

## Feelings Journal Template

My Feelings Journal is a journal for readers and writers, aged 12+, to discover their feelings. The interior is comprised of designed journal pages, affirmations, guided lists, inspirational quotes and doodles for colouring in.

Do you sometimes feel [E]. Down, depressed, or unhappy? Anxious, panicky, or insecure? Guilty or ashamed? Inferior, inadequate, or worthless? Lonely, unwanted, or alone? For decades, we've been told that negative feelings like depression and anxiety are the result of what's wrong with us, like a personality defect, a "mental disorder," or a chemical imbalance in your brain. These messages create feelings of shame and make it sound like we're broken and need to be "fixed." Now, Dr. Burns reveals that our negative moods do not result from what's wrong with us, but rather [E] what's right with us. And when you listen and suddenly "hear" what your negative thoughts and feelings are trying to tell you, suddenly you won't need them anymore, and recovery will be just a stone's throw away. In this innovative book, Feeling Great, Dr. Burns, describes a new and revolutionary high-speed treatment for depression and anxiety based on 40 years of research and more than 20 years of clinical experience. This book is a must-read for anyone who has ever felt down, depressed, or unhappy. It's a complete and complete elimination of negative feelings, but the development of feelings of joy and enlightenment. Dr. Burns will provide you with inspiring and mind-blowing case studies along with more than 50 amazing tools to crush the negative thoughts that rob you of happiness and self-esteem. You can change the way you feel! You owe it to yourself to FEEL GREAT!

One way to develop emotional awareness is to record our feelings in a diary. Writing and thinking about what we are feeling has a cathartic effect and helps restore feelings of peace again. This is fundamental for managing our emotions. This Emotions Tracking Diary journal will help you to become more aware of your own feelings day by day. You can review the Emotional diary each day, and see what patterns you begin to notice. Emotions Vocabulary Word List included. How To Keep a Mood Journal? Keep your journal daily, even if you only write down a word. Make it easy. Write whatever feels right. Develop a regular habit of mood tracking by using this template: Situation: Who? When? Where? What was going on? Internal thoughts at the time: Emotion name, rate on a scale of 1-10: What was my body feeling like? Impulsive behaviors and actions this emotion caused me to take: Consequences of that behavior: Suggestions: What could I have done differently:

Baby Bump Book, Pregnancy Journal Template, Pregnancy Baby Journal, Pregnancy Planner Book, Cute Pirates Cover
5 Minute Girls Gratitude Journal
Daily Unicorn Gratitude Journal Template Fun Challenges, Inspirational and Mindfulness Unicorn Design for Kids Ages 5-10
My Shrink Says Emotions Are Important Daily Journaling for Better Mental Health

Handbook of Counselor Preparation
Feelings Tracking Journal for Kids - Help Children and Tweens Express Their Emotions - Reduce Anxiety, Anger & Frustration. (6 X 9 Inches GREEN Cover)

A Guide to Academic Publishing Success:
My Emotions Journal - A Creative Feelings Log Book For Kids & Early Teenst Everyone feels better when they can recognise and express their feelings and this can sometimes be difficult for kids to do - and even more so for those children coping with conditions such as depression, anxiety, aspergers, austim or adhd. This fun journal will give your child an outlet for their emotions, in a creative way through both writing and drawing. Each day has two pages to work with: On page 1... Is a section to identify 3 key emotions felt that day. This can help them to ac about their feelings. A space to create their own Emoj!
A fun way for them to creatively express their key emotion for the day
On page 2... Is a space to talk about how they felt during the day - in the morning/afternoon evening. A space to write down any potential emotional triggers they experienced that day. A space for important notes. These two pages are then repeated throughout the journal, with 122 pages in total to write on. Each journal is 6 x 9 inches, the ideal size to pack into their bag to school, or for trips away. Each journal has a quality cover.
Interested in other journals like this one, be sure to click on the author name & see what else is new!

