



Transform

your life with the power of your
senses

WORKBOOK

NIVERVA



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WELCOME!

Inside this ebook, you will discover the power of your abilities and how you can use them for self-improvement, healing, and greater life fulfillment. Learn how to fine-tune your senses and use them to make sense of the world. After all, your perception creates your world.

So let's just jump straight in and get a start on your journey!

Veronica Nazarenko



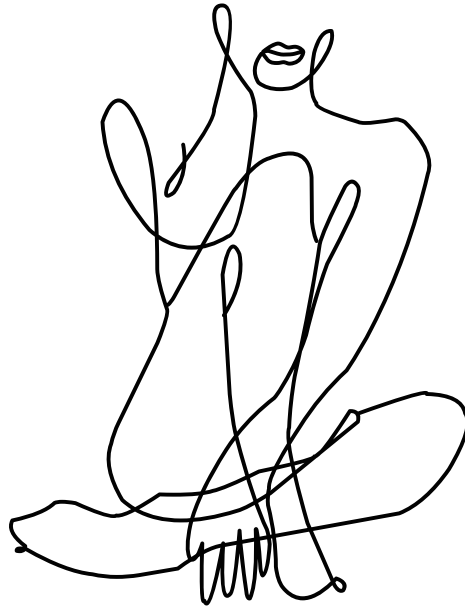
REMINDER!

CONTACT US DIRECTLY FOR FURTHER INFORMATION ON OUR SERVICES

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CHAPTER 1

Introduction



Introduction

You probably think that you use your five senses every day, but take another look. Do you use them to their fullest potential?

The great Renaissance painter and sculptor, Leonardo da Vinci said that the average person...

Looks without seeing, listens without hearing, touches without feeling, eats without tasting, moves without physical awareness, inhales without awareness of odor or fragrance and talks without thinking

Does this describe you?

Read on to discover the power of your senses and how you can use them for self-improvement, healing, and greater life fulfillment. Learn how to fine tune your senses and use them to make sense of the world. After all, your perception creates your world

*NOTHING CAN CURE THE SOUL BUT
THE SENSES, JUST AS NOTHING CAN
CURE THE SENSES BUT THE SOUL.*

OSCAR WILDE



CHAPTER 2

Two

AN EXERCISE
TO ENHANCE
YOUR SENSES

02/ AN EXERCISE TO ENHANCE YOUR SENSES

"You have to maintain a culture of transformation and stay true to your values." – Jeff Weiner

Focus on one sense each day. For instance, on one day, you could pay particular attention to everything you see that day. Don't pay much attention to your other senses on your "sight" day. On a touch day, focus on feeling various textures, and so on.

Perform this exercise over 5 days, concentrating on a different sense each day.

Repeat this 5-day exercise from time to time to stay in tune with all of your senses so you can reap the most benefits from them.



CHAPTER 3

Three

YOUR
SENSE OF
HEARING



YOUR SENSE OF *Hearing*

THE ART OF LISTENING

True listening has the power to transform relationships, whether it's with loved ones, colleagues, or bosses. In fact, when your boss speaks, you really need to understand what they're saying and what they expect from you. It can make the difference between a failed and a successful career. In the same way, how well you listen affects your relationships with friends, lovers and family.

TRY THESE TIPS TO FINE TUNE YOUR LISTENING SKILLS:

- **Look at the speaker.** Show you're interested by leaning forward attentively. Maintain eye contact.
- **Stop whatever you're doing to listen.** Avoid letting yourself be distracted by the TV, phone, or anything else you're doing.
- **Show interest.** From time to time, nod your head or say something like "Really?" or "I see what you mean."
- **While the speaker is talking, avoid planning what you're going to say next.** It's also disrespectful to interrupt with statements like "Oh, it happened to me too" and proceed to relate your experience. Let the speaker finish what they're saying before you consider your reply.
- **Maintain your focus on listening.** If you feel like your thoughts are taking over, shake them off and return your focus to the speaker.

- **Avoid being judgmental while the person is speaking.** Understand their thoughts in their entirety before you decide to disagree. Allowing them to finish will also ensure that you don't jump the gun or argue about something needlessly.
- **Exhibit self-control.** If what the person has said makes you angry, count to ten and reflect objectively about an appropriate response. This will make the person feel that you've listened to them and understood.
- **Wait to ask questions until the person has finished speaking.** If you interrupt, you might throw them off track. Ensure you've understood them by summarizing with: "So you are saying..."





IMPROVE CREATIVITY AND FOCUS WITH THE MUSIC OF MOZART

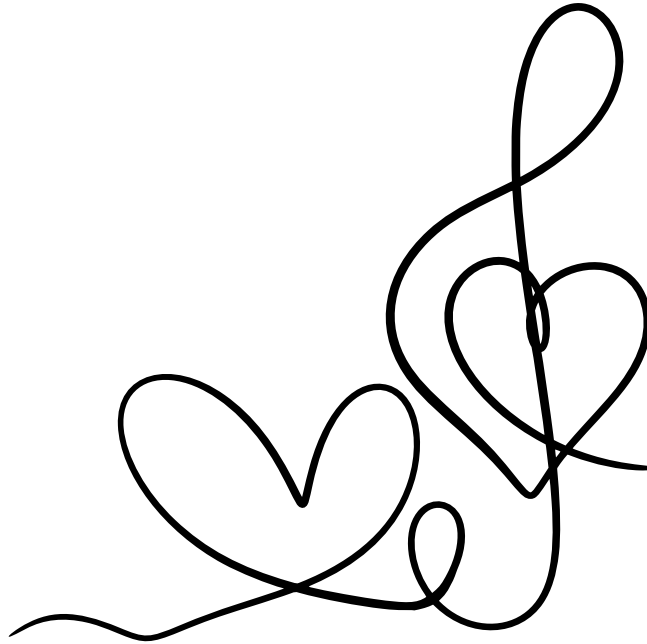
Research has long shown that music can enhance health, brain power and a sense of well-being. This phenomenon is known as “The Mozart Effect.”

