DAILY AWARENESS REVIEW

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plan

LIFE CHARTING PLAN

What steps can you take to achieve these goals?

FRIENDSHIP

FAMILY

HEALTH

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ideas & interests

LIFE CHARTING IDEAS

What actions can you take to achieve these goals?

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FAMILY

HEALTH

COMMUNITY

FINANCES

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action

LIFE CHARTING ACTION

Make the call! Book a time! Start the Action!
Write down what you have completed

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FAMILY

HEALTH

COMMUNITY

FINANCES

CAREER

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NOTES

PROGRESSION

Keep continuing with Daily Gratitude and Meditation as this will help reduce unnecessary overthinking that causes stress.

How are you feeling about your world right now?

How has your life view altered since beginning this course?

How would you describe your mental health currently?

Do you have any physical pain or ailments at the moment?

What have you gained out of this course & do you feel you have received the necessary support?

REVIEW

Describe how are you feeling about your progress?

What tools throughout the workbook have you found most beneficial?

Have you utilised any of these tools for new stressors that may have occurred during the course of this workbook?

Do you feel you have gained more control over your life areas?

STAGE 4

MAKE A PLAN & TAKE ACTION

Get a Journal that you can continue on with your progress and make sure you add in sections for your daily gratitude, worry time and space for your life charting, mapping and planning.

If you need guidance, remember to look back through your progress so far and get in touch at the end of the week to see how you went on your own.

This week add some Concentrative Meditation in. Each day, choose an item where you practice Concentrative Meditation by narrowing your focus to one specific object whether it be a piece of artwork, a candle flame or something in nature.

Your progress solely depends on your commitment to gaining a happier life for yourself. This workbook is not designed to heal you but you to help you heal yourself and increase your awareness of your own self sabotaging behaviours and negative thought patterns. This is to encourage you to make positive and healthy life choices. Be sure you complete all the steps on these pages because in the end, it is up to YOU ARE WORTHY!

YOU'VE
TOTALLY GOT
THIS!

NOTES

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WRITING CEREMONY

Unresolved issues can often stick with us and be a part of what prevents us from moving forward in our own happiness. If there is something holding you back whether you have had a broken heart, lost a loved one or trust has been broken, it is time to forgive and allow yourself the gift of freedom.

Writing Ceremony

Get some paper and a pen and start writing about your emotional pain and struggle, the things that are holding you down. Don't hold back, let it all out on the piece of paper and once you are done, burn the sheets of paper and repeat the following:

"I release all pain, I release all fear, I release all grief that has held me back. Now is the time for me to forgive others and to forgive myself. I give myself permission to achieve inner peace. I welcome joy, love and happiness into my life."




DAILY AWARENESS JOURNAL

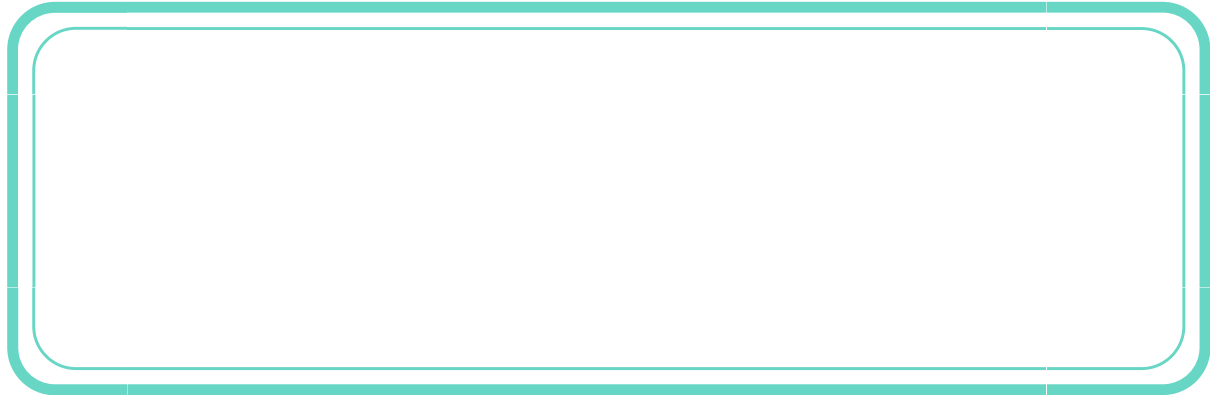
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DAILY GRATITUDE



NAME ONE POSITIVE THING
THAT HAPPENED TODAY

TIP: What item in your household are you grateful for?

