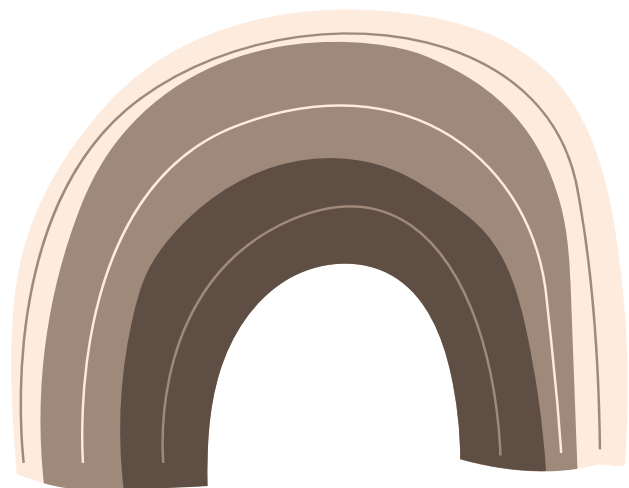
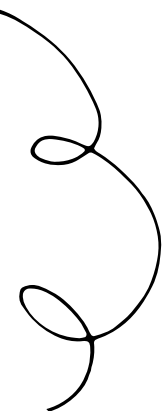
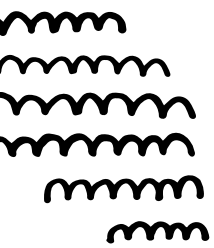
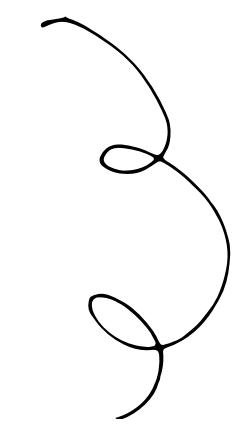
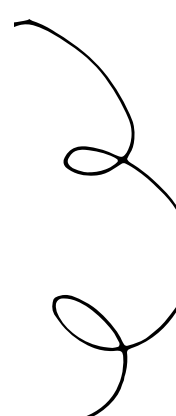
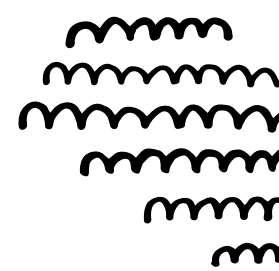
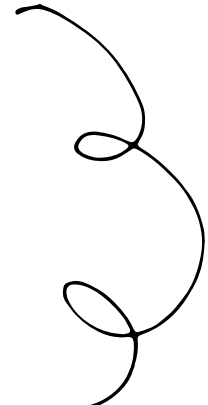
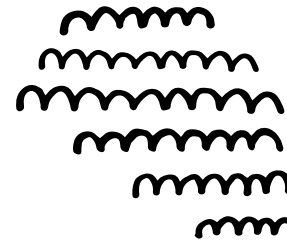




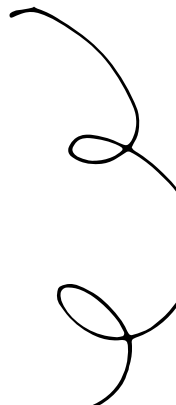
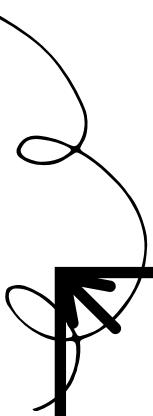
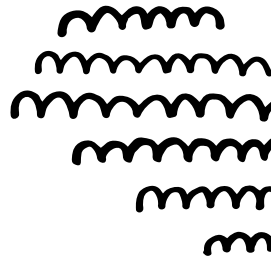
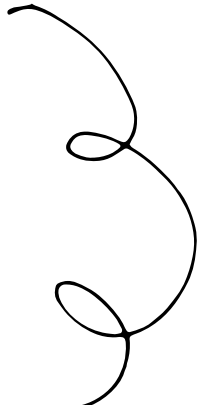
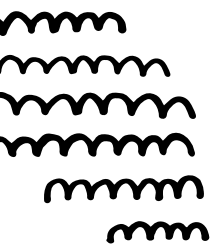
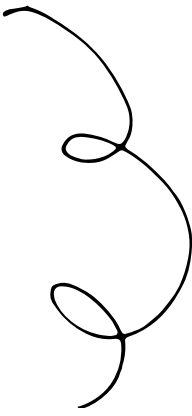
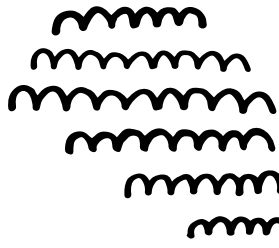
DIARIO
de
CREATIVIDAD
EMOCIONAL



