



EMOTIONAL WELL BEING



COGNITIVE BEHAVIOR THERAPY

Developing skills to a healthy mindset through awareness, perspective and action

LEARNING HOW THE MIND WORKS

Thoughts that create emotions and behavior. What are rational and irrational beliefs. Positive versus negative thoughts. Constructive behavior.

DEVELOPING AWARENESS

Cultivating self-awareness, mindfulness over emotional reactions. Situational vs. psychological fear. Identifying triggers.

BELIEF SYSTEM

Seeing the truth of our own judgment. The need for approval. Understanding dysfunctional behavior. How we assign meaning to trauma. Core values.

POWER TO REFRAME THE MIND

Cognitive restructuring. Disputing irrational thinking. What is fact or fiction.



THE JOURNALING PROCESS



The fruits of our laboring thoughts

Random thoughts allow insight to further discovery and insight to an honest dialogue with yourself.



The main course brings heart to the matter

Expression through pen and paper reveal the soul's truth. Allowing free flowing communication without judgment of oneself.



Carving way to new beginnings

New thought process emerges to cut away that which does not serve our higher good and produces creative ways to resolve emotional, physical and behavioral situations



Pulling the carrot from its root

Planting the seeds through lists of 'I am', 'I can' and 'I will' allow new growth for a healthier crop in the future.



You are the perfect desert

Writing daily affirmations that uplift your spirit and provide the sweetness only self-love can bring.