LIST THREE THINGS YOU ARE
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LIFE

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DAILY AWARENESS JOURNAL

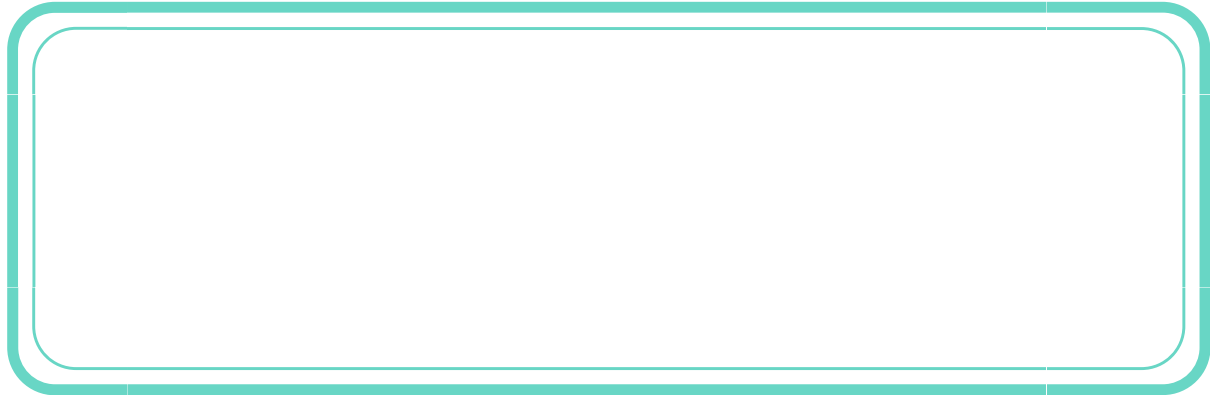
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DAILY GRATITUDE



NAME ONE POSITIVE THING
THAT HAPPENED TODAY

TIP: What Relationships are you grateful for?

