



EMPOWERMENT EDGE COACHING
IGNITE YOURS



EMPOWERMENT

EDGE COACHING

**KEEP YOUR COOL
WITH YOUR KIDS
WORK BOOK**



**Keep
Your
Cool
7**

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

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EMPOWERMENT EDGE COACHING
IGNITE YOURS

SELF CARE IDEAS



SELF CARE IDEAS



30 DAYS OF GRATITUDE

DAY 01

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 01.

DAY 02

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 02.

DAY 03

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 03.

DAY 04

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 04.

DAY 05

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 05.

DAY 06

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 06.

DAY 07

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 07.

DAY 08

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 08.

DAY 09

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 09.

DAY 10

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 10.

DAY 11

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 11.

DAY 12

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 12.

DAY 13

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 13.

DAY 14

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 14.

DAY 15

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 15.

DAY 16

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 16.

30 DAYS OF GRATITUDE

DAY 17

Blank box for Day 17 reflection.

DAY 24

Blank box for Day 24 reflection.

DAY 18

Blank box for Day 18 reflection.

DAY 25

Blank box for Day 25 reflection.

DAY 19

Blank box for Day 19 reflection.

DAY 26

Blank box for Day 26 reflection.

DAY 20

Blank box for Day 20 reflection.

DAY 27

Blank box for Day 27 reflection.

DAY 21

Blank box for Day 21 reflection.

DAY 28

Blank box for Day 28 reflection.

DAY 22

Blank box for Day 22 reflection.

DAY 29

Blank box for Day 29 reflection.

DAY 23

Blank box for Day 23 reflection.

DAY 30

Blank box for Day 30 reflection.



Gratitude.

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

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AFFIRMATIONS FOR SELF

MY DAILY WINS



AFFIRMATIONS FOR SELF

MY DAILY WINS