Mozart’s music, particularly the Sonata for Two Pianos in D Major, has been shown to boost brain power. Its rhythm mimics the rhythmic pulses of Alpha brainwaves, known to be experienced during meditation, a creative act, or relaxation. Mozart’s music can also wake you up if you need to concentrate

The Mozart Effect was discovered by Dr. Alfred Tomatis in the late 1950s while he was experimenting with the effects of Mozart’s music on children with speech disorders and autism. By 1990, the method had been adopted worldwide. Mozart’s music is also beneficial in reducing the negative effects of epilepsy.

Classical music can relieve stress and improve your body's immunity. Like Mozart's compositions, Baroque music (Bach, Handel, Telemann) that is 50 to 80 beats per minute also enhances focus by inducing the Alpha state. This type of music is ideal for learning and reading.

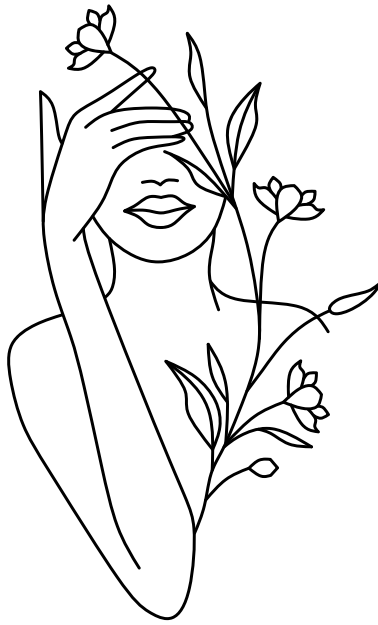
*Courage is what it takes to stand
up and speak; courage is also
what it takes to sit down and listen.
-Winston Churchill*



CHAPTER 4

Four

YOUR SENSE
OF TOUCH



Your Sense of Touch



REACH OUT AND TOUCH SOMEONE

As French poet and screenwriter Jacques Prevert says, “Millions and millions of years would still not give me half enough time to describe that tiny instant of all eternity when you put your arms around me and I put my arms around you.”

It's true. A hug is a transfer of positive energy. Hugging always makes a difference.

CONSIDER THESE FACTS:

The hugging Guru of India, Mata Amritanandamayi, began spreading her love in the 70s and never advertised it, yet the hordes kept coming. Mata travels worldwide and the world comes to her tiny fishing village in Kerala. Journalists and devotees report that when she embraces someone, it's as if they are the only person in the world.

Science backs the fact that babies and children who are hugged often develop a sense of self-esteem, so important for any kind of success. Unlike in the past, pediatricians are advising parents to pick up their babies when they cry instead of telling them to ignore them.

Even touching (without hugging) brings positive benefits. Therapists are beginning to incorporate touch into their sessions with their clients. It's a far cry from when the client reclined on a couch some distance away from the psychoanalyst.





In an interesting study, librarians lightly touched the hands of some students as they handed back their library cards and avoided touching others. The students who had been touched reported feelings that were more positive about the librarians, themselves and the library. The subconscious had picked up on the briefest contact which these students couldn't even recall.

So reach out and touch someone! You'll be glad you did!



THE SCIENCE OF HUGGING

Research shows that physiological changes take place in the body when it's touched:

- Touch relieves pain by stimulating nerve endings.
- A study conducted in the University of New York has shown that “therapeutic touch,” which involves placing the hands just above or on the patient’s problem area for half an hour, boosts hemoglobin levels.
- After a session of touch therapy, the hypothalamic area of the brain which controls the “fight or flight” response slows down, causing stress hormones to drop and endorphins (the feel-good hormones) to climb. A hug is a great anti-depressant.
- Hugging strengthens your immune system.
- Studies also reveal that women who are hugged are less vulnerable to heart disease.

According to scientists, this hugging phenomenon has something to do with the vagus nerve in the middle of the chest. When two chests are in contact, the nerve is stimulated and causes a surge in the love hormone, oxytocin, which bonds lovers. The same hormone also bonds mothers with their babies. If you live alone, hug your pets to enjoy similar benefits.

Everybody needs a hug. It
changes your metabolism.
- Leo Buscaglia





EFT – USING THE MAGIC OF TOUCH

Emotional Freedom Technique, created by the amiable and brilliant Gary Craig, is revolutionizing the world of psychology and alternative medicine. With EFT, you can often heal yourself and others of both physical and mental ailments and pain.

EFT is based on the mind/body connection. The EFT healing procedure is a quick, painless, and easy technique of tapping on specific energy meridians on the body while saying affirmations that relate to the physical or emotional constraint.

THE HISTORY OF EFT

Craig first noticed the amazing effectiveness of tapping on acupressure points from his teacher, the psychotherapist Dr. Roger Callahan. Callahan had been inspired by the examples of Dr. George Goodheart and the Australian psychiatrist, John Diamond, M.D.

Dr. Goodheart had discovered that one could obtain the same results as acupuncture (without needles) by manual pressure on the energy meridians. Dr. Diamond discovered that if you add affirmations to the acupressure, you can also treat emotional issues.

Callahan had been treating Mary, a patient with hydrophobia, when one day, she said that she could feel her fear of water in her stomach. Callahan suggested she tap on the stomach meridian point right below the eyes. Mary did so and found that her fear disappeared instantly. Much to Callahan's amazement, she could get into the pool on the grounds of his office right away.

Gary Craig went on to develop his own "tapping" method and named it Emotional Freedom Technique, or EFT, which is today the most influential and well known Energy Psychology technique in the world.

ENJOY EFT'S AMAZING BENEFITS IN YOUR OWN HOME

You can learn EFT from a host of videos on YouTube and other Internet websites. It's easy and fun.

You simply state key phrases along with a "set up" affirmation while you tap on acupressure points.