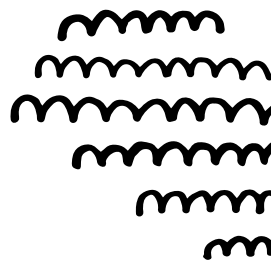
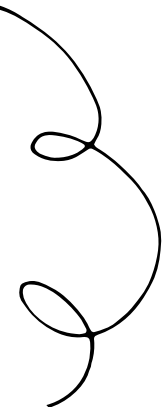
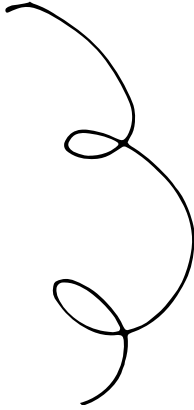
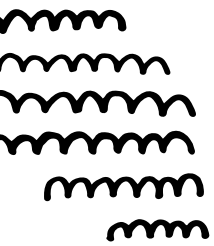
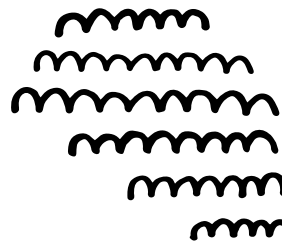
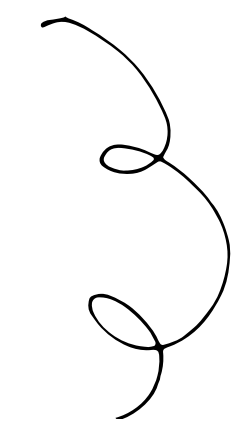
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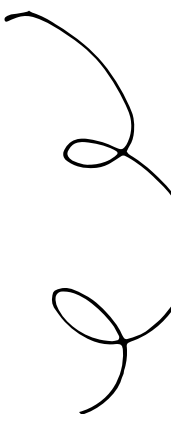
**Pega en esta página con
LETRAS de recortes
de periódicos una frase
con la que te identifiques**

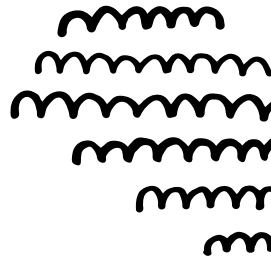
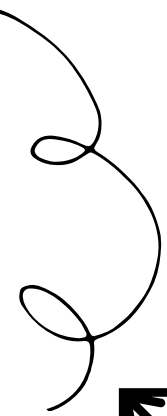
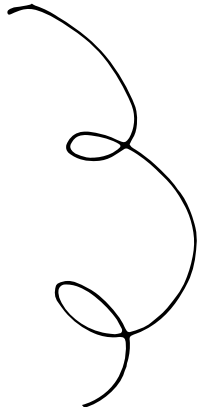
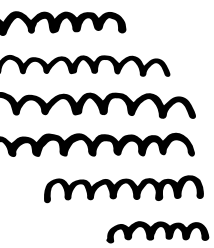
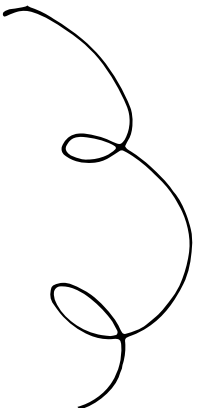
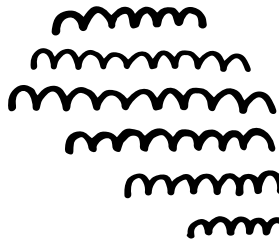


**Escribe en esta página
esos PENSAMIENTOS
PREOCUPACIONES
que te roban tu BIENESTAR,
después, pintamos de negro y gris encima,
hazlos trocitos de papel y monta un COLLAGE
con papel de periódico**