Expand the self-awareness of your dreams and interpret your innermost thoughts and feelings with this 100 page, guided dream journal. Achieve better understanding with help from the journal prompts. There is plenty of room included for recording: Date and time Thoughts and emotions before sleep The dream itself Interpretation of the dream Feeling upon awakening Comments Happy Dreaming!

How To Keep a Mood Journal? Keep your journal daily, even if you only write down a word. Make it easy. Write whatever feels right. Develop a regular habit of mood tracking by using this template: Situation: Who? When? Where? What was going on? Internal thoughts at the time: Emotion name, rate on a scale of 1-10: What was my body feeling like? Impulsive behaviors and actions this emotion caused me to take: Consequences of that behavior: Suggestions: What could I have done differently:

Feelings Tracking Journal for Kids - Help Children and Tweens Express Their Emotions - Reduce Anxiety, Anger & Frustration - (6 X 9 Inches RED Cover)

Rainbow Vector Template 1, Lined Journal, 6 X 9, 100 Pages

The Inner Child Journal

For Women Diary for Emotional Self-Awareness Emotions Vocabulary Word List Included

The Magic of Mentoring

Baby Bump Book, Pregnancy Journal Template, Pregnancy Baby Journal, Pregnancy Planner Book, Orange Cover

Unicorn Feelings Journal for Teens - Daily Emotion, Feelings and Mood Tracker to Ease Anxiety and Stress

**A comprehensive, well-written and beautifully organized book on publishing articles in the humanities and social sciences that will help its readers write forward with a first-rate guide as good company.'**
*- Joan Bolker, author of Writing Your Dissertation in Fifteen Minutes a Day 'Humorous, direct, authentic ... a seamless weave of experience, anecdote, and research.'*
*- Kathleen McHugh, professor and director of the UCLA Center for the Study of Women Wendy Laura Belcher's Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing Success is a revolutionary approach to enabling academic authors to overcome their anxieties and produce the publications that are essential to succeeding in their fields. Each week, readers learn a particular feature of strong articles and work on revising theirs accordingly. At the end of twelve weeks, they send their article to a journal. This invaluable resource is the only guide that focuses specifically on publishing humanities and social science journal articles.*

**My Feelings Journal is designed to help your elementary-aged or pre-teen express their emotions through writing. Prompts on each page will guide them through identifying their feelings, exploring the reason behind why they are feeling that way, brainstorming what they can do to help themselves feel better. This journal is perfect for the child who struggles with verbally expressing themselves and will provide a method to more easily reach out and communicate their feelings. Each day has a repeated template of two pages and these recur every day of the week. However, all pages are undated - so, your child is not confined to having to use it every day. The pages are ready to be filled in and there are 100 pages to fill in total (enough for 50 days). Pick up a copy for your child today! ? For each day? There is a section for the date/day of the week. A section to note down positive feelings felt that day. A section to note down negative feelings felt that day. A section to write 3 things enjoyed and not enjoyed about the day. A section to write the BEST quote of the day and log how they feel. A section to write or draw about anything they are looking to. A space to draw feelings in the Octopus. ? About this book? Size: 6 x 9 Inches Pages: 107 Pages Paper: Black and White Printed on White Paper Cover: Glossy Cover**

