

Breathwork Journal



Inhale love exhale fear



Holistic Wellbeing

What is Wellbeing?

What does good wellbeing look like?

What does poor wellbeing look like?

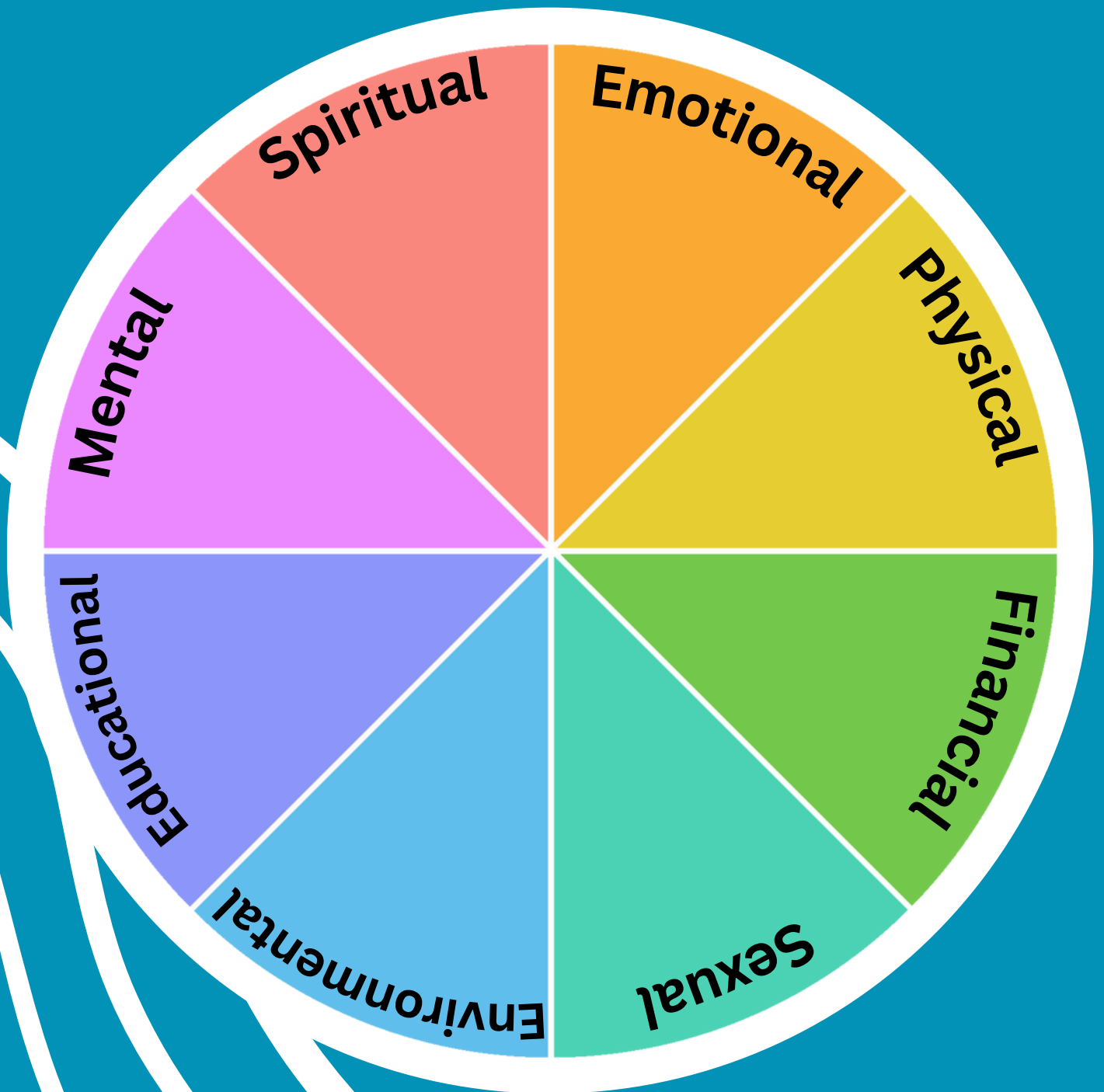
What are the barriers to wellbeing?

My Wellbeing Assessment

Use the wheel below to rate the different areas of Wellbeing

0 needs improvement

10 at your best



Even Breathing

Round 1- Power Breaths

Round 2- Prolonged Breaths

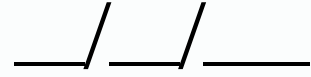
Remember to breathe in through the nose and out through the mouth.