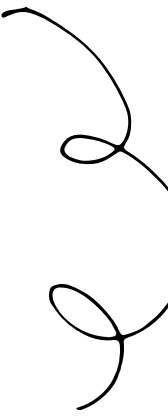


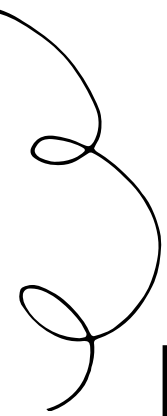
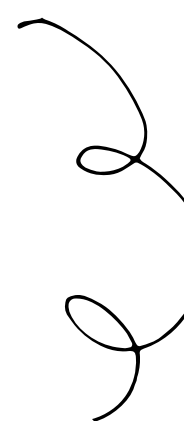
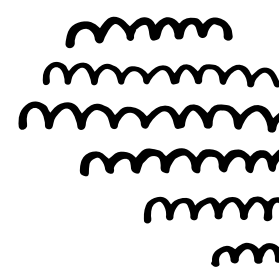
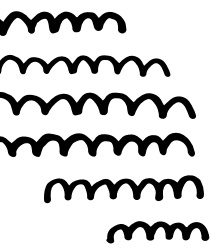
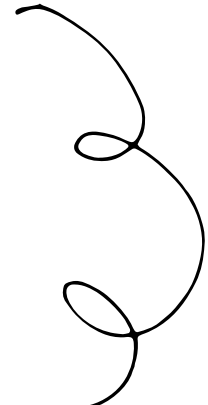
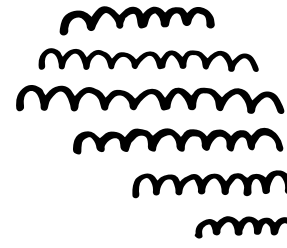
**Dibuja el PERFIL de un envase
grande de cristal, pega dentro del envase
las letras iniciales de recortes de periódicos
de aquellas cosas que AGRADECES en tu vida
y te hacen muy FELIZ; después, crea
una RIMA con ellas**



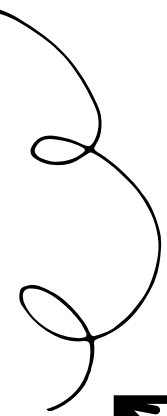
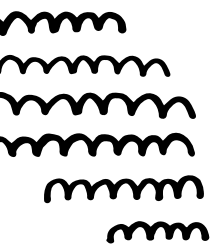
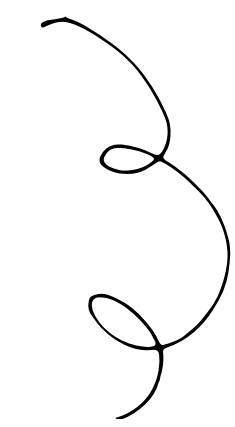
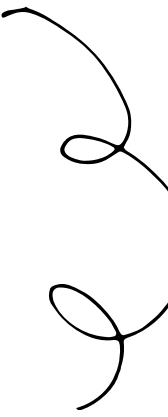
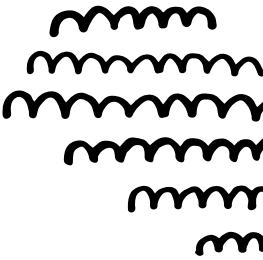
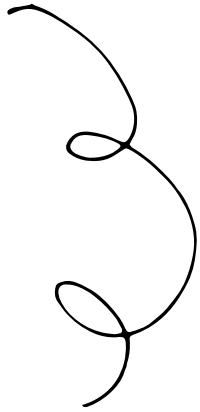
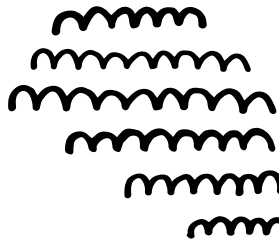


**Pega en esta página varios trozos de
periódicos, después, pinta
con colores, anota encima
5 FORTALEZAS que te definen**