**Few experiences are more magical than creating a new life and watching it grow in your body. Pregnancy is also a time of many physical and emotional transformations. A pregnant woman's life can be very exciting, disturbing and powerful. After pregnancy, nothing is ever the same. Celebrate and commemorate this special time before your baby is born by keeping a journal. We created our Pregnancy Journal to be: VERSATILE AND PERSONAL: A pregnancy journal is a place to collect your thoughts, feelings and experiences during pregnancy. Record the moments that take your breath away: the first kick, listening to your child's heartbeat or finding out the baby's gender! It will also serve as your checklist for things you have to prepare before the baby comes out. The best part? This planner becomes a memory book to look back on long after your "baby" is grown. It's the perfect journal to capture your pregnancy journey and a place to record your bump and scan photos. USEFUL & CONVENIENT - Keeping a diary while you're expecting can also assist you in focusing on the pregnancy. Putting pen to paper after meticulously collecting your thoughts is extremely rewarding during pregnancy. The best part about it is that you will always have a personal record of your pregnancy that you can later gift to your kids as well.Simple and easy to use, the pages are ready and waiting to be filled. It contains: 80 pages for 40 weeks (2 page/week)Extra pages:1 name page1 journal page1 baby name ideas page4 to do list2 Things I have to prepare A NOTEBOOK BUILT TO LAST- We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart. The sturdy cover is made of tough paperback with strong, secure professional trade binding so the pages won't fall out after a few months of use. A perfect keepsake that you can always look back into when your baby is all grown up. WELL-CRAFTED INTERIOR- We only used thick, white paper to avoid ink bleed-through. The columns are clearly marked to make it easy to fill out and to cross reference. PERFECT SIZE- With its 20 x 24.4 cm (8" x 11") dimensions, almost the same width as A4 but shorter in height, you can squeeze it into a bag with ease. It's the perfect size- easy to carry! COOL COVERS!- To top it all, we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with our notebooks. Use our Pregnancy Journal to write down your thoughts. By writing in a diary, you can get rid of all your negative thoughts during your pregnancy and focus on creating memories that you will cherish forever. Get a copy now!**

**Feelings Journal for Kids and Teens - Help Children and Tweens Express Their Emotions - Through Drawing and Writing - Reduce Anxiety, Anger and Depression**

**Baby Bump Book, Pregnancy Journal Template, Pregnancy Baby Journal, Pregnancy Planner Book, Christmas Cover**

**Baby Bump Book, Pregnancy Journal Template, Pregnancy Baby Journal, Pregnancy Planner Book, Cute Sea Creature Cover**

**The Anxiety Journal for Kids**

**Academic Self-efficacy in Education**

**My Feelings Journal and Log Book**

**My Emotions Journal**

\*Published in cooperation with the Association for Counselor Education and Supervision (ACES)\*

Are you harnessing the power of a journal? If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a journal. I don't mean to be too direct, but it is time for you to discover why you feel the way you do and then figure out what to do about it. Or you can just write stuff in it! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, etc. If you need to write something down, a journal is the tool you need. If you want to use it for more than just a notepad then keep reading. Benefits Of Keeping A JournalAlmost every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journalingdoesn'tmatter as they kept a record of their goals, success, failures, feelings and their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are: Allows you to reflect on your life and the changes you are choosing to make or not make Clarifies your thinking and as Tony Robbins says "Clarity is Power" Houses all your million dollar ideas that normally get lost in all the noise of life Exposes repeated patterns of behaviors that get you the results you DON'T want Acts as a bucket for you to brain dump in - a cluttered mind leads to a disorganized life Revisits daily situations giving you a chance to look at it with a different perspective Doesn't crash and lose everything you put into it like electronics (just like electronics though don't get it wet) You may want to keep multiple journals. One that contains your truest and most secret feelings that you guard heavily, but need a way to express. Another that contains all those fantastic ideas, dreams and awesome goals. Maybe just something you doodle in. No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life. How To Use A journal Let's look past the simple fact you know how to physically write in a journal and dig into how to actually use your journal. It might contain all the secrets to life's biggest problems but unless you know how to uncover those secrets they stay hidden away in your words. Let the words flow from the heart and be filled with emotions, no holdbacks Make a daily journaling schedule. Each and every day take the time to record your thoughts morning and night. If you love to type notes into your phone all day transfer them to your journal after. Sit in a quiet spot and allow yourself to be judgement free. Your journal is not a reason to turn yourself into an emotional punching bag. Start small. You do not need to write a specific number of words. Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility. If you write in your journal like someone is going to read it, you will ever allow yourself to fully express what needs to be expressed. Write like no one will ever read it because it is likely no one ever will unless you want them to. Write how you loved something, were mad at someone, wished something was different or anything you need to. Just do it. Start today writing in your journal. You could even put "Today I bought this awesome journal and will recommend all my friends do the same." Wink Wink Scroll up and hit the add to cart button now.

