

The Dandelion Companion Workbook



Introduction

Welcome to *The Dandelion Companion Workbook*, a carefully crafted guide designed to support you on your journey of personal growth, resilience, and self-empowerment. This workbook brings together twelve chapters filled with reflective worksheets, practical exercises, and inspiring prompts to help you explore your story, identify your strengths, set healthy boundaries, and cultivate mindfulness.

Each section invites you to pause, reflect, and engage with your experiences in a way that honours your unique path. Whether you are just beginning or continuing your journey, this companion is here to nurture your growth and celebrate your progress, like the resilient dandelion, thriving through change and spreading seeds of hope.

Take your time with each section and remember that this workbook is a safe space for your thoughts, feelings, and aspirations.

This workbook isn't just something you complete once and set aside. It's a resource designed to walk with you through the harder days, the uncertain seasons, and the moments when resilience feels out of reach. Think of it as your garden shed, a place you return to whenever you need to find everything required to keep nurturing your seeds of strength. Each time you step back inside, you'll discover grounding, clarity, and a reminder of the resilience that already lives within you.

This is your journey, unique, vital, and worthy. Every step you take is a seed of resilience, a declaration of courage, and a reminder that you are already enough, growing stronger with every choice you make.

Worksheet: The Power of Choice

Chapter 1 Companion Resource

This worksheet is designed to help you reflect on the themes of **choice, resilience, and empowerment** explored in Chapter 1. Use it as a safe space to pause, write, and connect with your own journey.

Section 1: Reflection on Choice

- Write down three areas of your life where you feel you **don't have control**.
- Now, reframe each one: What choices do you *still* have in how you respond?

Situation	Automatic Reaction	Empowered Choice
Example: Stress at work	Panic, overwork	Pause, breathe, set boundaries

Section 2: Small Steps Strategy

Empowerment isn't about big leaps, it's about micro-choices.

- List **three small actions** you can take today that honor your wellbeing.

1. _____

2. _____

3. _____

Tip: Even "standing still" counts as progress if it prevents sliding backward.

Section 3: Reframing the Narrative

Think about a time you judged yourself harshly.

- What did you tell yourself?
- How could you reframe that moment with compassion?

Example:

- Old narrative: "I'm weak because I couldn't get out of bed."
 - Reframed narrative: "I showed strength by surviving the day."
-

Section 4: Viktor Frankl's Lesson

Frankl wrote: *"The last of the human freedoms, to choose one's attitude in any given set of circumstances."*

- What does this quote mean to you personally?
 - Write one sentence about how you can apply this principle in your daily life.
-

Section 5: The Ripple Effect

Your choices affect others.

- Write down one choice you've made recently that positively impacted someone else.
 - How did it ripple outward?
-

Section 6: Moving Forward

- What is one **choice you commit to making tomorrow** that supports your healing or growth?
 - Write it here as a declaration:
"Tomorrow, I choose to..." _____
-

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: Taming the Inner Critic

Chapter 2 Companion Resource

This worksheet is designed to help you recognise, personify, and challenge your inner critic. Use it to create distance from self-doubt, strengthen your authentic voice, and build confidence step by step.

Section 1: Meet Your Inner Critic

- Give your inner critic a **name**: _____
- Describe their **appearance or personality** (funny, exaggerated, cartoonish—whatever helps you separate them from yourself):

Tip: Personification creates distance. You are not your critic—you are the thinker, not the thought.

Section 2: Spot the Script

Write down three common phrases your inner critic whispers:

1. " _____ "
2. " _____ "
3. " _____ "

Now, challenge each one:

- Is it true?
 - Where's the proof?
 - What would you say to a friend who believed this?
-

Section 3: Power of Separation

Complete the sentence:

- "I am not my thoughts. I am the person who hears them."

Reflect: How does it feel to see your critic as separate from you?

Section 4: Confidence Muscle Practice

Every time you challenge your critic, your authentic voice grows stronger.

- Write down one recent moment when you **chose not to believe** your critic:

- How did that choice change your confidence or energy?

Section 5: The Ripple Effect

Your relationship with yourself affects others.