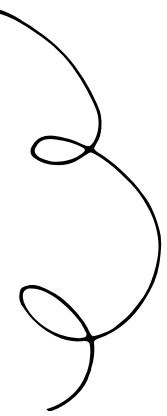
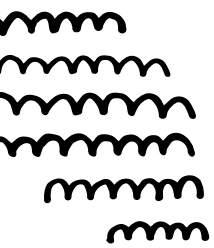
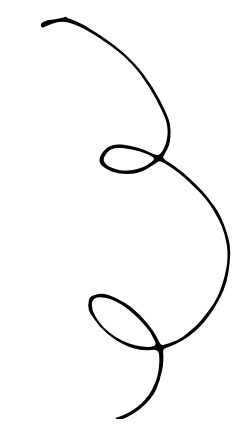
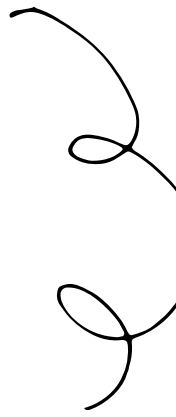
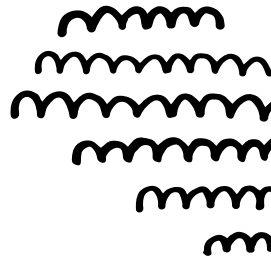
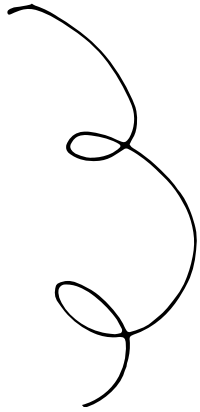
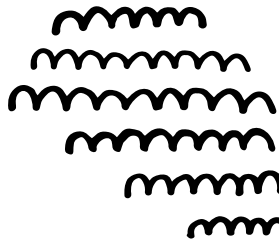




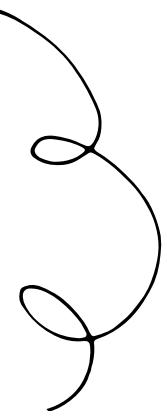
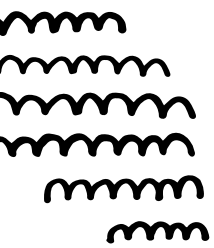
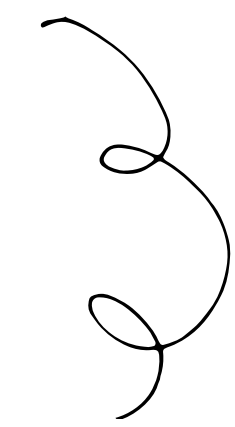
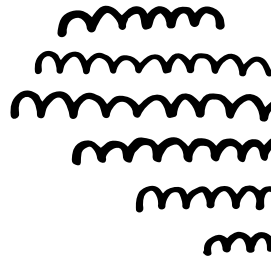
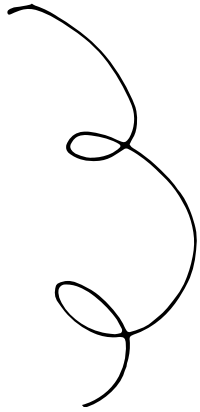
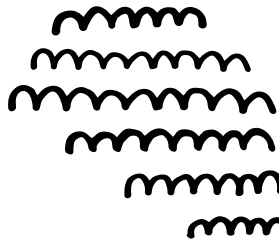
Dibuja con recortes de periódicos una casa.
En el tejado anota 3 hábitos inadecuados
En las ventanas anota 2 miedos
En la puerta anota un sueño



