



Therapeutic Glow Counseling

HEALING & GLOWING

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Healing
&
Glowing

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Self Assessment



How do I feel at this moment?

What am I putting off?

Quote

Intentions

CAREER

FINANCES

RELATIONSHIP

EMOTIONS

WELLNESS/SPIRITUAL

SAFETY

PHYSICAL

KNOWLEDGE

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What are 3 strengths you possess that will enhance your healing journey

How do you minimize barriers that prevents completion of goals or tasks? Are you mindful of your weakness?

How do you assess viable opportunities and implement strategies to create additional paths of healing?

What are some of the threats that may affect your process?

How do you measure change and progress? What does it resemble?



Comfort Zone

What areas of your life do you mask because you fear leaving your comfort level?

How can you overcome the fear of leaving your comfort zone?

What will staying in your comfort zone provide?

How will your life look like after you leave your comfort zone?



Reframing

Try to identify other beliefs that are holding you back and how you can reframe them to be more productive.

CURRENT BELIEF

BETTER ALTERNATIVES

CURRENT BELIEF

BETTER ALTERNATIVES

CURRENT BELIEF

BETTER ALTERNATIVES

My Personal Reflections

What do you want to take with you
in this chapter

Things I am grateful for

Something I learned

Something I want to leave behind
because it no longer serves me


What does safety mean to you?

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Beliefs & Values

This board is designed to help you identify the values which can be essential to you. Circle any of the values below that apply to you.

Love Language	I'm Loved	Honesty	Fairness	Development
Optimism	Mastery	Ambitious	Insight	Clarity
Ability	Wisdom	Grace	Integrity	I am safe and in control
I can do my best	Humility	I'm Enough	Power	Respect
Control	Peace	Empathy	I deserve	Balance



dear my younger self

Today's Date


Dear me,

Instruction

Writing a letter to your future self is an exercise that lets you reflect on your current life, and how your past is affecting your mindset.

Decide how old you were when you faced hardship and say what is on your mind

Sincerely,



dear my future self

Today's Date

.....

Instruction

Writing a letter to your future self is a fun exercise that lets you reflect on your current life, as well as your goals and dreams.

Decide how old do you want your future self to be when you read this letter and store it somewhere save until then.

Dear me,

Sincerely,

30 self-care challenges

<input type="checkbox"/> Stretch all your muscles	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Indulge in your favorite treat	<input type="checkbox"/> Go to bed earlier
<input type="checkbox"/> Listen to favorite song	<input type="checkbox"/> Eat vegetarian meals	<input type="checkbox"/> Take a nice bubble bath	<input type="checkbox"/> Cook your favorite meal	<input type="checkbox"/> Practice yoga
<input type="checkbox"/> Go on a solo date	<input type="checkbox"/> Journaling	<input type="checkbox"/> Give yourself a facial	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Try a DIY Project
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Read a book	<input type="checkbox"/> Explore a new city	<input type="checkbox"/> Watch your favorite movie	<input type="checkbox"/> Give yourself a manicure
<input type="checkbox"/> Get some sunlight	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Organize your closet	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Create your ideal future	<input type="checkbox"/> Surround yourself with positivity	<input type="checkbox"/> Use grounding techniques

Smart Action Plan

Goal:

Action Steps:

Time Frame:

Milestones:

Resources:

Desired Outcome (+/-) What is the Best/Worst That Can Happen?



Progress Note

What have you been focusing on?

What actions have you taken?

What accomplishments have you had?

What challenges did you face?

What limiting beliefs have you let go of?

What have you learned?