Any Pain stop immediately and breathe normal



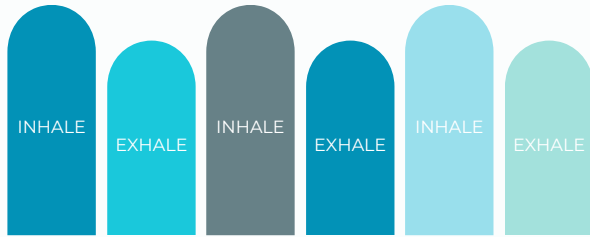


Wellbeing Checker



S M T W T H F S

Breath before writing

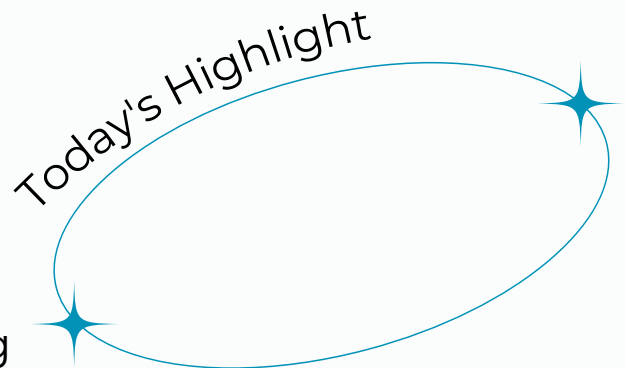


3 best thing about today

Three rounded rectangular boxes for writing the three best things about today.

Things you're grateful today

Four horizontal lines for writing, each starting with a small blue star icon.



Describe today in a drawing

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Things that you learned

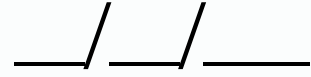
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Today's Affirmation

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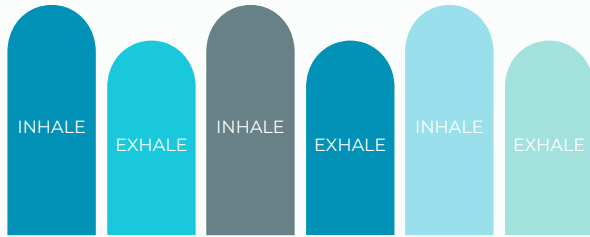


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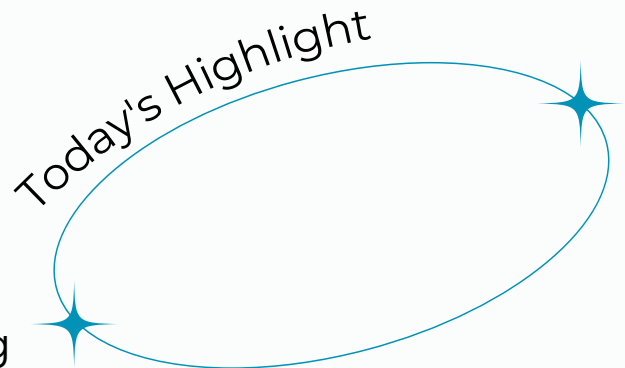


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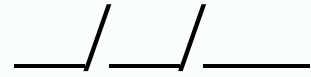
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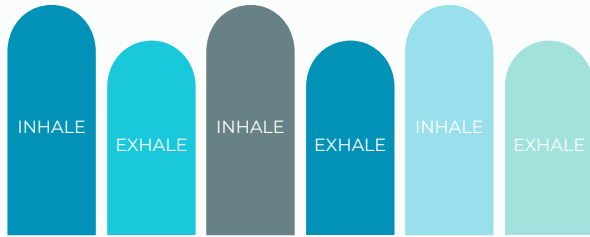


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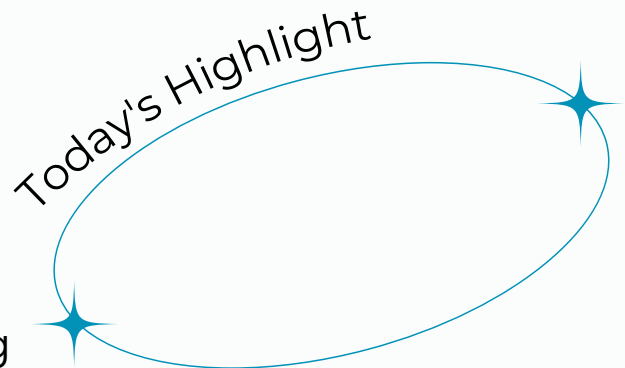


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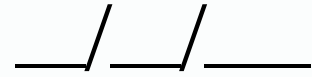
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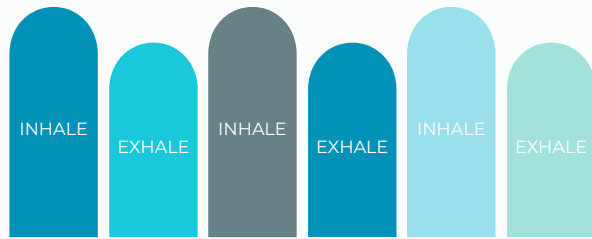