Unique insights into how the mind of an investor operates and how developing emotional awareness leads to long-term success inside the Investor's Brain provides readers with specific techniques for understanding their financial psychology, so that they can improve their own performance and learn how to outsmart other investors. Chapter by chapter, author Richard Peterson addresses various mental traps and how they can take a role in investing. Through examples, such as a gambling experiment with playing cards, the author shows readers how being aware of the subconscious can separate the smart investors from the average ones. This book also contains descriptions of the work of neuroscientists, financial practitioners, and psychologists, offering an expert's view into the mind of the market. Innovative and accessible, Inside the Investor's Brain gives investors the tools they need to better understand how emotions and mental biases affect the way they manage money and react to market moves.

Mood Diary Diary for Emotional Self-Awareness Emotions Vocabulary Word List Included

Book 2

A 90 Day Guided Journal To Heal and Reparent Your Inner Child

Journal Your Life's Journey

My Feelings and Gratitude Journal

Inside the Investor's Brain

How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness (Updated and Expanded Edition)

A special selection of photocopiable blob pictures designed for work on feelings. Arranged into four sections, the contents include: Blob Theory - Blob trees the id/ego/superego, needs, shadows | Emotions - anger, anger cycle, calm, depression, disappointed, happy, hate, hyper, jealousy, lonely, mixed-up, numb, paranoia, rejection, sad, trauma, worry | Developmental/issues - bridge, clouds, doors, feelings, holes, pit, pitch, stairs, families, home. Each picture is accompanied by ideas and questions to kick start class, group or one-to-one discussion. Complete book included on accompanying CD Rom.

Having worries is a normal part of life, but when those feelings stick around for a long time, your child may be dealing with ANXIETY. Anxiety can make kids feel worried for reasons that don't always make sense, and that's okay! This daily journal template provides a safe space for children to explore and understand their feelings, recognize positive coping strategies, practice gratitude, and develop a growth mindset. In addition, there is space for doodles and notes, which provides a creative outlet for their self-expression. Help your child calm their mind and cultivate peace inside themselves by writing their worries away! The Anxiety Journal for Kids is brought to you by The Guiding Light Education Company www.guidinglightco.com!

Journal Your Life's JourneyRainbow Vector Template 2, Lined Journal, 6 X 9, 100 PagesCreateSpace

No Hard Feelings

The Big Book of Blob Feelings

Pregnancy Journal

Developing Others and Yourself

Dreams Don't Work Unless You Do

Mood Diary | Diary for Emotional Self-Awareness Emotions Vocabulary Word List Included

My Feelings & Gratitude Journal: Track Feelings Daily To Help Reduce Frustrations & Anxiety. This beautifully designed journal is ideal for tweens and teens - who also love Cat! This can be used on a daily basis, but it is undated and so there is no pressure to fill it out. Each day has a recurring template of two pages to work with. On page one.... You can list three things you're grateful for. You can draw your own emotion. You can doodle or draw about how you're feeling. On page two.... You can log a variety of feelings - including your energy, stress, mood, anger, anxiety levels and your quality of sleep for the previous night. There is an additional lined section for writing/journaling. This book would work particularly well for teens who struggle with their emotions - such as those with depression or anxiety. Or conditions that can often come hand in hand with challenging emotions, such as autism, aspergers, or Adhd. Ultimately though, everyone can benefit from tracking and understanding their emotions on a daily basis. For teens, this can be particularly important and having their own place to just be themselves! Each journal is measured at 6 x 9 inches and has over 120 pages to work with. It comes with a gorgeous Unicorn inspired interior and a soft matte cover.

The International Journal of Synthetic Emotions (IJSE) covers the main issues relevant to the generation, expression, and use of synthetic emotions in agents, robots, systems, and devices. Providing unique, interdisciplinary research from across the globe, this journal covers a wide range of topics such as emotion recognition, social robotics, and emotion-based control systems useful to field practitioners, researchers, and academicians.