- Write one way taming your critic has (or could) improve your relationships:

Examples:

- More patience with loved ones
- Less defensiveness at work
- Greater empathy for others' struggles

Section 6: Keep Your Inner Critic in the Passenger Seat

- What's one tool you'll use next time your critic pipes up?
(e.g., personification, evidence-gathering, self-compassion)

- Write a declaration:
"Next time my critic speaks, I will..." _____

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: Catastrophising – Dousing the Inferno

Chapter 3 Companion Resource

This worksheet helps you recognise catastrophising patterns, calm your body, and reframe your thoughts. Use it to interrupt spirals, regain perspective, and build your own 'trampoline' of realistic thinking.

Section 1: Spot the Snowball

Catastrophising often starts small and grows.

- Write down a recent situation where your thoughts spiralled:
-

- Break it down:

Trigger	Assumption	Escalation	Paralysis	Cycle
Example: Friend didn't reply	They're angry	They'll stop talking to me	I avoid messaging	More silence fuels worry

Section 2: Calm the Nervous System

When your body reacts as if danger is real, use grounding techniques.

Choose one to practice today:

- Deep belly breathing (inhale 4, hold 4, exhale 8)
- Progressive muscle relaxation
- Cold water splash
- Humming or singing

Reflection: Which technique helped you most?

Section 3: Control vs. Surrender

Catastrophising is often about grasping for control.

- List three things you **can control**:

1. _____

2. _____

3. _____

- List three things you **cannot control**:

1. _____

2. _____

3. _____

Write a mantra: *"I can't control the outcome, but I can control how I react to it."*

Section 4: The Trampoline Technique

Build awareness and bounce back.

- Spot the fall: Write one thought that triggered a spiral.

- Challenge it:

- Is this fact or fear?
- What's the evidence?
- What's a more balanced explanation?

Rewrite the thought:

Section 5: Evidence Collection

Become a detective, not a victim.

Answer these prompts for a recent catastrophic thought:

- What do I know to be true?
 - What am I assuming?
 - Has this worst-case scenario happened before?
 - How did I handle it then?
 - What evidence supports this fear?
 - What evidence contradicts it?
-

Section 6: Considering Alternatives

Interrupt tunnel vision by exploring other outcomes.

- Worst-case scenario: _____
- Neutral possibility: _____
- Best-case scenario: _____

Reflection: How does considering alternatives change your perspective?

Section 7: Grounding in Reality

Practice the 5-4-3-2-1 technique:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Write down your experience:

Section 8: Intuition vs. Catastrophising

Differentiate between fear and wisdom.

- Write one thought that felt urgent. Was it catastrophising or intuition?
-
-

Section 9: Moving Forward

- What's one tool you'll use next time you notice catastrophising?
-

- Write a declaration:

"Next time I spiral, I will..." _____

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: The Loop of Obsessive Behaviour

Chapter 4 Companion Resource

This worksheet is designed to help you identify obsessive patterns, understand their roots, and practice strategies to break free. Use it as a guide to move from coping habits into healthier, more empowering ones.

Section 1: Recognising the Loop

- Write down one repetitive behaviour or thought pattern you notice in yourself:
-

- Which category does it fit best?
 - Rumination (replaying events)
 - Perfectionism (never good enough)
 - Future-tripping (endless 'what ifs')
 - Over-analysis (dissecting conversations)
 - Reassurance seeking (asking repeatedly)

Reflection: How does this loop make you feel in the moment?

Section 2: The Illusion of Control

Obsessive behaviours often masquerade as control.

- Write one situation where you felt compelled to repeat a behaviour (checking, re-reading, overthinking).
-
- Did it actually reduce your anxiety long-term?
-
-

Section 3: Pause and Question Technique

Next time you notice the loop, pause and ask:

- What am I trying to control or predict right now?
- Is this behaviour helping, or adding anxiety?
- What's the worst that would realistically happen if I didn't do it?
- What do I know to be true in this moment?

Write your answers here:

Section 4: Delay and Divert Strategy

Practice small interruptions.

- Choose one loop you want to interrupt.
- Delay the behaviour by 5 minutes, then 10, then longer.
- Divert your energy into a healthy activity (walk, music, call a friend, creative task).

Reflection: How did delaying or diverting change your experience?

Section 5: Redirecting Energy

Obsessive energy can be powerful if redirected.

- Write one area where you could channel that energy productively (work, creativity, self-care).
-
-

Section 6: Tolerating Uncertainty

Practice letting go of control in small ways.

- Write one action you will deliberately resist repeating (e.g., not re-checking the oven, sending an email without rereading).
-

- How did it feel to sit with the discomfort?