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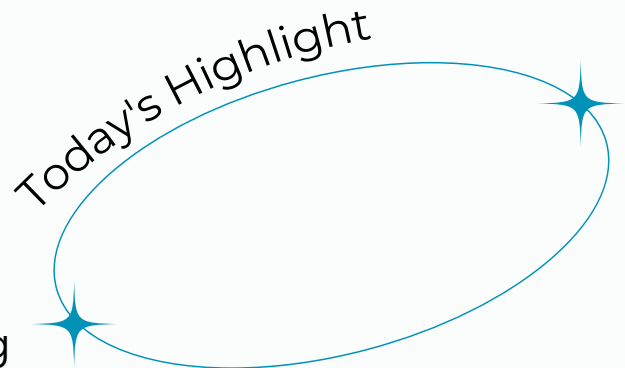


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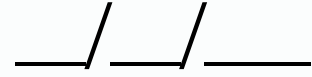
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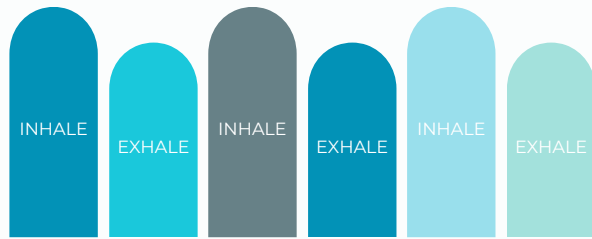


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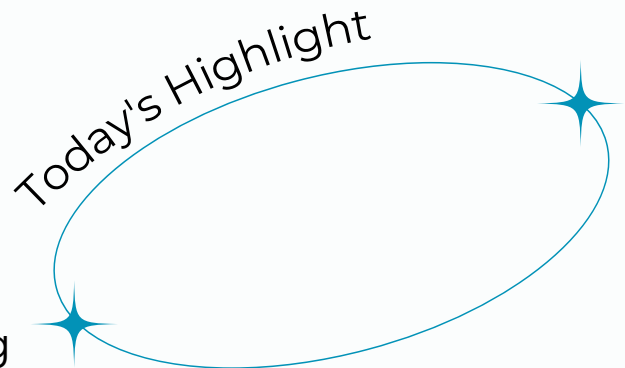


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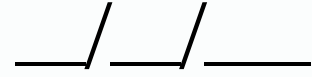
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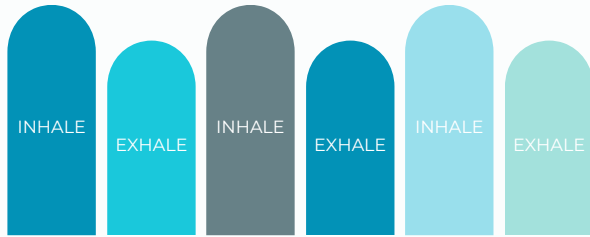


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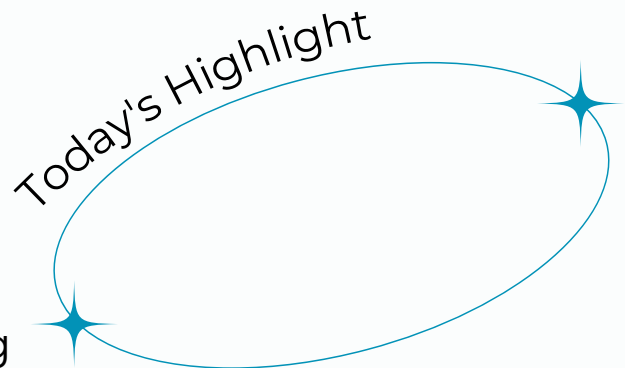


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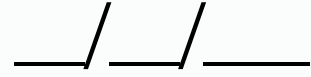
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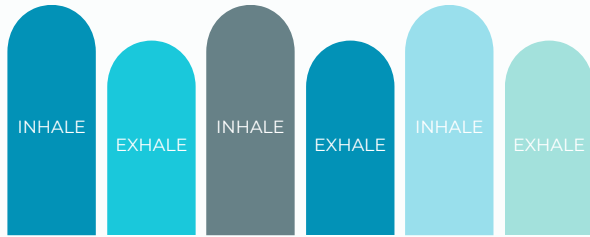


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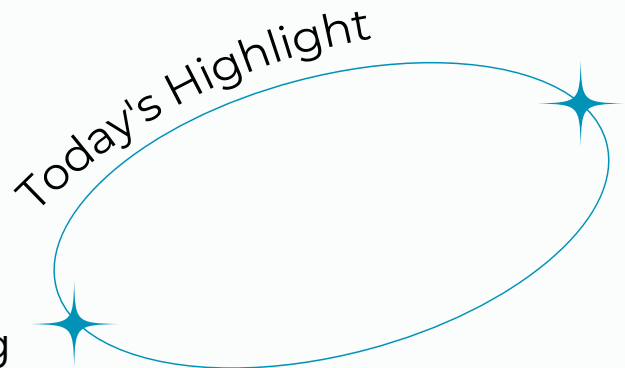


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Website: www.iamshalina.co.uk