"The book in this book discusses the importance of understanding and managing emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones..."—Tony Robbins in this newly revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of "trapped emotions"—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your "emotional baggage," and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, The Emotion Code is a distinct and authoritative work that has become a classic on self-healing.

Nature, Assessment, and Research

Baby Bump Book, Pregnancy Journal Template, Pregnancy Baby Journal, Pregnancy Planner Book, Cute Paris and Music Cover

Emotional Diary

A Day and Night Reflection Journal (90 Days)

Cat Feelings Journal for Teens - Daily Emotion, Feelings and Mood Tracker to Ease Anxiety and Stress

Rainbow Vector Template 2, Lined Journal, 6 X 9, 100 Pages

The Revolutionary New Treatment for Depression and Anxiety

My Emotions Journal Log Book For Kids & Teens - 6 x 9 inch journal, with over 100 pages to work with. Help Children And Tweens Express Their Feelings - Reduce Anxiety, Anger & Frustration and share their feelings. This beautifully designed journal is ideal for both elementary age, up to the early teen years. Your child will be able to think about how they feel each day and also have the opportunity to share those feelings with you, or somebody else that they feel comfortable with. Each day has two pages to work with. On the first page....

You're asked to identify your key emotion for the day by circling the most relevant emoji. However, there is also a space for your child to draw their OWN one too, which gives them more creative freedom. There's then a space to doodle/draw or stick something related to how their feeling. An additional small place to write about how they feel, (if they want to... no pressure!). On the second page.... You're asked to write down three good things about your day. This will help the child focus on the positive aspects that they can take from every single day, no matter how they feel. You're asked to write down something or someone that helped you during the day. You're asked to write about something you'd like to improve on tomorrow. Lastly, you're asked if there is someone you'd like to share your feelings with... Whether it be via writing, drawing or just talking! Each day there is also the opportunity to write a letter or draw a picture to the person you'd like to share your feelings with. There is a template to use and you're actually able to tear this out of the page if you'd like to.

Alternatively, this space could be a place for the child to simply write to themselves about how they're feeling and this can be soothing it itself, without necessarily sharing it with anyone. Whatever the child would like to do, the option is there. This emotion tracking journal can be used every day, or simply when the child needs it the most, or is having a particularly challenging day. Not only would this make a great gift for a child, to give them the opportunity to track how they feel each day and improve their overall mood and sense of well-being.... This could also make an excellent tool for teachers to have in school, particularly for children who struggle to understand their feelings. Likewise, this could be something that school therapists can use, to encourage their students to communicate their feelings to others and acknowledge their emotions. This emotion tracking diary would be particularly beneficial for children who would benefit from identifying and acknowledging their feelings regularly - such as those with conditions such as: an Autism spectrum condition, ADHD, an Anxiety disorder, Depression & Mood disorders.

My Feelings & Gratitude Journal: Track Feelings Daily To Help Reduce Frustrations & Anxiety. This beautifully designed journal is ideal for tweens and teens - who also love Unicorns! This can be used on a daily basis, but it is undated and so there is no pressure to fill it out. Each day has a recurring template of two pages to work with. On page one.... You can list three things you're grateful for. You can draw your own emotion. You can doodle or draw about how you're feeling. On page two.... You can log a variety of feelings - including your energy, stress, mood, anger, anxiety levels and your quality of sleep for the previous night. There is an additional lined section for writing/journaling. This book would work particularly well for teens who struggle with their emotions - such as those with depression or anxiety. Or conditions that can often come hand in hand with challenging emotions, such as autism, aspergers, or Adhd. Ultimately though, everyone can benefit from tracking and understanding their emotions on a daily basis. For teens, this can be particularly important and having their own place to just be themselves! Each journal is measured at 6 x 9 inches and has over 120 pages to work with. It comes with a gorgeous Unicorn inspired interior and a soft matte cover.

