

*Beyond Possibilities
Mindful Healing*

**Workshop
Handout**



Beyond Possibilities Mindful Healing

Spend time daily in gratitude and reflection as part of a wellness-centered lifestyle. This journal is an important part of the Mind, Body, & Spirit Wellness Program.

This journal is designed to help you track your progress, recognize patterns, and identify areas where you may want to focus more time, healing, and attention.

Coloring pages are included as a source of inspiration and as a calming activity to help quiet the mind, encourage mindfulness, and support meditation and reflection.

This is your journey. Give yourself permission to heal, grow, reflect, and create a life filled with peace, purpose, and possibility.

This Book Belongs To

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Emotion Definitions

Happiness & Joy

- Ebullient – Overflowing with enthusiasm and energy.
- Serene – Calm, peaceful, and untroubled.
- Tickety-boo (British) – Everything is going smoothly.
- Chuffed (British) – Pleased or proud.
- Forelsket (Norwegian) – The euphoria of first falling in love.
- Jubilant – Overjoyed and triumphant.
- Over the moon – Extremely happy.
- On cloud nine – Experiencing deep joy.
- Aglow – Radiating happiness.
- Meraki (Greek) – Pouring heart and soul into something.

Caring & Affection

- Adoring – Expressing deep love and admiration.
- Cherishing – Holding someone or something dear.
- Affectionate – Showing warmth and tenderness.
- Compassionate – Deeply understanding and caring for others.
- Kilig (Tagalog) – That butterflies-in-the-stomach feeling of romance.
- Mudita (Sanskrit) – Taking joy in others' happiness.
- Heartwarming – Emotionally uplifting and comforting.

Sadness & Depression

- Melancholy – A reflective sadness, often without an obvious cause.
- Hiraeth (Welsh) – A deep longing for something lost.
- Saudade (Portuguese) – A nostalgic longing mixed with fondness.
- Lugubrious – Excessively mournful or gloomy.
- Poignant – Deeply emotional and bittersweet.
- Bereft – Feeling deeply lost or deprived.
- Crestfallen – Downhearted and disappointed.
- Alienated – Feeling cut off from others.



Emotion Definitions

Fear & Anxiety

- Apprehensive – Feeling nervous about something coming.
- Iktsuarpok (Inuit) – The anticipation of someone’s arrival, causing frequent checking.
- Torschlusspanik (German) – Fear of missed opportunities.
- Jittery – Nervous and unable to relax.
- Tense – Feeling mentally or physically strained.
- Panic-stricken – Overcome with sudden fear.
- Worried sick – Intensely anxious.
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Confusion & Uncertainty

- Discombobulated – Confused or thrown off balance.
- Nonplussed – Surprised and unsure how to react.
- Befuddled – Completely puzzled.
- Adrift – Lacking direction or purpose.
- Blurred – Unclear in thought or perception.

Hurt & Vulnerability

- Aching – A deep emotional pain.
- Anguished – Experiencing extreme distress.
- Belittled – Feeling small or unworthy.
- Crushed – Emotionally devastated.
- Abused – Deeply wounded emotionally or physically.

Anger & Frustration

- Belligerent – Aggressive and confrontational.
- Bitter – Holding resentment.
- Burned up – Intensely angry.
- Enraged – Filled with extreme anger.
- Seething – Silently fuming with anger.



Emotion Definitions

Loneliness & Isolation

- Fernweh (German) – Longing for distant places, the opposite of homesickness.
- Abandoned – Feeling left behind.
- Alone – Completely without company.
- Cut off – Emotionally disconnected.

Regret & Remorse












- Ashamed – Feeling guilty about one's actions.
- Crestfallen – Deeply disappointed in oneself.
- Contrite – Deeply remorseful and seeking forgiveness.
- Apologetic – Expressing regret for wrongdoing.



Before Dance

NAME _____

WEEK _____












	MON	TUE	WED	THU	FRI	SAT	SUN
							
							
							
							
							
							
							
							
							
							
							



After Dance

NAME _____

WEEK _____

	MON	TUE	WED	THU	FRI	SAT	SUN
							
							
							
							
							
							
							
							
							
							
							



DAILY CHECK-IN



(There is no right or wrong way to use this page. Skip what doesn't feel supportive.)

AM CHECK-IN

Mark what fits today

Area	1	2	3	4	5	6	7	8	9	10
Energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conne ction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PM CHECK-IN

Reflect gently—no fixing required

Area	1	2	3	4	5	6	7	8	9	10
Energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conne ction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



NOTES / REFLECTION

(Optional – words, feelings, or observations)

