Heal*Thrive*Dream
A Mother Daughter Company

THE THRIVING WOMAN'S JOURNAL

12-Week Journey for Mindful Transformation

By: Karen Robinson

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THIS JOURNAL BELONGS TO:

_____

Heal*Thrive*Dream
A Mother Daughter Company

By: Karen Robinson

About me

Hi! I'm Karen Robinson a service driven licensed therapist, specializing in trauma recovery, holistic care, and transformation to create an impact for trauma survivors globally.

I'm also an entrepreneur and empower women to open up their own online stores if they are ready to leave toxic work environments or just want to be their own bosses. My team and I run a Full Service Digital Service Agency and can assist with your entrepreneurial needs. Heal Thrive Dream, LLC and our sister companies have a fantastic team that loves empowering women to become successful in and out of business.

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A few words for you...

Hello, Beautiful! Yes, you, who are reading this. You are beautiful. And worthy. And powerful.

You see, your current mindset is nothing but a sum of years and years of conditioning. Conditioning created by our environment, friends, family, rules, biases, media. It didn't came out of nowhere. You weren't born with it.

The journey ahead is long, filled with times when you will feel tired or challenged, just remember, nothing is achieved overnight, and if you truly need to change your programming mindset, it will take a certain amount of time. No big change has happened overnight.

Use this journal as your assistant that will help you get to your goal in a steady way, with small steps. Maybe you won't see any extreme results within 12 weeks, but you will sure notice a shift within you. And that's a good thing.

First, congratulate yourself for getting this journal. It's a huge no.1 step. It means that now you have a goal. Follow the steps, week by week, return few steps back if you feel that you should, use the blank space for personal notes or drawings that are out of the space provided for the exercises, yet you feel you need them that they need to be mentioned.

Remember: nobody's perfect. So, do this at your own pace. It's okay if you slip once in a while. It's only human. Do the exercises in a way that will bring out the best version of you.

Before you start...
Make observation where you are right now.

Give yourself a week up front to put in perspective your current behavior. Note how many times you've had positive, and how many times you've had negative self-talk.

✓ - PositiveX - Negative

Mon	Tue	Wen	Thu	Fri	Sat	Sun
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Week1
Change the way you talk about yourself

Note carefully the things you speak about yourself. Try and turn them around. For example, instead of saying "I'm a terrible cook", try saying "I'm starting to find my way around the kitchen."

Negative versionPositive version	

Negative version	*Positive version*

Negative version	*Positive version*

Negative version	*Positive version*

Negative version	*Positive version*

WEEK 1 REFLECTIONS

Week 2
Meditate

Get a meditation habit. Practice meditation at least once a day for a whole week. Note your progress below. Treat yourself at the end.

Monday	*Tuesday*

Wednesday	*Thursday*

Friday	*Saturday*

Sunday	MY TREAT

WEEK 2 REFLECTIONS

Week 3
See the good things surrounding you

Every day this week, notice at least one good thing. At the end, treat your- self for achieving this goal.

MondayTuesday	
Wednesday	*Thursday*
Friday	*Saturday*
Sunday	MY TREAT

WEEK 3 REFLECTIONS

Week 4
Surround yourself with positive people

Never mind if it is friend or family member, or just a positivity video on YouTube, reach out to people that inspire you and make you feel good and energized. Write down who they are and what is their impact on you.

WEEK 4 REFLECTIONS

Week 5
Notice your self-presentation

How do you present yourself in front of others? How do you react when you receive compliments? Write below your answers. If they are negative, write how otherwise you could have said the things you said about yourself.

What I've said...	*What I could have said...*

What I've said...	*What I could have said...*

What I've said...	*What I could have said...*

What I've said...	*What I could have said...*

What I've said...	*What I could have said...*

WEEK 5 REFLECTIONS

Week 6
Read

Choose a book about mindset and read it. Write down what left you the biggest impression and why.

WEEK 6 REFLECTIONS

Week 7
Set up a morning routine

Choose a morning routine. Stick to it for a week. Check it ✓ when done. Reward yourself.