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My Feelings Journal with Happy Grumpy Octopus: Emotions Journal for Kids and Teens - Help Children Express Their Feelings - Mood and Emotion Tracking Journals to Reduce Anxiety, Anger and Stress

The Power of Mind Over Money

International Journal of Synthetic Emotions, Issue 2

Guided Mood Journal

My Feelings Journal

Baby Bump Book, Pregnancy Journal Template, Pregnancy Baby Journal, Pregnancy Planner Book, Cute Zoo Animals Cover

Emotion Tracking Journal for Kids and Teens - Help Children and Tweens Express Their Feelings - Reduce Anxiety, Anger and Frustration

Wall Street Journal Bestseller! Next Big Idea Club selection—chosen by Malcolm Gladwell, Susan Cain, Dan Pink, and Adam Grant as one of the “two most groundbreaking non fiction reads of the season!” --Susan Cain, author of Quiet A hilarious guide to effectively expressing your emotions at the office, finding fulfillment, and defining work-life balance on your own terms. How do you stop the office grouch from ruining your day? How do you enjoy a vacation without obsessing about the unanswered emails in your inbox? If you're a boss, what should you do when your new, eager hire wants to follow you on Instagram? The modern workplace can be an emotional minefield, filled with confusing power structures and unwritten rules. We're expected to be authentic, but not too authentic. Professional, but not stiff. Friendly, but not an oversharer. Easier said than done! As both organizational consultants and regular people, we know what it's like to experience uncomfortable emotions at work - everything from mild jealousy and insecurity to panic and rage. Ignoring or suppressing what you feel hurts your health and productivity - but so does letting your emotions run wild. Our goal in this book is to teach you how to figure out which emotions to toss, which to keep to yourself, and which to express in order to be both happier and more effective. We'll share some surprising new strategies, such as:
\* Be selectively vulnerable: Be honest about how you feel, but don't burden others with your deepest problems.
\* Remember that your feelings aren't facts: What we say isn't always what we mean. In times of conflict and miscommunication, try to talk about your emotions without getting emotional.
\* Be less passionate about your job: Taking a chill pill can actually make you healthier and more focused. Drawing on what we've learned from behavioral economics, psychology, and our own experiences at countless organizations, we'll show you how to bring your best self (and your whole self) to work every day.

My Feelings Journal & Log Book: Emotion Tracking Journal For Kids & Teens - 6 x 9 inch journal, with over 100 pages to work with. Help Children And Tweens Express Their Feelings - Reduce Anxiety, Anger & Frustration and share their feelings. This beautifully designed journal is ideal for both elementary age, up to the early teen years. Your child will be able to think about how they feel each day and also have the opportunity to share those feelings with you, or somebody else that they feel comfortable with. Each day has two pages to work with. On the first page.... You're asked to identify your key emotion for the day by circling the most relevant emoji. However, there is also a space for your child to draw their OWN emoji too, which gives them more creative freedom. There's then a space to doodle/draw or stick something related to how their feeling. An additional small place to write about how they feel, (if they want to... no pressure!). On the second page.... You're asked to write down three good things about your day. This will help the child focus on the positive aspects that they can take from every single day, no matter how they feel. You're asked to write about something or someone that helped you during the day. You're asked to write about something you'd like to improve on tomorrow. Lastly, you're asked if there is someone you'd like to share your feelings with.... Whether it be via writing, drawing or just talking! Each day there is also the opportunity to write a letter or draw a picture to the person you'd like to share your feelings with. There is a template to use and you're actually able to tear this out of the page if you'd like to. Alternatively, this space could be a place for the child to simply write to themselves about how they're feeling and this can be soothing it itself, without necessarily sharing it with anyone. Whatever the child would like to do, the option is there. This emotion tracking journal can be used every day, or simply when the child needs it the most, or is having a particularly challenging day. Not only would this make a great gift for a child, to give them the opportunity to track how they feel each day and improve their overall mood and sense of well-being.... This could also make an excellent tool for teachers to have in school, particularly for children who struggle to understand their feelings. Likewise, this could be something that school therapists can use, to encourage their students to communicate their feelings to others and acknowledge their emotions. This emotion tracking diary would be particularly beneficial for children who would benefit from identifying and acknowledging their feelings regularly - such as those with conditions such as: an Autism spectrum condition, ADHD, an Anxiety disorder, Depression & Mood disorders.

