

WEEK ONE: IT'S OK (TO BE NOT OK).

PAUSE.

BREATHE DEEP.

ACKNOWLEDGE.

In this moment, simply acknowledge how you are feeling.

Let go of any judgment, shame or criticism you might associate with the feeling.

"KNOWING YOUR NEEDS IS A SUPER POWER." -CLEO

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PAUSE.

DAY 1 I feel _____ . (Pick one word.)

What thought led you to this feeling?

What circumstance happened to bring this thought to your mind?

Isn't that interesting?

Emotions aren't "good" or "bad" they are teachers.

What are yours trying to teach you?

The more often you "put on your lab coat" and play the scientist; observing your feelings and thoughts, (with a sense of curiosity instead of criticism or judgment) the more aware of your feelings and emotions you will become. Increased awareness increases your chances of gaining perspective of and leverage over your thoughts and emotions. It's empowering.

WEEK ONE: IT'S OK (TO BE NOT OK).

DAY 2 I feel _____ . (PICK ONE WORD.)

What thought led you to this feeling?

What circumstance happened to bring this thought to your mind?

DAY 3 I feel _____ . (PICK ONE WORD.)

What thought led you to this feeling?

What circumstance happened to bring this thought to your mind?

DAY 4 I feel _____ . (PICK ONE WORD.)

What thought led you to this feeling?

What circumstance happened to bring this thought to your mind?

DAY 5 I feel _____ . (PICK ONE WORD.)

What thought led you to this feeling?

What circumstance happened to bring this thought to your mind?

DAY 6 I feel _____ . (PICK ONE WORD.)

What thought led you to this feeling?

What circumstance happened to bring this thought to your mind?

DAY 7 I feel _____ . (PICK ONE WORD.)

What thought led you to this feeling?

What circumstance happened to bring this thought to your mind?

QUOTES

"IT'S OKAY TO BE NOT OKAY

IT'S JUST FINE TO BE OUT OF YOUR MIND

BREATHE IN DEEP, JUST A DAY AT A TIME." -IMAGINE DRAGONS

"Acknowledge without judgment or shame what you are feeling this very moment. There is nothing wrong here. You are not broken. There is no such thing as failure. You are being a human. Experiencing the highs and lows of life and learning lessons along the way." -Alli Louthain

YOU WEREN'T PUT HERE ON THIS EARTH TO BE THE SAME AS EVERYONE ELSE.

"Be yourself. Everyone else is taken." Oscar Wilde

"NO ONE WANTS TO BE DEFINED BY THEIR HARDEST STRUGGLE- SO WE HAVE TO FIND A SPACE OF OWNING IT, IDENTIFYING IT, BUT REJECT BEING LABELED AND REDUCED BY IT."

-WHITNEY JOHNSON

Expectations are just premeditated disappointment. Yet so often we base our happiness on things we have no control over." -Brena Brown

"WE WEAVE A WEB OF OUR OWN CONCEPTS AND THEN WE GET CAUGHT IN THEM."

-DEEPAK CHOPRA

"Let go of conditioned thinking and our own perceived limitations...Discover your True Self, your Divine Worth...because our bodies are just housing Divine Light."

-Deepak Chopra