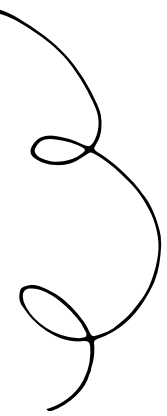
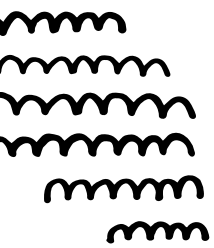
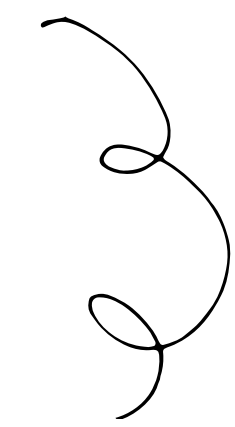
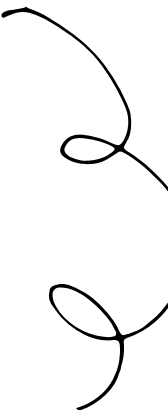
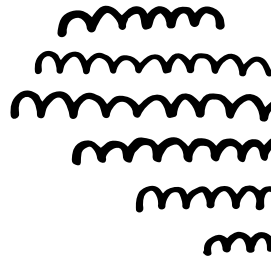
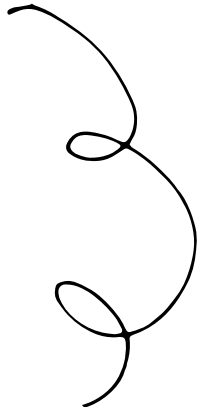
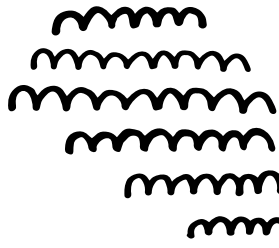
**Dibuja un CORAZÓN,
divide en 4 porciones,
en cada porción anota
4 palabras bonitas que te han dicho**



**Rellena esta hoja de círculos.
Después, dentro de 5 círculos
anota los nombres de 5 personas
relevantes en tu vida**



Dibuja una MANO.
En cada dedo debes anotar
5 errores y 5 aprendizajes

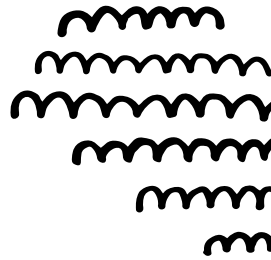
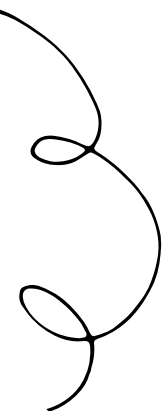
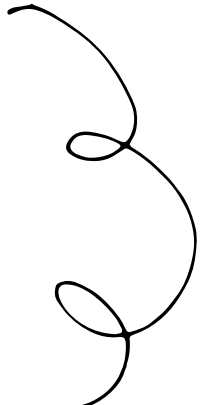
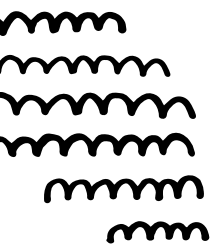
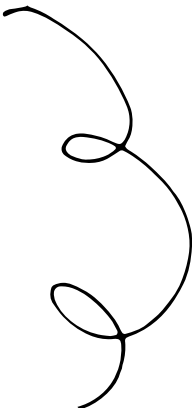
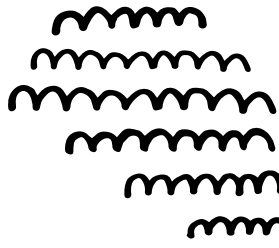


Dibuja una FLOR con 5 pétalos.

En cada pétalo

escribe aquellas

cosas que te dan PAZ

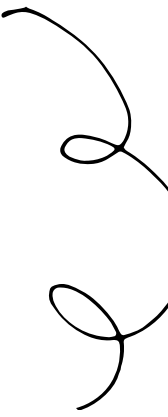


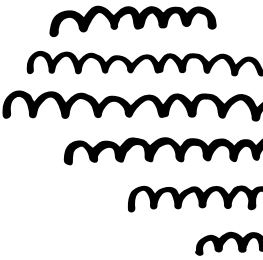
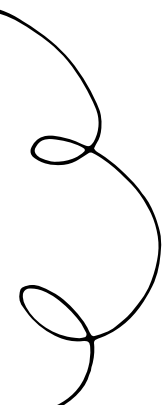
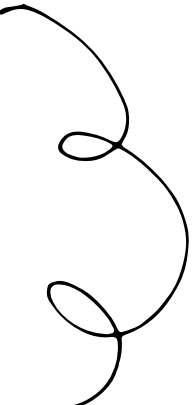
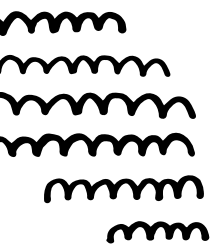
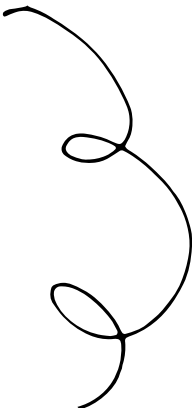
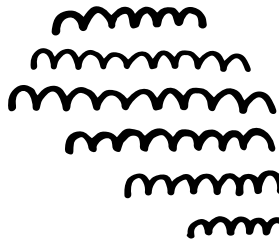
Rellena esta hoja de PECES.