Section 7: Ripple Effect Reflection

Breaking loops impacts more than just you.

- Write one way reducing obsessive behaviours could improve your relationships or daily life.

Examples:

- More presence with loved ones
- Greater energy for meaningful tasks
- Less defensiveness in conversations

Section 8: Moving Forward

- What's one truth you want to carry with you?
(e.g., *"Discomfort isn't danger," "My worth isn't tied to control."*)

-
- Write a declaration:
"Next time I feel the urge to repeat a loop, I will..." _____

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: Perspective – Finding Balance in the Storm

Chapter 5 Companion Resource

This worksheet helps you practise perspective resets, anchor yourself in gratitude, and zoom out from immediate worries. Use it to build daily habits that keep you grounded and resilient.

Section 1: Gratitude Anchor

List five things you are grateful for today. These can be simple or profound.

1. _____

2. _____

3. _____

4. _____

5. _____

Reflection: How does focusing on gratitude shift your perspective?

Section 2: Expanding the Timeline

Choose a current worry and answer these questions:

- Will this affect my life tomorrow?
-

- Will this affect my life next week?
-

- Will this affect my life next year?
-
-

Section 3: Zoom Out Exercise

Visualise your life from different vantage points: across the room, across the street, your town, from space.

Write down how your current problem looks from each perspective.

Section 4: The 'Killer' Question

Ask yourself: *"Is this actually a crisis? Will anyone die?"*

Write your answer here:

Reflection: How does this question change the weight of your worry?

Section 5: Best Friend and Future Self Perspective

- What advice would you give a best friend facing this exact problem?

- What would your future self, ten years older, say about this situation?

Section 6: Recognising Patterns

Create your own **Survival List** of challenges you've overcome:

1.

2.

3.

4.

5.

Reflection: How does remembering past resilience help you now?

Section 7: Perspective Prescription

Use these prompts when overwhelmed:

- Pause and breathe
- Ask: *"Is anyone going to die?"*
- Check the timeline: *"Will this matter in a year?"*
- Review the evidence: *"What do I know to be true?"*
- Consider alternatives: *"What other explanations are possible?"*
- Connect to past resilience: *"What challenges have I overcome before?"*
- Choose perspective: *"How do I want to view this situation?"*

Write down which of these tools you'll use most often:

Section 8: Perspective Maintenance

Daily and weekly practices:

- Morning check: *"What's truly important today?"*
- Evening reflection: *"What went well? What am I grateful for?"*
- Weekly zoom-out: *"Am I moving in the direction I want?"*
- Monthly inventory: *"Which worries actually materialised?"*

Write your plan for maintaining perspective:

Section 9: Moving Forward

- What's one perspective shift you want to practise this week?

- Write a declaration:

"Next time I feel overwhelmed, I will..." _____

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: Rewiring Your Mental Search Engine

Chapter 6 Companion Resource

This worksheet helps you reframe adrenaline, interrupt negative bias, and retrain your mental search engine to serve up balanced, empowering thoughts.

Section 1: Adrenaline Reframing

- Write down a recent situation where you felt physical symptoms (racing heart, sweaty palms, butterflies).
 - Label the feeling twice: once as fear, once as excitement.
Reflection: How does the label change your perception?
-
-

Section 2: Language of Feelings

Replace negative labels with neutral or empowering ones.

Old Label	New Label	Example Statement
Nervous	Energised	<i>"I feel energised for this meeting."</i>
Worried	Thoughtful	<i>"I'm being thoughtful about this decision."</i>
Anxious	Activated	<i>"My body is activated to help me focus."</i>

Write your own reframes:

Section 3: Positive Memory Hunt

Think of a time you worried but it turned out fine.

- Situation: _____ \

- Positive outcome: _____ \
 - Feelings you want to recall: _____ \
-

Section 4: Building New Associations

Identify one situation that usually triggers anxiety.

- Default thought: _____ \
 - New association you want to build: _____ \
 - Anchor (song, scent, object) to pair with it: _____ \
-

Section 5: Search Engine Rewire

Practice rewriting your mental questions.

- Default query: *"What if I mess this up?"*
- Rewired query: *"What if this turns out better than expected?"*

Write three of your own:

1. _____
 2. _____
 3. _____
-

Section 6: Proof Bank

Start collecting evidence of resilience.