What a great habit to learn while young! Practicing gratitude daily is an amazing habit to start. We designed this gratitude journal to easily guide girls in 5 minutes of reflecting on their day, feelings, and positive thoughts. With 100 days of unique kindness challenges, memory-making challenges, inspirational quotes, and reflective journal prompt, this journal will help form habits for a lifetime of cultivating thankful and happy hearts! ☑BOOST HAPPINESS - Research shows that journaling about what you are grateful for can increase your long-term happiness. ☑GAIN EXPERIENCE - Girls will be eager to do the daily kindness challenge or memory-making challenge and will learn as they experience various emotions and accomplishments from them. ☑ENHANCE PERSPECTIVE - The included inspirational quotes and reflective journal prompts will help girls take time to think and positively frame their thoughts and feelings. ☑INCREASE YOUR SELF-ESTEEM - Gratitude can help your child feel better about their circumstances which can lead them to feel better about themselves. ☑IMPROVE YOUR OVERALL HEALTH - Research shows a more grateful person is the more likely to take care of themselves. WHAT YOU WILL RECEIVE: ☑ 100 pages daily Gratitude Journal ☑ Large 7.5" x 9.25" designs that can easily be printed on regular sized paper ☑High-resolution images ☑ Printable PDF format ☑ Unlimited prints (for personal use only) ☑Great for kids who love journal ☑ PAGE COLOR: Cover is glossy full-color print. Categories: Gratitude journal for kids, gratitude journal for boys, gratitude journal for girls, daily gratitude journal, girls gratitude journal, gratitude journal for teens, gratitude journal for teen Girls

Lost in Dreams

The Secret Power of Embracing Emotions at Work

Writing Your Journal Article in Twelve Weeks

Self-Care

Mood Diary - Diary for Emotional Self-awareness -Emotions Word List Included 100 Pages

Dream Interpretations Guided Template Lined Bedside Nightstand Record Diary Journal Notebook Log Book 100 Pages 6x9

My Emotions Journal Log Book for Kids & Teens

The Inner Child Journal is a 90-day guided journal designed to heal and re-parent your Inner Child. The prompts in this journal will connect you to your Inner Child, facilitate meaningful healing, and teach you to cultivate your wise Inner Parent so that you can find peace and wholeness in your daily life.This journal can be used as a supplement to your Inner Child work in therapy, or as a means to access this healing process if therapy is inaccessible to you.Intended to be part of your morning routine, every guided entry is different and contains prompts on topics like: mindfulness, affirmations, identifying needs, dialogue between Inner Parent and Inner Child, and letters to your Inner Child.All you need to get started is a cozy nook, your favorite pen, and a commitment to showing yourself grace, love, and compassion.WHAT'S INSIDE:Description of the Inner Child and Inner ParentExplanation of Inner Child healing, Intergenerational trauma, and Re-Parenting90 pages of journaling with specific prompts and categoriesMindfulness, affirmations, and needs identificationInner Child & Inner Parent dialogues and letters to your inner childDaily entries with specific prompts and instructions to help you dive deep9 Categories of promptsOver 50 unique questions that are recycled daily, so no two days are the sameInstructions and descriptions so you can really understand how to get started with the journalingExample of a daily journal for comprehensionIntention-setting and frequent reflections so you can chart your growthTips and tricks for if you get stuckQuotes and daily encouragement to keep you motivatedThis journal is infused with love and the hopes that when you open its pages you feel held, supported, and guided through the entire journey.All you have to do is begin.\*Please note this journal is not intended to be a replacement for therapy, nor is it meant to be used as a diagnostic tool.