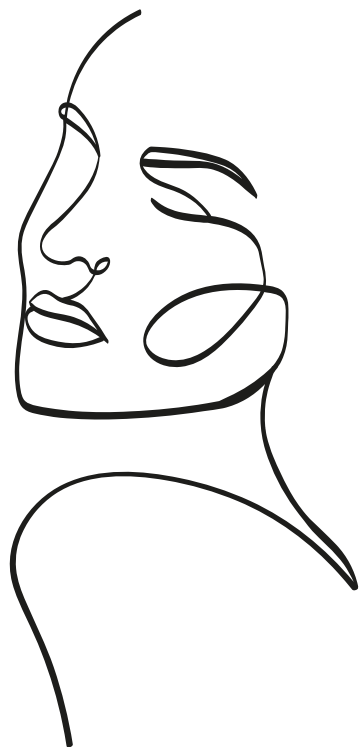
The three-stage EFT sequence only takes about 3 minutes, yet it can often dissolve chronic pain and emotional trauma in just one sitting.

EFT offers great healing benefits. Deepak Chopra, MD

CHAPTER 5

Five

YOUR SENSE
OF SIGHT



*Your Sense of
Sight*

USING THE SENSE OF SIGHT TO YOUR ADVANTAGE WITH NATURE

The legendary Ponco Indian Chief, Standing Bear, once said, “Man’s heart away from nature becomes hard.”

Nature can heal, comfort, refresh, regenerate, and inspire. A trip into the mountains, forests or the seaside will enable you to enjoy these benefits as you gaze upon nature’s beauty. Green is relaxing for the eyes. According to Edgar Cayce, considered by some to be a prophet, green is the color of Nature and abundance and revitalizes nerves, circulation and the heart.

However, you don’t need to make a special journey to gain these advantages - just cultivate a garden.

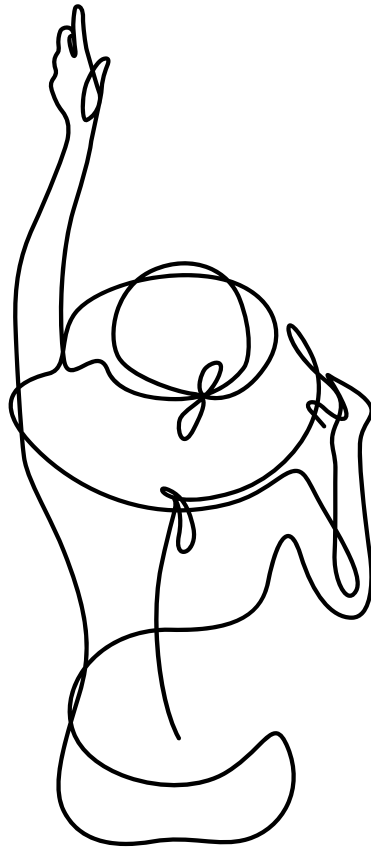
WHAT YOU SEE IN YOUR VERY OWN GARDEN ALSO CARRIES THESE BENEFITS:

- When you grow plants, you are connecting with your soul.
- When you weed your garden, you're getting rid of unnecessary baggage from the past, whether they're habits or negative emotions.
- Working in a garden reminds us to be balanced and patient as we look at the changing of the seasons and the germination, growth and death of plants. So too must we transform and adapt according to the time.

FOR EVEN MORE BENEFITS, CONSIDER THESE TIPS WHEN PLANNING AND WORKING IN YOUR GARDEN:

1. **Choose colors that resonate with you.** *Give yourself extra joy and peace by planning your garden around your favorite colors. Surround yourself with colors you love and your garden can easily become your "happy" place where you can go to relax, reflect, and rid yourself of your troubles.*
2. **Plant something you can eat – herbs, fruit, berries or vegetables.** *Eating something you've grown yourself is extremely satisfying. It tastes so much better than eating produce from a store. Besides, it's healthier and free of chemicals.*
3. **Give and receive.** *Encourage wild creatures such as birds, frogs, butterflies, ants and slugs to visit your garden.*

To sit in the shade on a fine day
and look upon verdure is the most
perfect refreshment.
- Jane Austen



CHAPTER 6

Six

YOUR SENSE
OF SMELL

Your Sense of Smell

Did you know that our sense of smell is 10,000 times stronger than the other senses? Just a whiff of a smell can bring up strong memories and emotions from your past.

In addition, fragrances have the power to heal body, mind and soul. Perhaps this is the reason for the use of incense in churches and religious rituals.

Fragrances were used to heal the sick in ancient Egypt. In rituals of magic, various scents such as Frankincense, myrrh and copal are used. Frankincense purifies, myrrh is used to heal and attract love, and Dragon's Blood is believed to attract love and instill courage and strength.



Healing and mood-changing aromas are found in soaps, shower gels, candles and fragrance lamps. It is said that Cleopatra used scent and intellect to seduce her lovers. Construction firms in Japan use fragrance to de-stress their employees. During the Black Plague in Europe, it was found that perfumers were unaffected by the horrific disease.

If you suffer from heart disease, asthma, epilepsy or other chronic illnesses, check with your physician before using aroma therapies. Pregnant women and children also need to be careful with inhaling certain aromas and shouldn't try to self medicate - even with aromas

AROMATHERAPY

In essence aromatherapy is a holistic therapy, The holistic view of health is based on the intrinsic relationship between the mind, body, and spirit. That is, the mind influences the body and spirit; the body influences the mind and spirit; and the spirit influences the body and mind.

Aromatherapy comes from the French word aromatherapie, which was first coined by French chemist Dr Rene-Maurice Gattefosse. From his findings and practice, aromatherapy grew to become a popular complementary therapy. Aromatherapy is an easy-to-use application in daily life and is a delight to our senses.



Aromatherapy uses essential oils, which are the pure oils that are extracted from many parts of the plant, tree, or shrub, including flower, leaf, resin, bark, root, twig, seed, berry, rind and rhizome. These essential oils carry specific therapeutic properties that can be used to balance and heal the mind, body and spirit.