- One time I coped well: _____ \
 - One time I succeeded despite fear: _____ \
 - One time I surprised myself: _____ \
-

Section 7: Breathing Bridge

Use breath to calm adrenaline.

- Inhale for 3, hold for 3, exhale for 6.
- Repeat until calm.
Optional grounding phrase:
- Tell yourself *"This is a feeling, not a fact", "I've been here before and got through it."*

Reflection: How did breathing change your state?

Section 8: Energy Management

Ask: *"Is this thought fuelling me or draining me?"*

- Write one draining thought: _____ \
- Write one fuelling thought: _____ \

Plan one quick energy reset (walk, music, laughter, silence).

Section 9: Moving Forward

- What shelf do you want to reach for next time fear hits?

 - Write a declaration:
"Next time adrenaline surges, I will..." _____ \
-

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: Acceptance is a Powerful Thing

Chapter 7 Companion Resource

This worksheet helps you distinguish reflection from rumination, practise acceptance, and build resilience through self-compassion and perspective.

Section 1: Reflection vs. Rumination

Think of a recent situation you've revisited in your mind.

- Was it **reflection** (forward-looking, lesson-focused) or **rumination** (backward-looking, self-blaming)?
 - Write down the situation and classify it:
-

Reflection questions:

- What lesson can I learn?
 - How can I grow from this?
 - What would I do differently next time?
-

Section 2: Rear-View Mirror Metaphor

Write down one area of your life where you've been driving while staring in the rear-view mirror.

Now, reframe: What opportunities or present moments are you missing by focusing on the past?

Section 3: Acceptance Practice

Acceptance is not surrender, it's reclaiming energy from battles you can't win.

- Write one painful event you cannot change:
-
- Write one way you can choose to respond differently now:

Section 4: Decisions That Felt Right

Think of a past decision you regret.

- What resources, knowledge, or circumstances shaped that choice at the time?

Reframe: *"I did what felt right with what I had, at that moment in time."*

Section 5: Four Pillars of Acceptance

Reflect on each pillar and write one example from your life:

1. Softening self-judgment: _____
 2. Choosing response over reaction: _____
 3. Shifting from *"Why me?"* to *"What now?"*: _____
 4. Building resilience: _____
-

Section 6: Discomfort Practice

Next time a difficult emotion arises:

- Notice it: _____
- Name it: _____
- Breathe with it: _____
- Remind yourself: *"This feeling is temporary."*
- Ask: *"What does this emotion need from me right now?"*

Reflection: How did this practice change your experience?

Section 7: Practical Acceptance Techniques

Choose one to try this week:

- Past tense reframe
- Learning letter
- Acceptance mantra
- Forgiveness practice

Write which one you'll use and why:

Section 8: Moving Forward Without Resistance

- Write one area where you're currently resisting reality:
-

- Write a declaration:

"I choose acceptance over resistance. I will..." _____

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: Choose Your Story

Chapter 8 Companion Resource

This worksheet helps you identify unhelpful 'should' and 'ought' scripts, practise the power of the pause, and consciously choose narratives that protect your energy and empower your mindset.

Section 1: Spot the Tyranny of 'Should' (and 'Ought')

Write down three common 'should' or 'ought' statements you tell yourself:

1. "I should _____"
2. "I ought to _____"
3. "I should/ought _____"

Now reframe each into a choice or want:

- "I choose to..."
 - "I want to..."
-

Section 2: Empowerment Questions

Next time you feel obligation creeping in, pause and ask:

- Do I want to?
- Is this truly good for me right now?

Write one recent example where asking these questions changed your decision:

Section 3: Power in the Pause

Think of a situation where you reacted automatically.

- What story did you tell yourself?
-

Now rewrite:

- What alternative story could you have chosen?
-

Reflection: How would that have changed your energy?

Section 4: Selfish vs. Self-Pleasing

List one action that felt selfish but was actually self-pleasing and healthy:

How did it benefit you and those around you?

Section 5: Story Revolution

Identify one automatic negative story you often tell yourself (e.g., *"They don't like me"*).

- Default story: _____
 - Alternative story: _____
 - Kinder narrative: _____
-

Section 6: The Truth About Not Knowing

Write down one situation where you don't have all the facts.

- Default assumption: _____
- Alternative perspective: *"I don't know yet, and that's alright."*

Reflection: How does embracing uncertainty feel?

