

GUIDED WORKBOOK



Created by Dena Jackson



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Hi, my name is Dena and I created this workbook as a tool to help you work through some emotions you might be experiencing. Each section was created with the intention of getting right to the issue you're dealing with in a safe and supported way. Feel free to mix and match the journaling prompts, audio and video meditations in a way that works best for you.

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ABOUT THE PROCESS

Referring to the Self Help Me book, you may find a topic discussed (Imposter Syndrome, Vulnerability, Doubt) and use the audio and video meditations provided here to process your chosen topic here.

I suggest working on one topic at a time and starting with something that appeals to you (ex. trying an EFT tapping exercise to work through grief) and going from there. While you get started, feel free you make notes of your thoughts below.

YOUR THOUGHTS:

SELF HELP ME WORKBOOK

MINDSET QUIZ

SUGGESTION: TRY THIS QUIZ WHEN YOU FIRST START
READING SELF HELP ME.

DATE:_____

HOW ARE YOU FEELING RIGHT NOW?

1 Pretty low

3 Average

2 Not great

4 Great

WHAT EXERCISE WOULD YOU LIKE TO TRY
TODAY TO IMPROVE YOUR MOOD?

Visualization meditation

EFT tapping

4, 7, 8 breathing

Mindfulness exercise

WHAT DO YOU FEEL IS POSSIBLE TODAY AFTER
COMPLETING ONE OF THE EXERCISES ABOVE?

(CHOOSE ALL THAT APPLY)

Support for myself

Kinder to myself

Support for loved ones

Productivity at work

Freedom

My to-do list

Feeling calm

Time to be creative

Less reactive

Feeling joy!

SELF HELP ME WORKBOOK

MINDSET QUIZ

SUGGESTION: TRY THIS QUIZ A SECOND TIME AFTER YOU HAVE FINISHED READING SELF HELP ME.

DATE_____

HOW ARE YOU FEELING RIGHT NOW?

1 Pretty low

3 Good

2 Not great

4 Great

WHAT EXERCISE HAVE YOU USED THE MOST WHILE READING SELF HELP ME?

Visualization meditation

EFT tapping

4, 7, 8 breathing

Mindfulness exercise

WHAT AREAS OF YOUR LIFE DO YOU FEEL HAVE IMPROVED AFTER USING ONE OR MORE OF THESE PRACTICES? (CHOOSE ALL THAT APPLY)

Support for myself

Kinder to myself

Support for loved ones

Productivity at work

Freedom

My to-do list

Feeling calm

Time to be creative

Less reactive

Feeling joy!

MEDITATIONS

SELFHELPME.CA/MEDITATIONS

STEP

1

STEP ONE

Please visit: selfhelpme.ca/free-meditations to access the meditation of your choice.

STEP

2

Choose an area in your home where you will not be disturbed. Let this space become your sanctuary.

STEP TWO

STEP

3

STEP ONE

Listen to the video or audio meditation and allow yourself time to integrate afterwards. You may use this workbook or your own journal for notes and self reflection.

MONTHLY WELLNESS PLANNER

Record 1-2 self care items you plan to do for yourself each day this month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES:

WEEKLY WELLNESS PLANNER

Record your routine for the day (ex. 10 min Meditation,
5 mins of Breathwork, Yoga, Journaling)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES AND IDEAS

YOUR THOUGHTS

DAILY JOURNAL

Prompt: Today I feel anxious about...

DATE:

MOOD:

GOALS

TO DO LIST

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YOUR THOUGHTS

DAILY JOURNAL

Prompt: Today I am Feeling..

DATE:

MOOD:

GOALS

TO DO LIST

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YOUR THOUGHTS

DAILY JOURNAL

Prompt: Today I'm thinking about...

DATE:

MOOD:

GOALS

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TO DO LIST

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YOUR THOUGHTS

DAILY JOURNAL

Prompt: Right now I'm focusing on....

DATE:

MOOD :

GOALS

TO DO LIST

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YOUR THOUGHTS

DAILY JOURNAL

Prompt: One relationship In my life I'd like to improve is with...

DATE:

MOOD :

GOALS

TO DO LIST

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YOUR THOUGHTS

DAILY JOURNAL

Prompt: Today I feel ___ about....

DATE:

MOOD :

GOALS

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TO DO LIST

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YOUR THOUGHTS

DAILY JOURNAL

Prompt: Today feels overwhelming because...

DATE :

MOOD :

GOALS

TO DO LIST

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YOUR THOUGHTS

DAILY JOURNAL

Prompt: Today I am releasing...

DATE:

MOOD :

GOALS

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TO DO LIST

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YOUR THOUGHTS

DAILY JOURNAL

Prompt: Today I am bringing in...

DATE:

MOOD :

GOALS

TO DO LIST

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YOUR THOUGHTS

DAILY JOURNAL

Prompt: Today I am feeling joyful about...

DATE :

MOOD :

GOALS

TO DO LIST

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