En el fondo del MAR dibuja un tesoro

y dentro de él, 3 cosas de las que te sientes

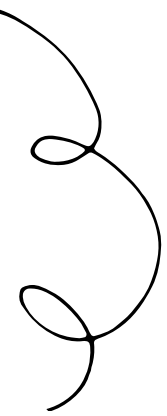
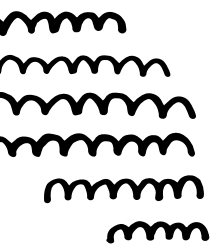
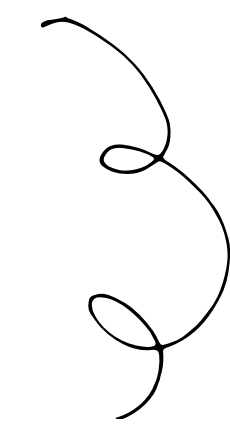
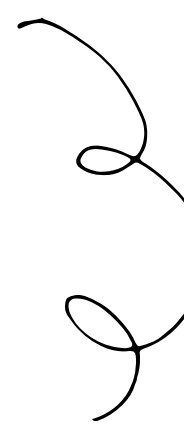
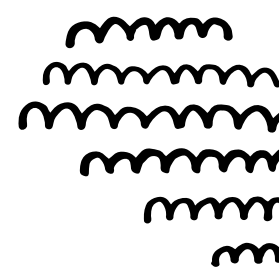
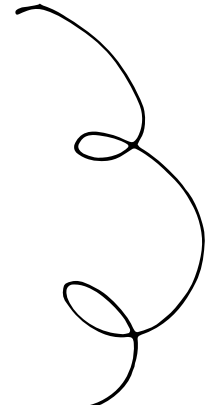
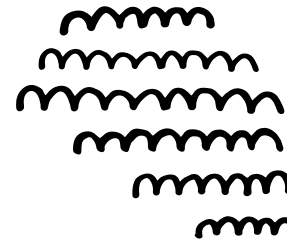
ORGULLOSO



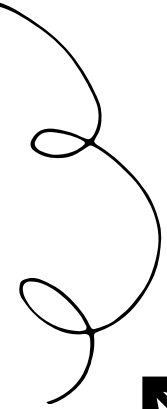
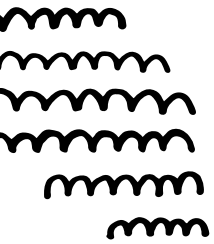
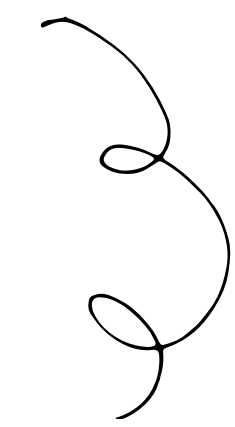
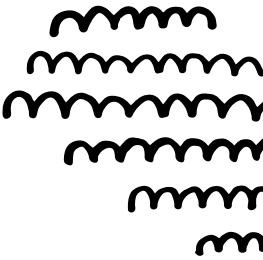
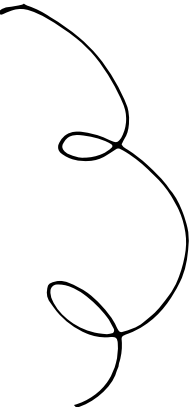
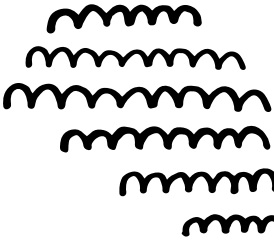