Section 7: Cost-Benefit Analysis

Choose a recent ambiguous situation (e.g., late reply).

- Cost of assuming the worst: _____
 - Benefit of assuming the best/neutral: _____
-

Section 8: Emotional Self-Preservation

Write one thought or situation that doesn't deserve your energy.

Reframe: ****My energy is valuable. I choose not to spend it here.*"

Section 9: Positive Mindset Practices

- Daily Gratitudes: List three things you're grateful for today.

1. _____

2. _____

3. _____

- Meditation: Commit to 10 minutes of observing thoughts without attachment.
 - Thought Truth: Write one negative thought and remind yourself: "This is not fact."
-

Section 10: Moving Forward

- Write one declaration:
"Next time I catch myself telling an unhelpful story, I will..." _____
-

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: Discovering Your Worth

Chapter 9 Companion Resource

This worksheet helps you practise self-compassion, release perfectionism, and build authentic self-belief through reflection and daily exercises.

Section 1: Letting Go of Perfection

- Write down one area where you demand perfection from yourself:

- Reframe: *"What would 'enough' look like right now?"*

Section 2: The 'Good Enough' Revolution

List three ways 'good enough' can bring more peace into your life:

1.

2.

3.

Reflection: How does embracing 'good enough' feel compared to chasing perfection?

Section 3: Self-Compassion Practice

When your inner critic speaks, ask: *"Would I say this to my best friend?"*

Write one harsh thought and reframe it with compassion:

- Harsh thought: _____
 - Compassionate reframe: _____
-

Section 4: Mirror Affirmations

Choose three affirmations to place on your mirror:

1. "I am _____"

2. "I am _____"

3. "I am _____"

Reflection: How does saying them aloud change your self-perception?

Section 5: Letter to Your Younger Self

Write a short letter offering encouragement, wisdom, or compassion to your younger self.

Section 6: The Company You Keep

List three qualities your closest friends reflect back to you:

1. _____

2. _____

3. _____

Reflection: What does this say about your own worth?

Section 7: Boundaries and Treatment

Write one behaviour you will no longer tolerate:

Write one boundary you will reinforce:

Section 8: Compliment Challenge

Next time someone compliments you, simply say: "Thank you."

Reflection: How did it feel to accept rather than deflect?

Section 9: Self-Belief Building Blocks

- Evidence Collection: Write one achievement from today.
-
- Strength Identification: List one personal strength.
-
- Growth Mindset: Reframe one mistake as a learning opportunity.
-
- Comparison Elimination: Write one way you'll stop comparing yourself.
-
- Self-Compassion: Write one kind phrase to yourself.
-
-

Section 10: Moving Forward

Write a declaration:

"I am worthy, and I choose to believe in myself by... _____"

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: The Power of Discussion

Chapter 10 Companion Resource

This worksheet helps you practise externalising thoughts, choosing safe listeners, and cultivating vulnerability as a strength.

Section 1: Identifying the Lonely Burden

- Write one area of your life where you feel you must handle it alone.
-

Reflection: How does this belief affect your energy and relationships?

Section 2: Why We Don't Discuss

List which of these barriers resonate with you most:

- Shame
- Fear of judgment
- Feeling like a burden
- Belief no one will understand
- Pressure to fix it

Write one step you could take to challenge this barrier:

Section 3: Externalising Practice

Choose one worry and speak it aloud (to yourself, a journal, or a trusted person).

- Worry: _____
 - How did it feel after externalising?
-

Section 4: Safe Discussion Spaces

List three safe people or spaces where you can share openly:

1. _____

2. _____

3. _____

Reflection: What makes these spaces feel safe?

Section 5: Recognising Unsafe Discussions

Write one sign that a listener is not safe for your vulnerability (e.g., minimising, gossip, judgment).

Plan: How will you protect your energy in that situation?

Section 6: Vulnerability as Strength

Write one recent moment when you allowed yourself to be vulnerable.

Reflection: How did it change your connection with others?

Section 7: Different Forms of Discussion

Pick one method to try this week:

- Journaling
- Voice notes
- Writing a letter (sent or unsent)
- Support group

- Therapy/coaching
- Trusted friend/family

Write your choice: _____

Why does this feel accessible right now?

Section 8: Active Listening

Think of someone who shared with you recently.

- How did you respond?