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Aromatherapy can help you dissolve stress at the end of a long day, get you going when you first wake up, evoke feelings of well-being, and much more - all with a simple scent!

Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains; another, a moonlit beach; a third, a family dinner of pot roast and sweet potatoes during a myrtle-mad August in a Midwestern town. Smells detonate softly in our memory like poignant land mines hidden under the weedy mass of years. Hit a tripwire of smell and memories explode all at once. A complex vision leaps out of the undergrowth.

-Diane Ackerman, A Natural History of the Senses

*"I think that any time of great
pain is a time of transformation,
a fertile time to plant new seeds."
- Debbie Ford*

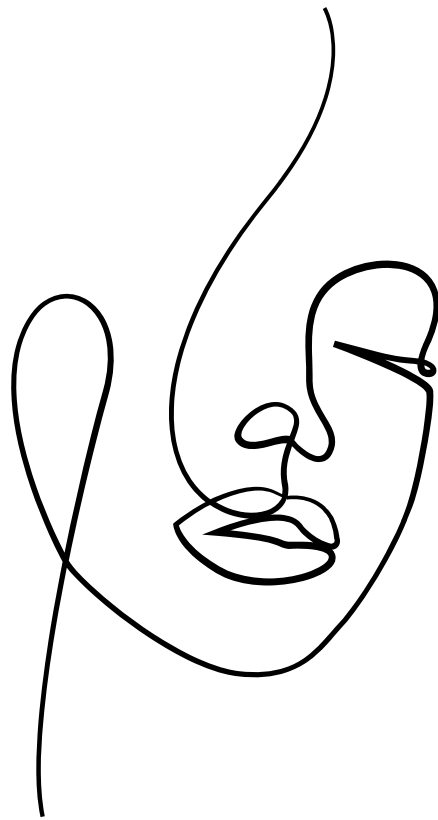


The background of the entire page is a soft-focus photograph of a beach. In the foreground, there are gentle, rhythmic ripples in the sand. To the right, a smooth, light-colored rock sits on the sand. In the upper left, another rock is partially visible, slightly out of focus. The overall lighting is warm and natural, suggesting a bright, sunny day.

CHAPTER 7

Seven

YOUR SENSE
OF TASTE



Your Sense of Taste



USE TASTE TO IMPROVE THE QUALITY OF YOUR LIFE

As you look to make healthy and life-transforming changes using your senses, one you might not have considered is your sense of taste. Believe it or not, your sense of taste plays a major role in the quality of your life on a day-to-day basis. Your sense of taste is integral to your eating and drinking habits, and you do those behaviors a few times a day, every day

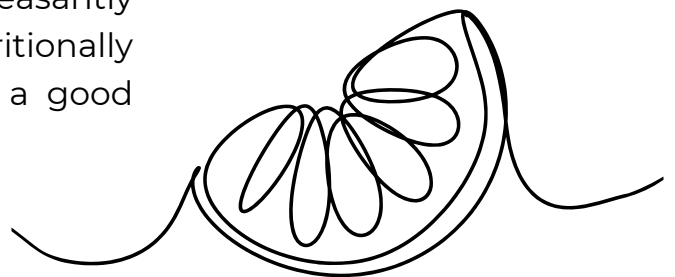
TRY THESE TIPS TO UTILIZE YOUR ABILITY TO TASTE FOOD AND DRINK TO IMPROVE THE QUALITY OF YOUR LIFE:

1. Work to acquire tastes for foods and drinks that are good for you. Because of the wide variety of all types of nutritional foods, doing this might not be as tough as you might think. Consider these foods:

- Raw fruits can serve to give your taste receptors something sweet and juicy. Select fruits such as apples, bananas, pears, peaches, plums, kumquats, blueberries, strawberries, kiwi, watermelon, cantaloupe, honeydew melons, and pineapple. Each of these fruits has a specific taste and texture. You can discover or even re-discover your love for raw fruits
- Fresh raw vegetables provide some real crunch and interesting tastes for your taste buds. Choose vegetables like carrots, celery, broccoli, cauliflower, tomatoes, mushrooms, cucumbers, green/red/yellow bell peppers, and radishes.

2. Acquaint yourself with juicers and juicing to bring your taste buds alive with flavorful, natural juices you make yourself right at home. Some health experts believe you can clear your body of toxins through doing a juice fast. Drink your home-made juices to ensure you're ingesting some concentrated nutrition every day, along with other foods.

- Whether you juice fruits, vegetables, or a mixture of both, you'll be pleasantly surprised at the tasty and nutritionally rich juices you can make with a good juicer.



3. Re-train your sense of taste to love water again. Even though you may think water is a rather “plain” taste, consider it a “clean” taste that keeps your body hydrated and strong. The more you can accustom your sense of taste to drink plenty of water, the better your body will perform.

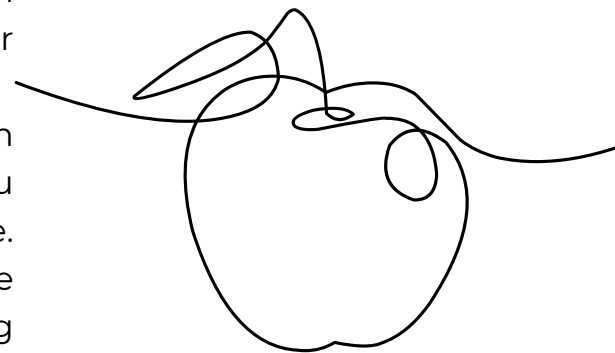
- So that you don’t get tired of clear water, why not try a slice of a fresh orange, lime, or lemon in your H₂O occasionally? Get adventurous with your water: float a few strawberries and raspberries in your glass of water to tickle your taste buds just a bit. As you become more and more accustomed to drinking water, you’ll find yourself craving it.

