



FREE MINDFUL LIVING

WORKBOOK



ALAINE STROZIER
SELF-DISCOVERY STRATEGIST

Welcome!

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!

Coach Alaine



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

SHIFTING STAGNANT SPACES

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 most and why?



JOURNALING PROMPTS

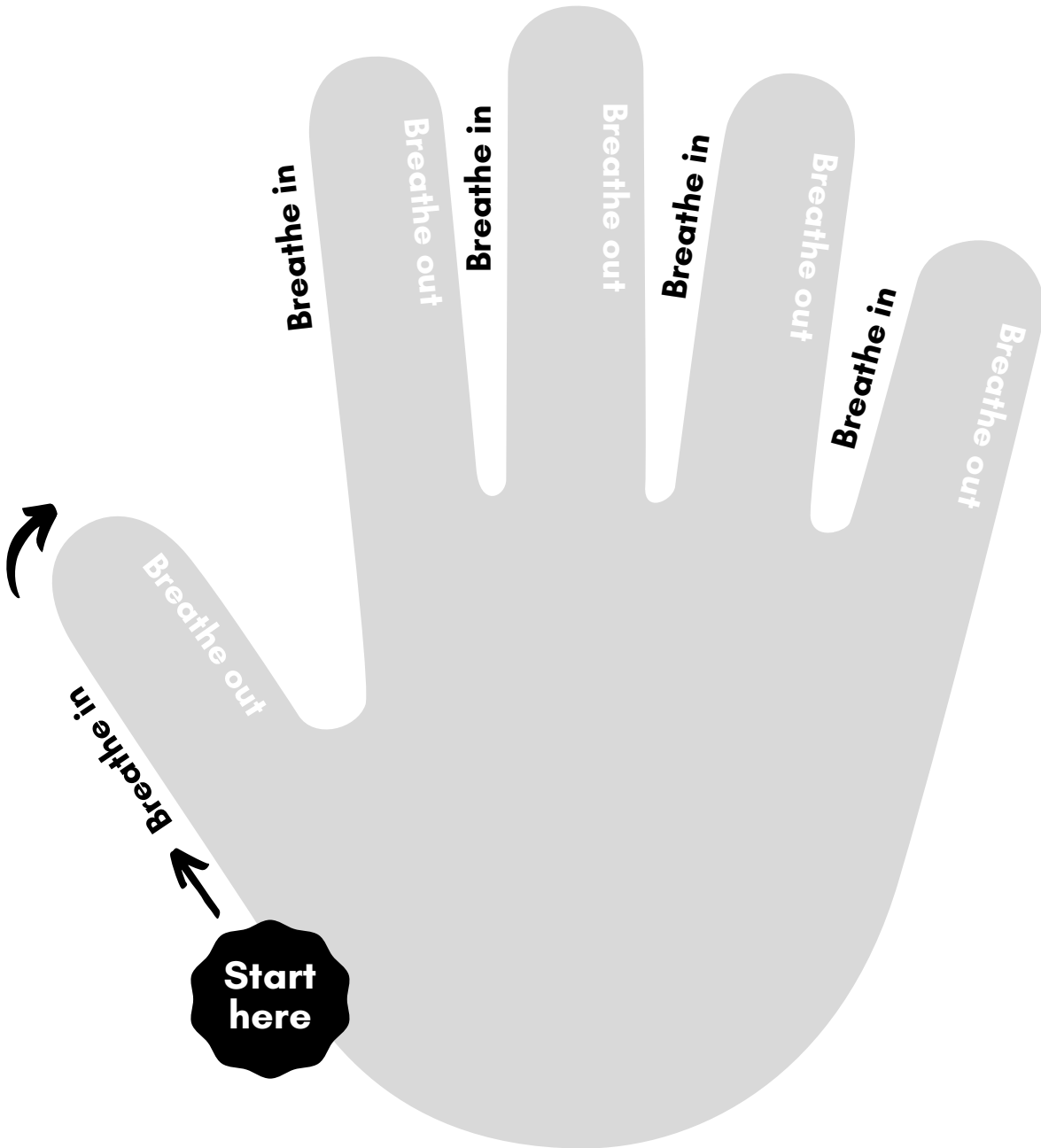
What are some of your daily/weekly stressors?

What are some thing that make you feel anxious on a regular basis?

How do you regulate your nervous system?



CALM YOURSELF WITH A
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

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TODAY I'M GRATEFUL FOR

1 _____
2 _____
3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO



Workout Planner

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

-Mahatma Gandhi

Exercise

Goals

Reminder



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,

Coach Alaine



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.