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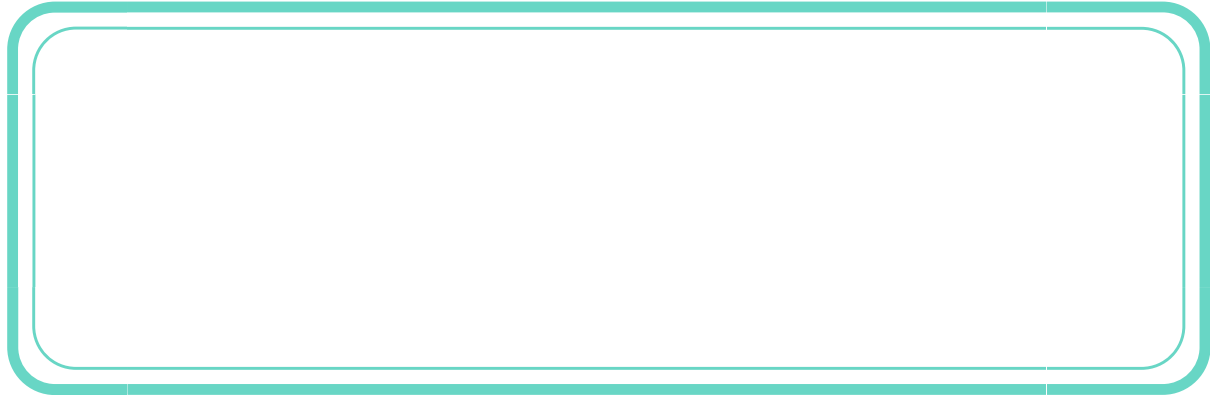
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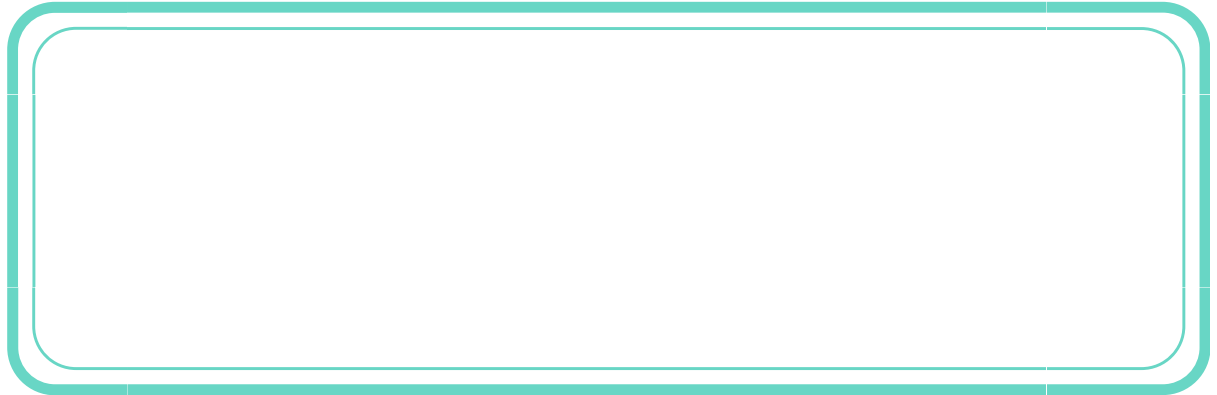
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DAILY GRATITUDE



NAME ONE POSITIVE THING
THAT HAPPENED TODAY

TIP: What things in nature are you grateful for?

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DAILY GRATITUDE



NAME ONE POSITIVE THING
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TIP: What Physiological Needs are you grateful for?

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DAILY GRATITUDE

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*take care
of your mind*

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DAILY GRATITUDE



NAME ONE POSITIVE THING
THAT HAPPENED TODAY

TIP: What foods are you grateful for?

LIST THREE THINGS YOU ARE
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DAILY AWARENESS JOURNAL

SPEND
SOME TIME
IN NATURE
& NURTURE
YOURSELF



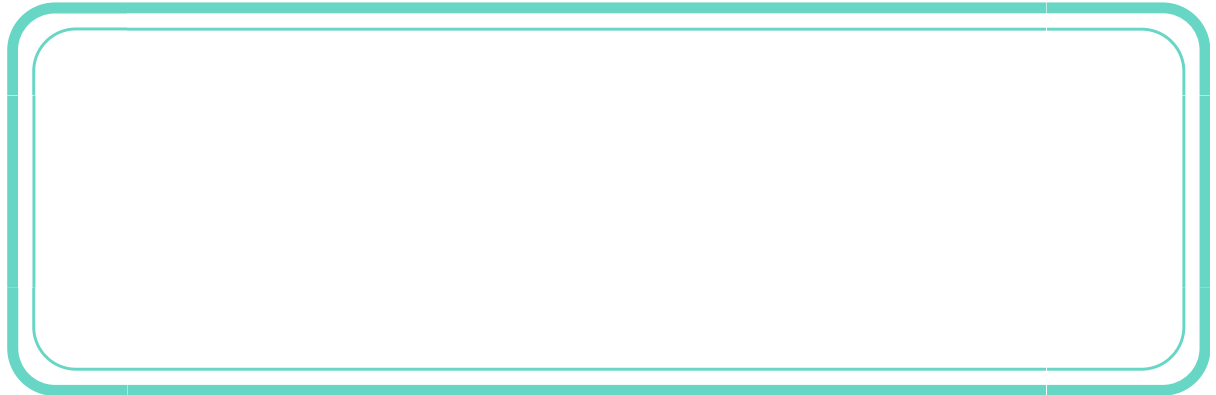
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DAILY GRATITUDE



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3.