Write one way you can practise being a more active listener:

Section 9: Moving Forward

Write a declaration:

"I choose to use discussion as a tool for connection and healing by..."

Notes Section

(Blank space for journaling, doodling, or free writing.)

Worksheet: Strategic Self-Care

Chapter 11 Companion Resource

This worksheet helps you integrate intentional self-care practices into your daily routine, protect your energy, and build resilience.

Section 1: Permission Slip

Write down three permission statements you want to remind yourself of:

1. "I deserve to _____"
 2. "Self-care makes me _____"
 3. "My well-being matters because _____"
-

Section 2: Daily Pause Practice

Block 30 minutes in your day.

- What time will you pause? _____
 - What activity will you choose (breathing, music, tea, walk)? _____
- Reflection: How did you feel after the pause?
-
-

Section 3: Lunch Break Revolution

Plan one intentional lunchtime break this week.

- What will you do (walk, mindful eating, hydration, music)? _____
 - How will you protect this time from interruptions? _____
-

Section 4: Grounding Techniques

Choose one grounding practice to try today:

- Eat with intention
- Hydrate fully
- Resist scrolling
- Conscious breathing (inhale 3, hold 3, exhale 6)
- Listen to calming music
- Take a walk or look out the window

Reflection: Which technique helped most?

Section 5: Micro Self-Care Moments

List three micro-moments you can integrate into your day:

1.

2.

3.

Section 6: Boundary Setting

Write one boundary you will set to protect your self-care time:

Plan how you will communicate it clearly and calmly:

Section 7: Customised Approach

Identify one self-care practice that suits your personality type:

- Introvert preference: _____
- Extrovert preference: _____

Section 8: Seasonal Adjustment

Write one self-care activity for the current season:

Reflection: How does this align with your emotional needs right now?

Section 9: Future Self Gratitude

Imagine your future self thanking you for today's self-care.

Write what they would say:

Section 10: Moving Forward

Write a declaration:

"I choose to prioritise self-care by..." -----

Notes Section

(Blank space for journaling, doodling, or free writing.)

Your Journey Continues

This is a reflective close to the guide, emphasising that empowerment is not about perfection or a final destination, but about ongoing choice, resilience, and finding magic in everyday moments. It highlights the ripple effect of your journey, the importance of permission to rest and feel joy, and the truth that you are already enough.

Foundations of Your Journey

Worksheet: Getting Started

- What brought you to this guide?
 - What are your hopes and intentions?
-

Understanding Your Story

Worksheet: Your Story Reflection

- Key moments that shaped you:
 1. _____
 2. _____
 3. _____
 - How do these moments influence your present?
-

Identifying Your Strengths

Worksheet: Strengths Inventory

- List your top 5 strengths:

1. _____

2. _____

3. _____

4. _____

5. _____

- Reflection: How can you use these strengths daily?
-

Setting Boundaries

Worksheet: Boundary Mapping

- Areas where you need boundaries:

1. _____

2. _____

3. _____

- Reflection: What feelings arise when you set boundaries?
-

Building Support Networks

Worksheet: Support Circle

- List people who support you:

1. _____

2. _____

3. _____

- Reflection: How do these connections empower you?
-

Managing Stress and Self-Care

Worksheet: Self-Care Plan

- List 3 self-care activities you enjoy:

1. _____

2. _____

3. _____

- Reflection: How do these activities help you recharge?
-

Cultivating Mindfulness

Worksheet: Mindfulness Practice

- Describe your mindfulness routine:

1. _____

2. _____

3. _____

- Reflection: What changes have you noticed since practicing mindfulness?
-

Embracing Change

Worksheet: Change Reflection

- Recent changes you've experienced:

1. _____

2. _____

3. _____

- Reflection: How have these changes affected your growth?
-

Celebrating Progress

Worksheet: Achievements Log

- List 5 achievements you're proud of:

1. _____

2. _____

3. _____

4. _____

5. _____

- Reflection: How do these achievements motivate you?
-

Overcoming Setbacks

Worksheet: Setback Analysis

- Describe a recent setback:
 - What did you learn from it?
 - How will you move forward?
-

Vision for the Future

Worksheet: Future Goals

- List 3 goals for the next year:

1. _____

2. _____

3. _____

- Reflection: What steps will you take to achieve these goals?
-

Notes Section

(Blank space for journaling, doodling, or free writing.)

Seeds of Strength



Roots of Resilience