4. To help yourself acquire a taste for healthy foods, peruse the internet for new recipes using the items you’d like to add more of to your diet. For example, if you want to add more vegetables such as spinach, mushrooms, and asparagus, look online for recipes using those ingredients.

- Fibrous food items like flax and psyllium are known to have numerous health benefits.
- Locating recipes with such healthy foods and preparing those dishes can work to expose your sense of taste to new flavor experiences as you get your body into great shape.

5. Another way to use your sense of taste is to use “mindful eating” techniques. Take time to enjoy the flavor of each bite. Eating more slowly and savoring each bit of food has several benefits:

- You’ll feel more satisfied with less food.
- When you’re mindful of your eating habits, you’ll remain more in touch with your own experience of the tastes and notice quicker when you feel full.
- Remaining “in the present moment” when it comes to your eating habits will help you experience an enhanced sense of taste. When you totally focus on the flavors you’re experiencing, you’ll find yourself feeling more content with your food.



6. During meals, vary the type of food you eat with each bite. For each bite you take, have a bit of a different food. For example, first, take a bite of chicken and chew it slowly, savoring the flavors. Next, have a green bean or two. Then, have a small fork full of mashed potatoes.

- When each bite is different, you'll be actively stimulating your taste buds. Because of the "newness" of each bite, you'll find you feel satisfied quicker, thanks to your taste sense.

7. Avoid smoking if at all possible. Did you know that those who smoke cigarettes report their senses of tastes are vastly reduced due to smoking? An important way to improve your life through your sense of taste, therefore, is to cease smoking cigarettes. If you believe your sense of taste is negatively affected by your smoking, definitely consider quitting cigarettes.

8. Actively engage your sense of smell in tandem with your taste sense. It is no surprise that your sense of smell works largely in conjunction with your sense of taste. Since that's the case, use your sense of smell to enhance your eating experiences. Smell your foods.

- Enjoy the aroma of hot coffee brewing or chocolate chip cookies baking. Savor the fragrance of a fresh orange as you peel it. Actively employing your sense of smell as you eat will radically improve the taste of your foods.

Your sense of taste can do so much more than help you enjoy your food! Use it to help you lead a healthy lifestyle and take pleasure in a more vibrant life.



For each month , a different soup.
-Portuguese Proverb



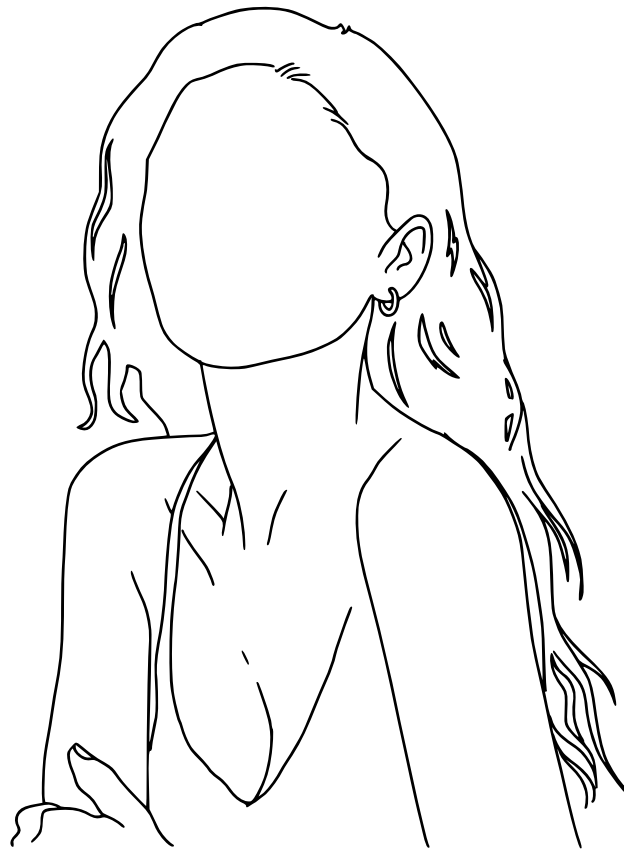
Your senses bring you the world. By actively using your senses to your best advantage, you bring more of that world to your life.

You can become healthier and feel more alive than you've ever felt before – in harmony with nature and the creatures in it. Every experience becomes a cornucopia of memorable sensations.

Transform your life to more joyous living today using the power of your senses!



