

*Beyond Possibilities
Mindful Healing*

**Workshop
Handout**



Beyond Possibilities Mindful Healing

This workbook is part of the Beyond Possibilities Program. The program is educational and experiential in nature and is not intended to diagnose, treat, cure, or replace medical or mental health care. If you have any concerns, please consult your medical provider before participating in the Mindful Healing Movement Sample or any wellness activities included in this program.

Not all wellness programs are appropriate for everyone, and any movement-based activity may result in discomfort, pain, or injury. Please listen to your body, discontinue any activity that causes pain, and seek guidance from a qualified medical professional when needed.

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 and is designed to help you track your progress, recognize patterns, and identify areas where you may want to focus more healing, growth, 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, creativity, 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



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

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WEEK _____











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After Dance

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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 |
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| 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"/> |
| Connection | <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 |
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| 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"/> |
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NOTES / REFLECTION

(Optional – words, feelings, or observations)

