

# EMPOWERMENT EDGE COACHING



Keep Your Cool

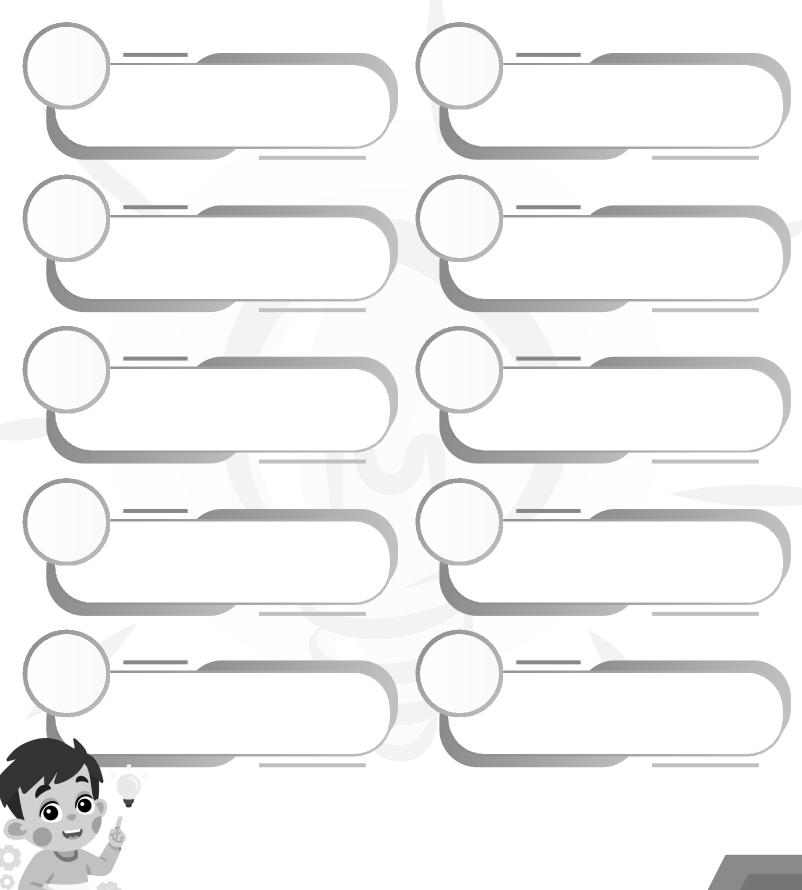
# M H Z W F Z <u></u> 0

To be used in conjunction with: Keep Your Cool With Your Kids - Anger Management For Parents

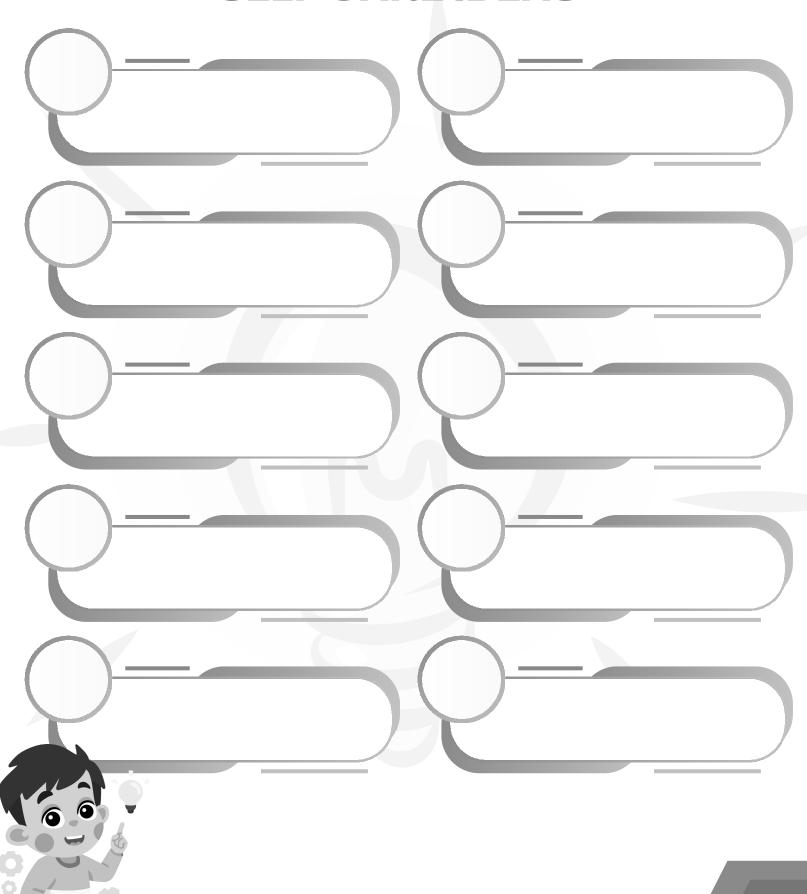
SELF CARE IDEAS	01-02
30 DAYS OF GRATITUDE	03-04
AFFIRMATIONS FOR SELF	05
SELF CARE PLANNER	06-08
MY DAILY WINS RECORD	09-10



# SELF CARE IDEAS



# SELF CARE IDEAS



## **30 DAYS OF GRATITUDE**

D	AY 01	DAY 09	
D	AY 02	DAY 10	
D	AY 03	DAY 11	
D	AY 04	DAY 12	
D	AY 05	DAY 13	
D	AY 06	DAY 14	
D	AY 07	DAY 15	
D	AY 08	DAY 16	

### **30 DAYS OF GRATITUDE**

	DAY 17			DAY 24	
			7/		
	DAY 18			DAY 25	
		,			
	DAY 19			DAY 26	
	DAY 20			DAY 27	
	DAY 21			DAY 28	
		,	7/		
	DAY 22			DAY 29	
,	DAY 23			DAY 30	
			7/		
		* <del>+</del>	4.4		



#### **AFFIRMATIONS FOR SELF**

- · I am strong, capable and resilient
- · I accept the things I cannot change
- My thoughts are like passing clouds; I can let them come and go
- I have the power to distance myself from unhelpful thoughts
- . I am safe
- I embrace uncertainty
- · Whatever happens, I'll handle it
- It's okay to slow down
- I let go of the need for perfection
- · I am worthy of peace and happiness
- I accept and allow this feeling
- I cannot read people's minds
- · I cannot predict the future
- · I've handled this feeling before and I'll handle it again
- I choose to be proactive, not reactive
- My thoughts may be negatively biased and that's okay
- · I am in control of my reactions to my thoughts
- I release the need to control everything

#### **SELF-CARE PLANNER**

ACTIVITY POSITIVE SELF-AFFIRMATION THINGS TO BE THANKFUL SELF REMINDER

#### **SELF-CARE PLANNER**

ACTIVITY POSITIVE SELF-AFFIRMATION THINGS TO BE THANKFUL SELF REMINDER

#### **SELF-CARE PLANNER**

ACTIVITY POSITIVE SELF-AFFIRMATION THINGS TO BE THANKFUL SELF REMINDER

# **AFFIRMATIONS FOR SELF**

MY DAILY (	WINS	

# **AFFIRMATIONS FOR SELF**

MY DAILY W		