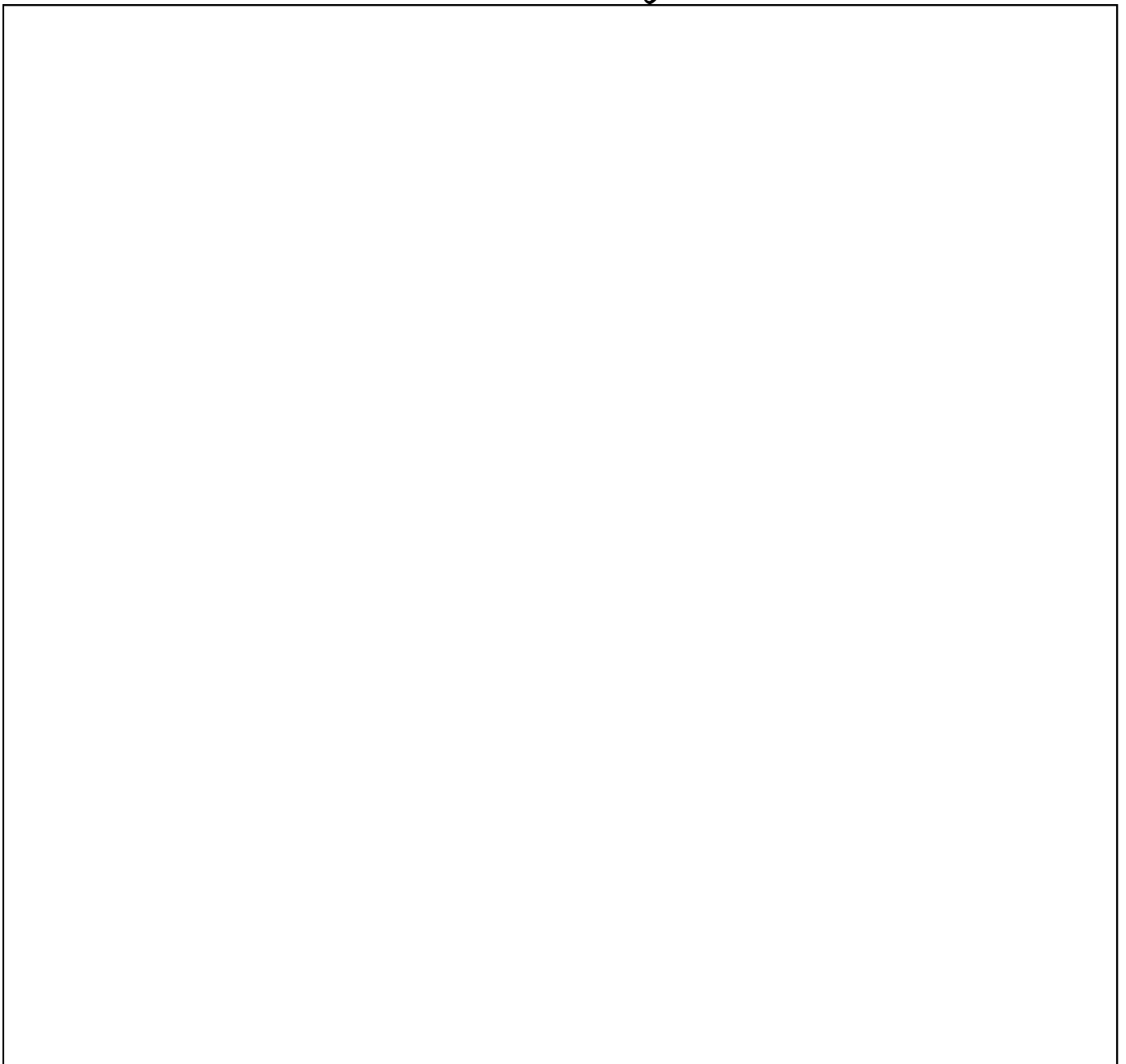
*"Each tiny effort builds on the
next, so that brick by brick,
magnificent things can be created."
- Robin Sharma*



W O R K S H E E T

Worksheet

Ways to Change Your Life

A large, empty rectangular box with a thin black border, occupying the lower two-thirds of the page. It is intended for the user to write down ways to change their life.

Self-Discovery

Ask yourself some important questions to find natural talents and predispositions you want to develop

WHAT ACTIVITIES DO YOU ENJOY EXPRESSING THE MOST?

WHAT COMES EASILY TO YOU?

Self-Discovery

Ask yourself some important questions to find natural talents and predispositions you want to develop

WHAT DID YOU ENJOY DOING AS A KID?

WHEN WAS THE LAST TIME YOU WERE TRULY HAPPY AND CONTENT WITH LIFE?

Self-Discovery

Ask yourself some important questions to find natural talents and predispositions you want to develop

WHAT MAKES YOU REALLY FEEL ALIVE?

WHEN DO YOU FEEL THAT YOU GET INTO THE FLOW STATE?

Self-Discovery

Ask yourself some important questions to find natural talents and predispositions you want to develop

WHAT ARE YOUR TALENTS AND NATURAL SKILLS (PREDISPOSITIONS)?

WHAT ARE YOUR PERSONAL LIMITATIONS?

Step #1

DEFINE YOUR GOALS

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Step #2

VISUALIZE ACHIEVING THE GOAL



A NOTE ON VISUALIZATION

Visualize a future version of your self. In a month from now, you have reached your goal for this month. What did you do? How do you feel? Where are you realizing that you made it?

Write it down and then take a few minutes to draw a really vivid picture in your mind. Come back to what you have written and to this picture whenever you don't feel like doing the work and when you are doing your weekly checkins (see below).

OVERVIEW

Step #2

VISUALIZE ACHIEVING THE GOAL

WHEN I ACHIEVE MY GOALS THIS HOW MY LIFE
WILL LOOK

<i>Finance</i>	<i>Health</i>
<i>Family</i>	<i>Friends</i>
<i>Freedom</i>	

Step #3

MAKE A LIST OF MILESTONES & DAILY TASKS

WHAT ARE THE STEPS YOU NEED TO TAKE IN ORDER TO MAKE PROGRESS TOWARDS THIS GOAL? WHAT ARE THE ACTIONS/TASKS YOU NEED TO DO ON A DAILY BASIS.

DAILY REPEATED TASKS

[illegible]

MAILESTONE TRACKER

YOUR MAILESTONE...

PHASE 1

PHASE 2

PHASE 3

☐ _____

☐ _____

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I WILL CELEBRATE BY...

Step #4

WEEKLY CHECK IN

Take some time at the end of each week to reflect on your consistency and progress

HOW DID I FEEL THIS WEEK?

DID I TRACK PERFORMING THE TASKS THAT WILL HELP ME
TO MAKE PROGRESS TOWARDS MY MONTHLY GOAL?

IF YES, CAN I TAKE A MINUTE TO BE PROUD OF MYSELF? IF NO,
WHAT CAN I DO TO MAKE TRACKING EASIER FOR ME?

DID I PERFORM THE TASKS AS OFTEN AS I INTENDED?
IF YES, HOW DOES THAT MAKE ME FEEL? IF NO, WHAT
WAS HOLDING ME BACK? HOW CAN I REMOVE
DISTRACTIONS AND SET UP BETTER SYSTEMS SO I AM
SUPPORTED ENOUGH TO PERFORM THE TASK? OR WAS
IT TOO MUCH TOO FAST AND I NEED TO ADJUST THE
FREQUENCY/INTENSITY?