My Emotions Journal Log Book For Kids & Teens - 6 x 9 inch journal, with over 120 pages to work with. Help Children And Tweens Express Their Feelings - Reduce Anxiety, Anger & Frustration and share their feelings. This beautifully designed journal is ideal for both elementary age, up to the early teen years. Your child will be able to think about how they feel each day and also have the opportunity to share those feelings with you, or somebody else that they feel comfortable with. Each day has two pages to work with. On the first page... You're asked to identify your key emotion for the day by circling the most relevant emoji. However, there is also a space for your child to draw their OWN one too, which gives the child more creative freedom. There's then a space to doodle/draw or stick something related to how their feeling. An additional small place to write about how they feel, (if they want to... no pressure!). On the second page... You're asked to write down three good things about your day. This will help the child focus on the positive aspects that they can take from every single day, no matter how they feel. You're asked to write down something or someone that helped you during the day. You're asked to write about something you'd like to improve on tomorrow. Lastly, you're asked if there is someone you'd like to share your feelings with... Whether it be via writing, drawing or just talking! Each day there is also the opportunity to write a letter or draw a picture to the person you'd like to share your feelings with. There is a template to use and you're actually able to tear this out of the page if you'd like to. Alternatively, this space could be a place for the child to simply write to themselves about how they're feeling and this can be soothing it itself, without necessarily sharing it with anyone. Whatever the child would like to do, the option is there. This emotion tracking journal can be used every day, or simply when the child needs it the most, or is having a particularly challenging day. Not only would this make a great gift for a child, to give them the opportunity to track how they feel each day and improve their overall mood and sense of well-being... This could also make an excellent tool for teachers to have in school, particularly for children who struggle to understand their feelings. Likewise, this could be something that school therapists can use, to encourage their students to communicate their feelings to others and acknowledge their emotions. This emotion tracking diary would be particularly beneficial for children who would benefit from identifying and acknowledging their feelings regularly - such as those with conditions such as; an Autism spectrum condition, ADHD, an Anxiety disorder, Depression & Mood disorders.

This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. Self-Care: A Day and Night Reflection Journal offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos.

Diary of Emotions

Feeling Great

Baby Bump Book, Pregnancy Journal Template, Pregnancy Baby Journal, Pregnancy Planner Book, Cute Coffee Cover

The Emotion Code

100 Day Unicorn Gratitude Journal Prompts for Women with Daily Gratitude Journal Template Fun Challenges, Inspirational and Mindfulness for Kids

The Magic of Mentoring offers an introduction to the theory and practice of successful mentoring together with a unique focus on how mentors can reflect on the skills they bring to the role, and those they still need to develop. Through the use of scenarios, reflections and stories, the reader is encouraged to apply the content to a real context, demonstrating the importance of reflection for both parties and the benefits derived from this, especially those related to understanding ourselves and others. Written by Carol Thompson, who has worked with a range of trainee teachers and mentors, this book draws from the author's own experience to explore the importance of self-development, and the ways in which this can be enhanced through practice. Reviewing key themes in relation to mentoring, including models and current practice, it considers the creation of a nurturing environment through effective communication as well as acknowledging the need to generate the right challenge for mentees. All aspects of mentoring are outlined, emphasising how personal development can improve the experience of your mentees, build your own confidence, enhance your transferable skills, and advance your own professional practice and relationships. Engaging activities are provided for mentors to undertake to support their own professional development. The Magic of Mentoring is an ideal guide for all those studying coaching or mentoring on a formal programme or for anyone who mentors others in formal or informal settings. The structure of 15 concise chapters lends itself to referencing back and targeted reading for specific guidance.

There is an emotion behind every story. 'The diary of emotions' has a combination of poems, stories and many more. 'When words cannot express writings can do'. The writings which recall your life. Everyone's life has a different kind of emotions. This book makes you happy, sad, excited and many more emotions through authors writings. The emotions which you are carrying is kept on our words. The collection of emotions bagged in a book. Have a binge read and experience YOU in our writings. Experience the wonderful and beautiful emotions?