The routine:

_____

MondayTuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MY REWARD

WEEK 7 REFLECTIONS

Week 8
Move away from social media

The social media can have a huge impact on your mood. This may be one of the biggest challenges you'll face. Track your progress below.

Monday

*Did I stay away from social media today?*_____

*If no, why*_____

*What can I do about it?*_____

Tuesday

*Did I stay away from social media today?*_____

*If no, why?*_____

*What can I do about it?*_____

Wednesday

*Did I stay away from social media today?*_____

*If no, why?*_____

*What can I do about it?*_____

Thursday

*Did I stay away from social media today?*_____

*If no, why?*_____

*What can I do about it?*_____

Friday

*Did I stay away from social media today?*_____

*If no, why?*_____

*What can I do about it?*_____

Saturday

*Did I stay away from social media today?*_____

If no, why?

_____

*What can I do about it?*_____

Sunday

*Did I stay away from social media today?*_____

*If no, why?*_____

What can I do about it _____

WEEK 8 REFLECTIONS

Week 9
Write thank you letters

Make time this week to write a thank you letter to people that have helped you in your life. You can send it via mail or with letter.

Monday

Person: _____

*Why do I write the letter for?*_____

*Sent?*_____ *If no, why?* _____

Tuesday

Person: _____

*Why do I write the letter for?*_____

*Sent?*_____ *If no, why?* _____

Wednesday

Person: _____

*Why do I write the letter for?*_____

*Sent?*_____ *If no, why?* _____

Thursday

Person: _____

*Why do I write the letter for?*_____

*Sent?*_____ *If no, why?* _____

Friday

Person: _____

*Why do I write the letter for?*_____

*Sent?*_____ *If no, why?* _____

Saturday

Person: _____

Why do I write the letter for?

_____

*Sent?*_____ *If no, why?* _____

Sunday

Person: _____

Why do I write the letter for?

_____

*Sent?*_____ *If no, why?* _____

WEEK 9 REFLECTIONS

Week 10 Challenge
yourself

Examine your negative self-talk. Check every aspect. Below there are some examples.

Your negative claim:

_____

_____

Is it exaggerated? _____

Maybe jumping to conclusions too soon? _____

Supporting evidence? _____ *Is it out of your control?* _____ *Is it objective?* _____ *Other:*

_____

_____

_____

_____

_____

_____

_____

_____

_____

WEEK 10 REFLECTIONS

Week 11
Upgrade your skills

Learn something new every day. Choose if you want to learn one skill and upgrade it a bit every day, or just learn smaller separate things. Track your progress below.

MondayTuesday	
Wednesday	*Thursday*
Friday	*Saturday*
Sunday	*RESULT*

WEEK 11 REFLECTIONS

Week 12
Count your winnings

This week, count all the times you've said something good about yourself, or managed to turn bad thoughts around.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEK 12 REFLECTIONS

At the end...
Make observation again where you are right now.

After 12 weeks, make comparison with the first chart and see how much you have achieved.

✓ - PositiveX - Negative

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Final Thoughts

Notes / Sketches

Notes / Sketches

Hosted by: *Karen Robinson*

No one should have to face the aftermath of traumatic events alone – let's create a supportive and healing environment together. Join our community now, and discover tools that will help you heal from trauma with compassion, understanding and care. Let's break free from the pain of the past and move towards a brighter future – together!

Join Us Now!

HEALINGFROMTRAUMATOGETHER.COM

https://healthrivedreampodcast.com/abuse

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http://www.healthrivedream

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HTD Full Service Digital Agency
Build your online store in just 3 Easy Steps and run it effortlessly with us!
https://healthrivedream-fullservicedigitalagency.com

TRAVEL WITH HEAL THRIVE DREAM
Follow me, as I explore places that are willing to cater survivors, by offering safety, rest, and relaxation but also adventures for women who continue to have a zest for life no matter the events in their past.
https://travelwithhealthrivedream.com

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