WHAT ELSE WAS NOTEWORTHY/INTERESTING WHEN IT
COMES TO WORKING TOWARDS MY GOALS THIS WEEK?

LET'S RECONNECT WITH YOUR WHY: WHY WAS IT SO IMPORTANT
FOR YOU WHEN YOU SET YOUR MONTHLY GOAL? WHAT POSITIVE
EFFECTS WILL REACHING THIS GOAL HAVE ON YOUR LIFE?

SET AN INTENTION FOR THE NEXT WEEK:
HOW DO YOU WANT TO SHOW UP AND WORK
TOWARDS YOUR MONTHLY GOAL?

OTHER NOTES

Journal Prompts

Write down a few little memories from this week that made you smile that you would have otherwise forgotten.

Journal Prompts

Write a letter to a person in your life that you have found to be draining of your energy. Avoid excessive negativity - simply say goodbye to them and focus on committing yourself to spending more time with people who give you energy.

Journal Prompts

Make a gratitude list. The power of gratitude cannot be overstated, in my opinion.
Make a list of 10 things, 50, a 100!!

Journal Prompts

Make a gratitude list. The power of gratitude cannot be overstated, in my opinion.
Make a list of 10 things, 50, a 100!!

Journal Prompts

Who is someone in your life you appreciate at the moment? Write to them.

Your Best Life

JOURNAL PROMPTS

What is something you want to do but haven't yet because of fear? Might you be over-exaggerating that fear? How can you overcome it?

What do you wish you didn't have to do today? Write about why it won't be as bad as you expect it to be and how you'll feel once you're done.

When do you feel like you rush too much? How could you slow down and enjoy the process?

Your Best Life

JOURNAL PROMPTS

What makes you feel cozy and safe?

What qualities in other people bother/annoy you? How can you strive to make sure you don't embody those qualities?

What is a challenge that you have overcome recently that you need to give yourself credit for?

Your Best Life

JOURNAL PROMPTS

When in the day do you feel you are able to work best? When are you most motivated? How can you arrange your day to maximize those productive window(s)?

Who is someone in your life you would like to spend more time with? What are some ways you could do that?

Do you prefer being outdoors or indoors?

ADDITIONAL PROMPTS

What is the best compliment you've ever received and what makes it the best?

What special talent do you have and do other people know about it? Why or why not?

Who are your role models? What makes them people you look up to?

ADDITIONAL PROMPTS

How do you feel about your life right now, overall?

How would you rate your overall mental health?

What are some negative things in your life that you can clear out?

ADDITIONAL PROMPTS

What can you learn from your biggest win?

Do you believe people love you for exactly who you are? Why or why not?

How do you feel when you hear other people talking negatively about themselves?

ADDITIONAL PROMPTS

How would your close friends describe you?

What are the most positive aspects of your life?

What do you want to feel tomorrow?

ADDITIONAL PROMPTS

What's holding you back from pursuing your dreams?

What's one activity that always cheers you up?

When have you showed courage recently?

ADDITIONAL PROMPTS

Where in your life do you feel the most powerful and why?

Who in your life looks up to you? How does that make you feel?

What would you like to learn about? Why does that interest you?

Mood Tracker

Date: _____

3 THINGS I AM
GRATEFUL FOR

WHAT DID I DO TO TAKE
CARE OF MYSELF?

WATER INTAKE



TODAY
I FELT




Morning ☐ ☐ ☐ ☐ ☐

Afternoon ☐ ☐ ☐ ☐ ☐

Evening ☐ ☐ ☐ ☐ ☐

DID I HAVE
ENOUGH?

 ☐ FRUIT & VEG

 ☐ SLEEP

 ☐ EXERCISE

 ☐ FRESH AIR

 ☐ VITAMINS

MEDICATIONS
TAKEN?

☐ AM

☐ PM



ENERGY LEVEL

1 2 3 4 5 6 7 8 9 10

STRESS LEVEL

1 2 3 4 5 6 7 8 9 10

WHAT ARE SOME THINGS THAT YOU CAN DO TO MAKE
YOURSELF FEEL BETTER?

5 4 3 2 1

GROUNDING TECHNIQUE

*A calming technique that connects you with the present by
exploring the five senses.*



things you
SEE

01



things you can
TOUCH

02



things you can
HEAR

03



things you can
SMELL

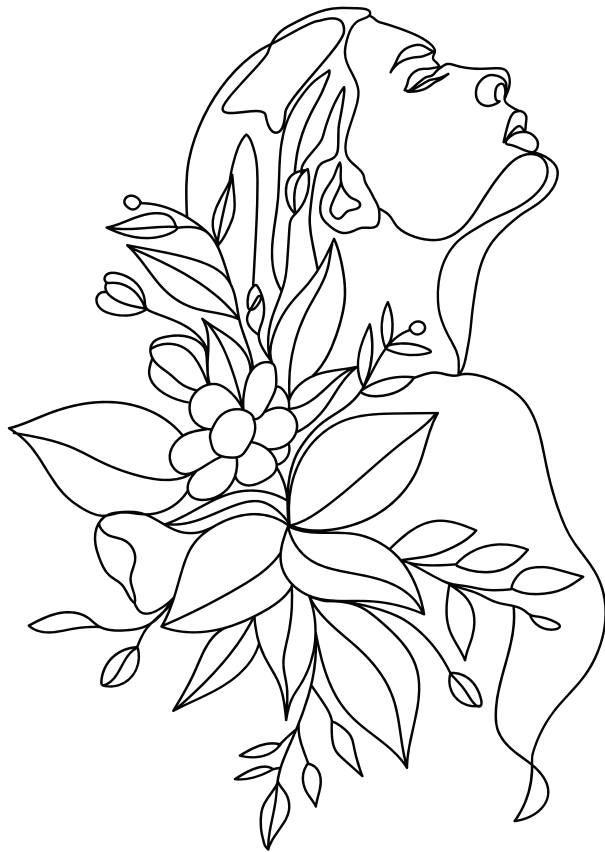
04



things you can
TASTE

05

"The wings of
transformation are born
of patience and struggle."
- Janet S. Dickens