FINAL STAGE

Dream Catcher

You have done so well to make it this far and I bet you are seeing some positive changes happening to your life right about now.

It is time for a final stage of this workbook.

BUCKET LIST TIME! Let's go catch some dreams!



Believe
IN
yourself

DREAM CATCHER

My Dream Catcher List Things I Want to Achieve in My Life

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2.

3.

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DREAM CATCHER

My Dream Catcher List Things I Want to Achieve in My Life

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DREAM CATCHER

My Dream Catcher List Things I Want to Achieve in My Life

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DREAM CATCHER

My Dream Catcher List Things I Want to Achieve in My Life

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DREAM CATCHER

My Dream Catcher List Things I Want to Achieve in My Life

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Avoidable

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Avoidable New Mindset

Unavoidable New Mindset

Brainstorm: What can you change to reduce these stress triggers? Get a piece of paper or use the note section to brainstorm

DAILY GRATITUDE



NAME ONE POSITIVE THING
THAT HAPPENED TODAY

TIP: What freedoms are you grateful for?

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you are
enough

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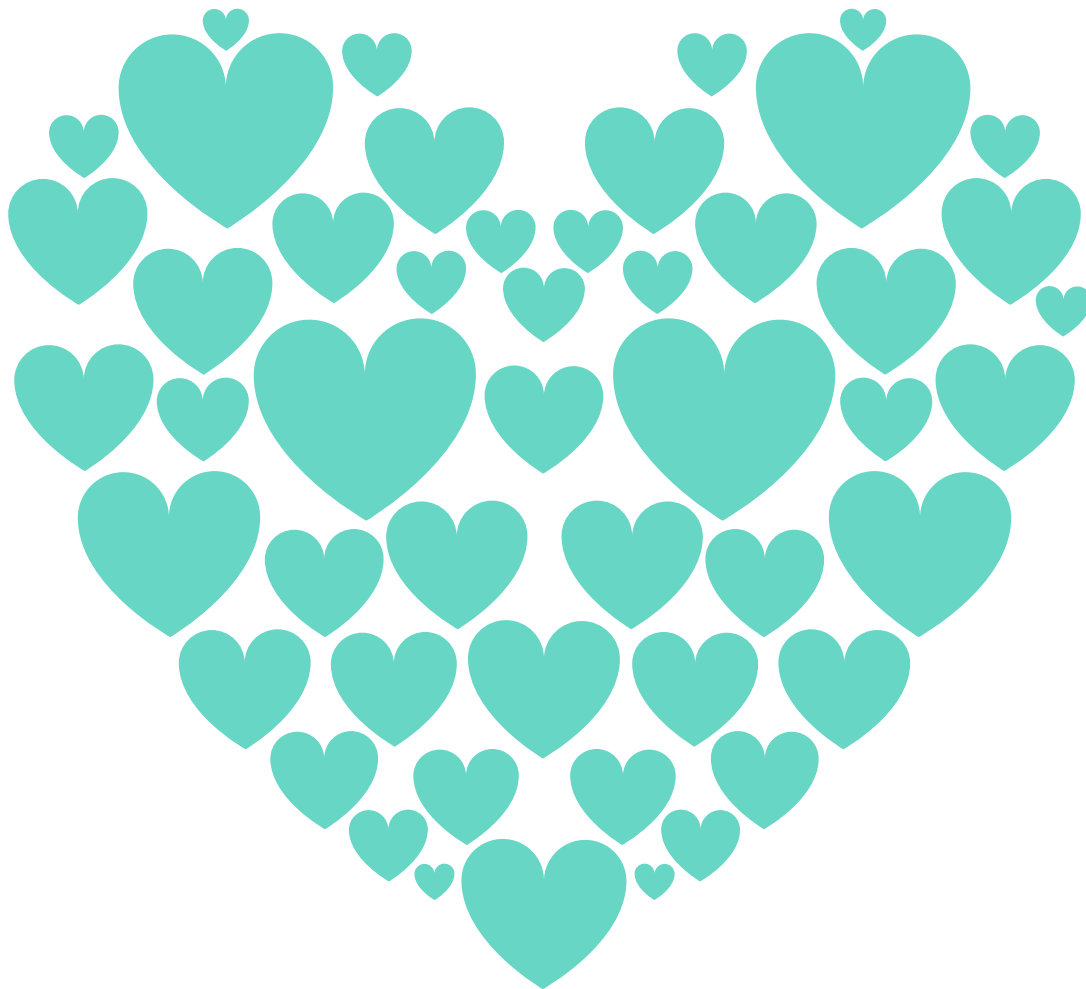
1.

