

2023 NEW YEAR PERSONAL GROWTH GOAL SETTING



an idea for you & your children



24 days of emotion discovery!

<The start of FINDING INNER PEACE journey>



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1. Notice the feeling of the day during the entire day

2. What triggers that feeling? (Thoughts, events, what you see or heard...)

3. Observe the urge of reactions & the reactions (in your body, words, actions...)

Explore deeper with our journaling prompts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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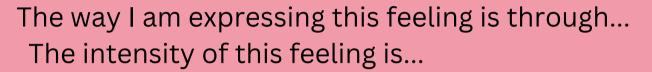


Journaling Prompts - Read the below statements and write whatever comes up in your mind (let the thoughts flow)



Tips for parents

While asking your child how was your day?, take the opportunity to explore deeper with What were the feelings you experienced today? or What was the strong feeling you had today? The idea is to allow emotions to be expressed with self-awareness and open up a healthy conversation about them.



This feeling means (to me)...

This emotion is not my identity, it is my...
I find accepting this particular feeling is...
For me to totally in peace with this feeling, I would need...

If this feeling (of the day) is a person,

Our relationship may be described as...

How would it look like and what would it be saying?

I want to say to this person (or reply)...

There are always more than I way to be with and response to your emotions. Happy to have a 20-minute conversation to explore more about you & your emotions,





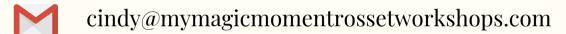














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