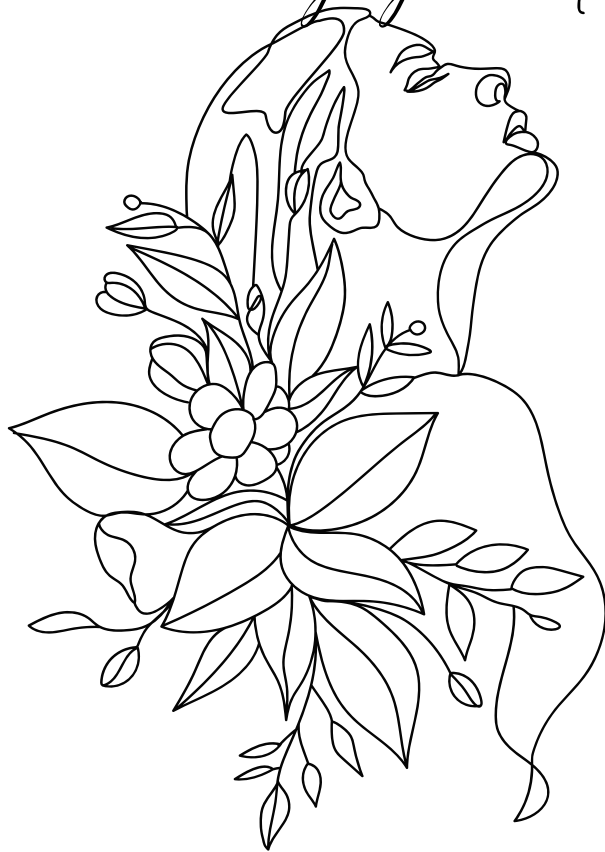


"Life is a moving , breathing thing. We have to be willing to constantly evolve. Perfection is constant transformation."

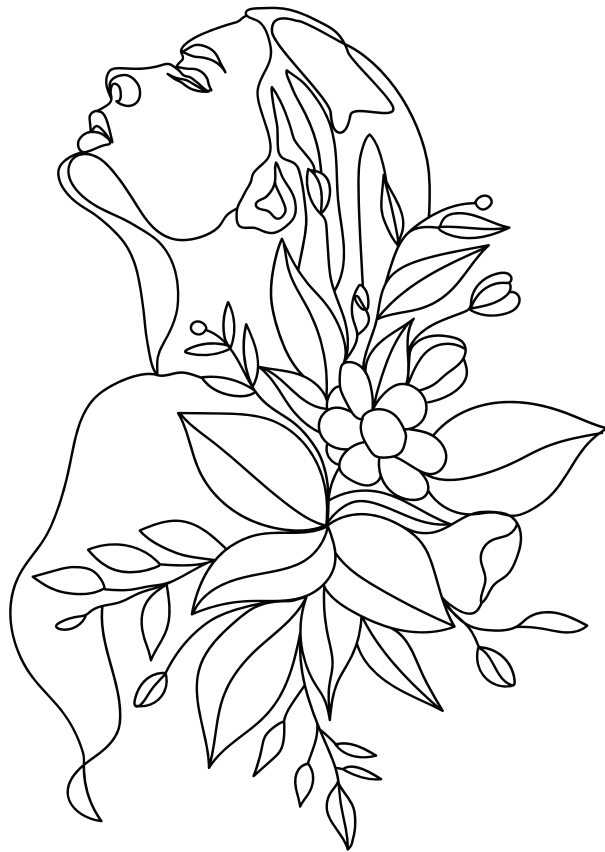
- Nia Peeples



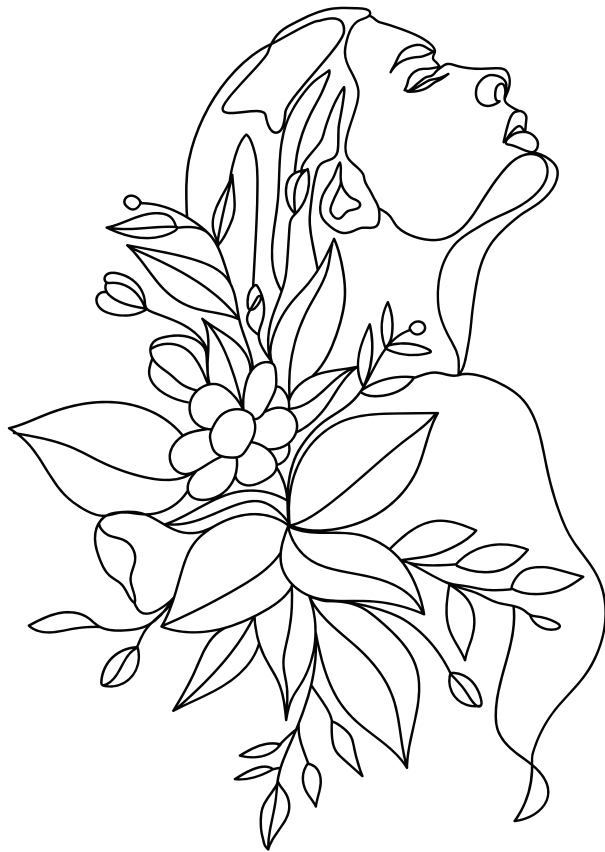
"It's not about perfect. It's about effort. And when you implement that effort into your life. Every single day, that's where transformation happens. That's how change occurs. Keep going. Remember why you started."



*"You can't have a physical
transformation until you have a
spiritual transformation."
- Cory Booker*



"Every good business story has a conflict and triumph at the core and a turning point where a transformation takes place."
- Dinesh Pasiwal



"Transformation is a process , and as life happens there are tons of ups and downs. It's a journey of discovery—there are moments on mountaintops and moments in deep valleys of despair."
- Rick Warren



Contact Us
TO GET STARTED



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