

ALAINE STROZIER
SELF-DISCOVERY STRATEGIST

Welcone!

Heeey Sis,

Welcome to our free mindful living workbook! This workbook is designed to help you cultivate mindfulness and improve your overall well-being. Mindfulness is the practice of being fully present and engaged in the present moment without judgment. Practicing mindfulness can reduce stress, increase happiness, and improve your relationships with others.

In this workbook, you will find exercises and activities that will help you develop mindfulness in various areas of your life, such as self-exploration, goal setting, exploration, and integration.

I encourage you to take your time with this workbook and to approach the exercises with an open mind and heart. Remember, mindfulness is a practice, so be patient with yourself as you learn and grow.

Shalom!





ABOUT ME

As your self-development coach I am going to help you break free from your comfort zones. I believe that life is meant to be lived fully and joyfully, and she loves to use humor and playfulness in her coaching sessions to help her clients feel more relaxed and open to new possibilities

JOURNALING PROMPTS

What is mindfulness and how will it benefit your lifestyle?
Are you satisfied with your level of self awareness? Explain.
What part of your personality do you love the mot and why?



JOURNALING PROMPTS

What are some of your daily/weekly stressors?
What are some thing that make you feel anxious on a regular basis?
How do you regulate your nervous system?



Feeling Words List

Protective Emotions					Connective Emotions			
Anger	Fear	Panic	Sadness	Weak Feelings	Seeking /	Caring	Playful	Sexual
annoyed	timid	flumoxed	disappointed	Physical Fatigue	Engaging with	Connection	Connection	Connection
agitated	uneasy	mixed up	low	thirsty	Creation	helpful	relaxed	flirtatious
fed up	tense	unsure	down	hungry	curious	secure	glad	affectionate
frustrated	nervous	uncomfortable	gloomy	tired	clever	attentive	light-hearted	tender
irritated	insecure	troubled	disturbed	run-down	inquisitive	considerate	amused	cuddly
mad	cowardly	perplexed	mingin	worn out	motivated	friendly	cheerful	frisky
critical	worried	insecure	unhappy	sore	stimulated	kind	comical	romantic
resentful	afraid	disoriented	hurt	powerless	active	understanding	silly	physical
disgusted	threatened	stunned	awful	shaky	energetic	giving	happy	turned on
outraged	frightened	shocked	distressed	sick	intrigued	supportive	optimistic	amorous
raging	intimidated	anxious	hopeless	impotent	engaged	connected	alive	desirous
furious	fearful	stuck	miserable	ill	constructive	tender	delighted	aroused
seething	anxious	lost	heartbroken	frail	productive	loving	giggly	stimulated
livid	panicky (ed)	trapped	depressed	lifeless	creative	nurturing	spontaneous	hot
bitter	shaky	desperate	terrible	exhausted	eager	joined	imaginative	passionate
	horrified	helpless	crushed	stressed	bold	attached	whimsical	sexy
	terrified	frozen	devastated	fragile	artistic		joyful	orgasmic
		hysterical		vulnerable	fascinated		spirited	
		paralyzed		defenseless	confident		energized	
				insecure	focused		cheerful	
				discouraged	determined		excited	
				overwhelmed	inspired		bouncy	
				Emotional Fatigue	inventive		lively	
					ambitious		animated	
					absorbed		elated	
					obsessed		ecstatic	

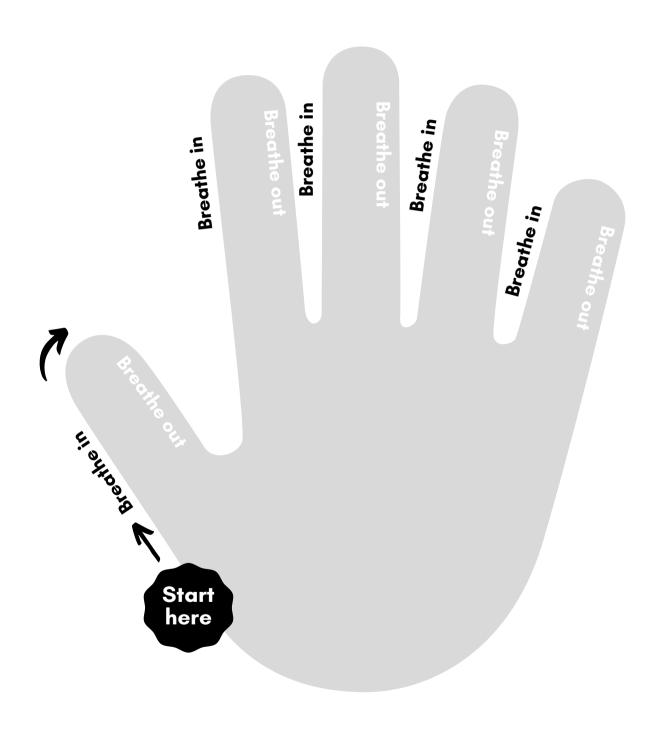
These Feeling Word lists are arranged in order of increasing intensity as you go down the list except for the weak feelings list. The Weak Feelings list is arranged on a continuum from feelings in response to physical fatigue to feelings in response to emotional fatigue.

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As you read the feeling words, what word describes how you are feeling at this moment?						



5 FINGER BREATHING BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

You can also do this breathing exercise using your own hand.



Self Awareness

Things I do to process my feelings

Things that keep me busy

Things that make me feel confident



DAILY GRATITUDE

/ /

TODAY I'M FEELING

POSITIVE AFFIRMATIONS							
TODAY I'M GRATEFUL FOR 1 2 3							
SOMETHING I	'M PROUD OF						
MORE OF THIS:	LESS OF THIS:						
MY FAVORITE MO	DMENT THE DAY						
TOMORROW I LO	OK FORWARD TO						



Workout Planner

"Strength does not come from physical capacity. It comes from an indomitable will."
-Mahatma Gandhi



AUTHENTIC SELF

BEING AUTHENTIC AND BEING VULNERABLE GO TOGETHER

What mistake do you make over and over again?
What are you most proud of yourself for?
Do you feel that you have already reached your peak?



Ghurl,

You are the only person on earth that can be the best you! I don't care what mistakes you have made or where you have struggled! Life is life, and you are still living!

Remember, it is important to prioritize mindfulness and self-awareness in daily life by setting aside time for self-reflection, practicing mindfulness techniques such as meditation or deep breathing, and creating a supportive environment that encourages healthy habits and self-care.

Live authentically and don't apologize; hold on to your values, and beliefs!

Shalom,





DON'T FORGET

Be sure to follow us on our social media platforms. We are always posting content that is valuable to your self-discovery journey.