2.

3.

Love

You're doing great! Keep going
you've got this!



Affirm:

"I am worthy of loving myself and
being loved by others"

DAILY AWARENESS JOURNAL

WHEN

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SYMPTOMS

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WHEN

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SYMPTOMS

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SYMPTOMS

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DAILY WORRY TIME

W H E N

W H E R E

W H A T

W H Y

Which stressors are avoidable and which are unavoidable?

Avoidable

Unavoidable

What is your altered mindset to minimise the emotional and mental effect each worry has, so you can gain your control back

Avoidable New Mindset

Unavoidable New Mindset

Brainstorm: What can you change to reduce these stress triggers? Get a piece of paper or use the note section to brainstorm

DAILY GRATITUDE

NAME ONE POSITIVE THING
THAT HAPPENED TODAY



LIST THREE THINGS YOU ARE
GRATEFUL TO HAVE IN YOUR
LIFE

1.

2.

3.

DAILY AWARENESS JOURNAL

W H E N

W H E R E

W H A T

S Y M P T O M S

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W H E N

W H E R E

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THAT HAPPENED TODAY

*take care
of your mind*

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DAILY AWARENESS REVIEW

How are you going with this component?

Do you find you are more aware of your stressors and are able to now control your reactions better?

Have you truly committed to this task?

Are you able to now clearly identify your stressors and have a more positive outlook?

If you are still struggling here, what changes can you make to resolve these stressors?

How are you feeling about your progress so far?

If you are reading this page YOU SHOULD BE PROUD OF YOURSELF! You have come such a long way and have truly committed to this workbook which means you have committed to being a happier version of yourself

NOTES

keep going

LIFE CHARTING

Revisit life charting when you feel you need to

FRIENDSHIP

FAMILY

HEALTH

COMMUNITY

FINANCES

CAREER

LEISURE
FUN

CREATIVITY

LOVE

DAILY WORRY TIME

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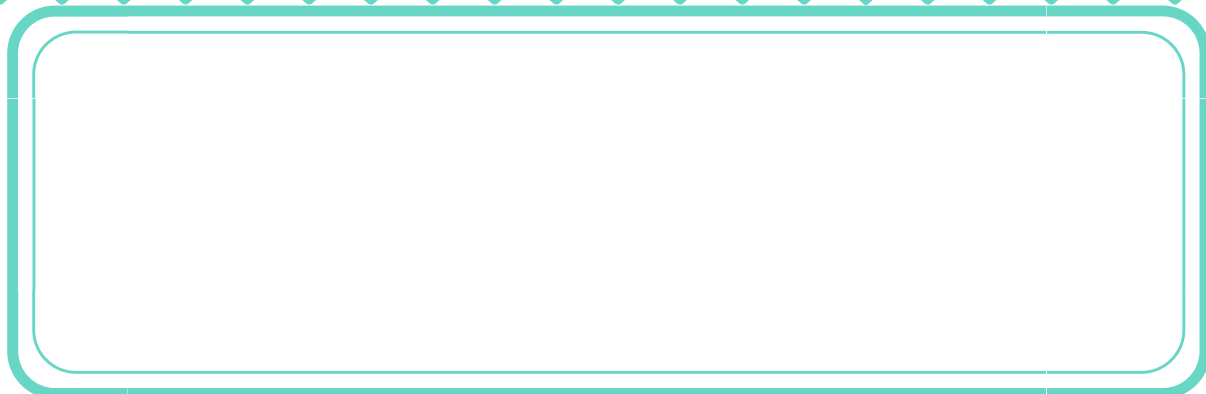
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DAILY AWARENESS JOURNAL

