

Therapeutic Glore Counseling

HEALING & GLOWING

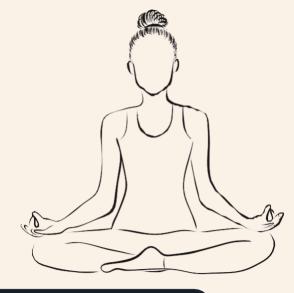
## Therapeutic Glow Counseling

Healing & Glowing

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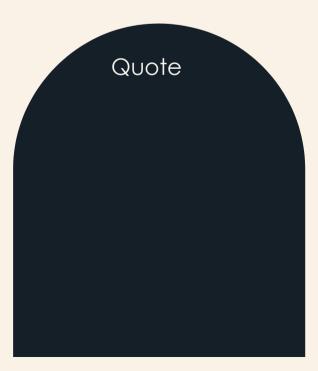
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## Self Assessment

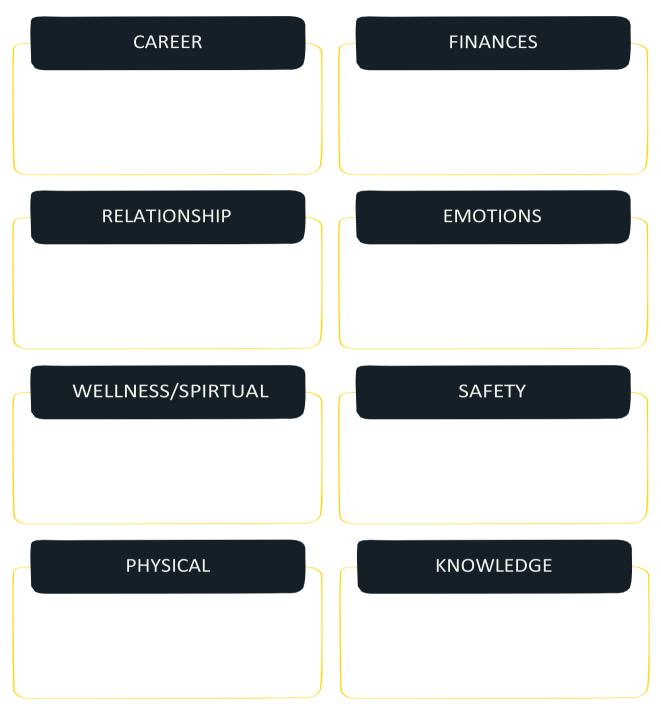


How do I feel at this moment?

What am I putting off?



## Intentions





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?



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?

\* believe >

## 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			
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Therapeutic Glow Counseling				

## My Personal Reflections

What do you want to take with you in this chapter



Things I am grateful for

Something I want to leave behind because into longer serves me

Something I learned

What does safety mean to you?

## 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.



## 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

Dear me,

#### 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.

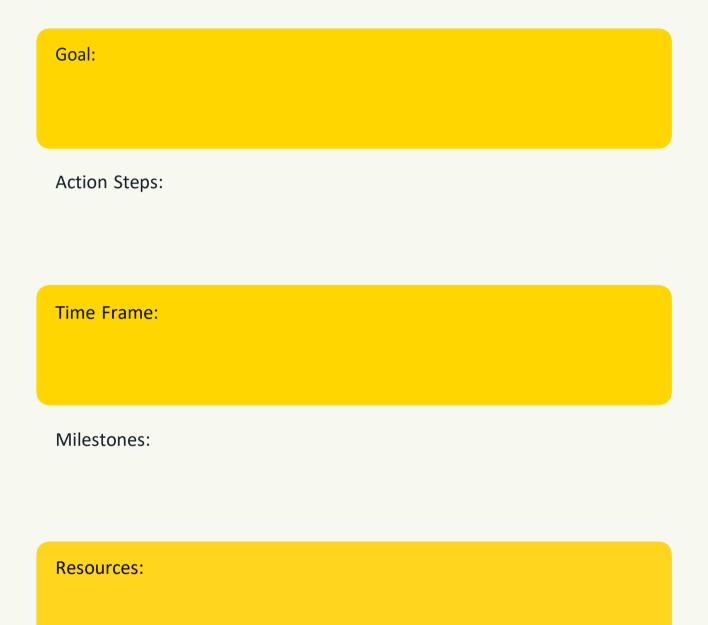
Decide how old do you want your future self to be when you read this letter and store it somewhere save until then.

Sincerely,

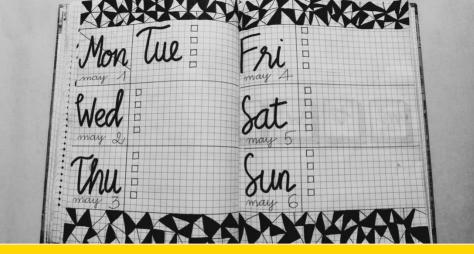
# 30 self-care challenges

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

## Smart Action Plan



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?