SPEND SOME
TIME IN
NATURE &
NURTURE
YOURSELF




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WHERE
WHAT
SYMPTOMS



WHEN
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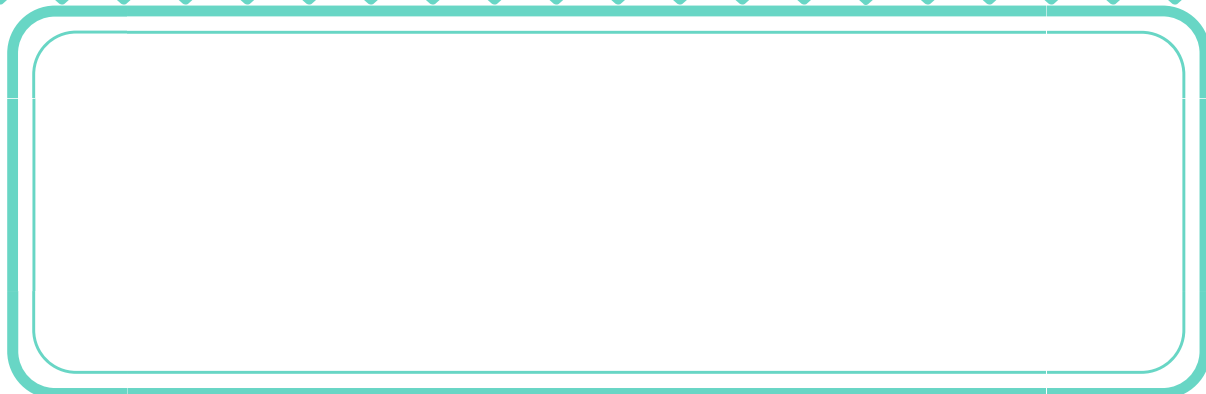
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NATURE &
NURTURE
YOURSELF

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WHEN
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SYMPTOMS

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LOVE YOUR BODY

Stress certainly effects our physiological form as mentioned in the beginning of this workbook.

Lets try a gentle form of movement to lift some of that stress,

Take notice of any tension you may be holding onto in your body, gently glide your jaw from side to side and feel your muscles starting to loosen

slowly rotate your shoulders in a circular movement, first forwards and then backwards

Gently squeeze your hands tightly and draw focus to the sensation once you release your hands after five seconds

Gently rotate each foot in a circular motion for ten seconds each

Take a nice big breath, hold for three seconds and then exhale.

Love your body for what it is and embrace it., we are all different shapes and sizes and remember that your current weight is someone else's goal weight. The goal of making healthy life choices is because they help improve your mental and physical health. You are beautiful!

Here are some fun and calming forms of exercising to help in stress management.

Freestyle dance, gentle nature walk, light stretching, gentle yoga, chi gong, tai chi

YOU HAVE MADE IT!

CONGRATULATIONS!

During this course you have been provided with many tools to take control over your life in a healthy manner. As with any skillset it takes time to develop and make positive changes in your life. Continue to use these tools and reflect on this guide to continue your journey on healing, balance and achieving your ultimate happiness and self-awareness..

Continuing exploring Meditation and positive outlets for emotions will enhance your awareness and will support through your healing and growth process.

All the best beautiful soul! You've got this!

"Many of life's failures are people who did not realise how close they were to success when they gave up."

- Thomas Edison

"Success is not final, failure is not fatal: It is the courage to continue that counts."

- Winston Churchill

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do."

- Pele

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CHELSEA HOLLIS-NEATH
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