**Llena esta hoja de
GARABATOS; después, escribe encima
3 cosas que te hacen perder los NERVIOS**

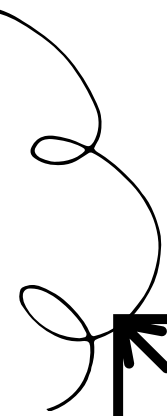
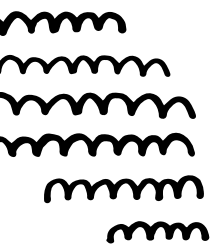
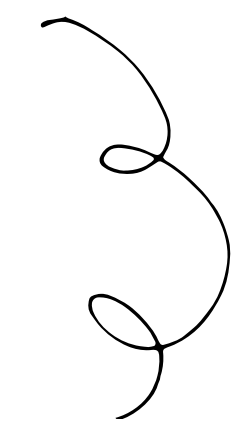
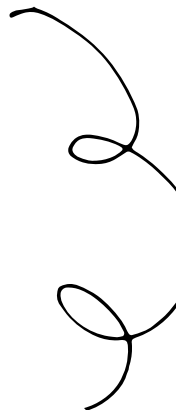
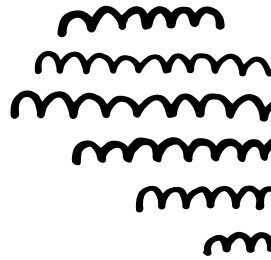
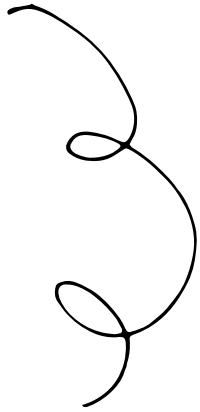
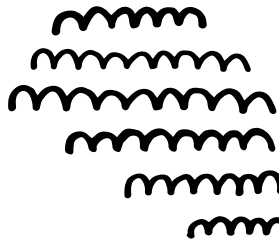




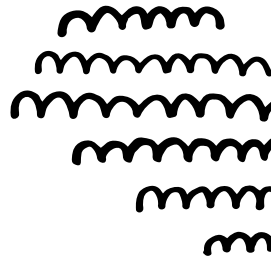
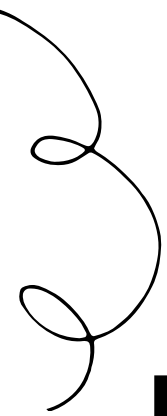
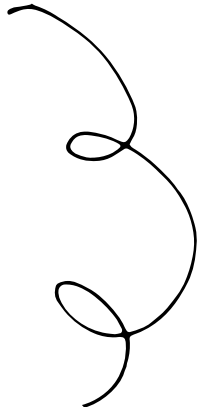
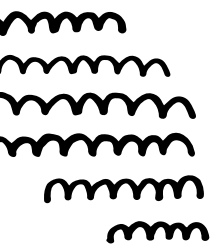
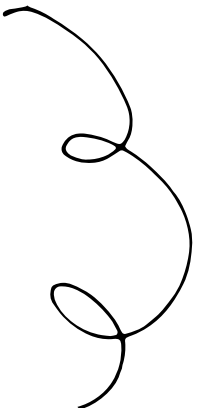
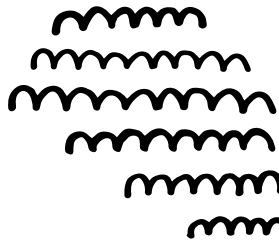
**Dibuja un arco iris con sus 7 colores,
y anota en cada color esas 7 cualidades que
son imprescindibles para Ti**



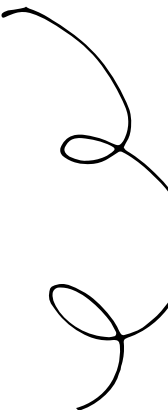
**Rellena esta hoja de LETRAS,
después, elige 5 letras; con cada inicial
elabora tu receta de la FELICIDAD**

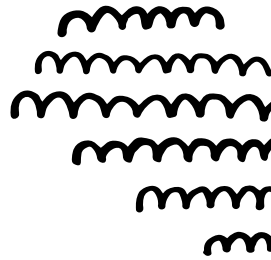
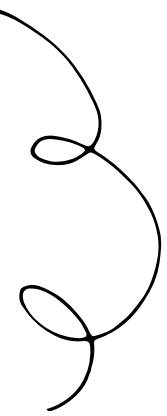
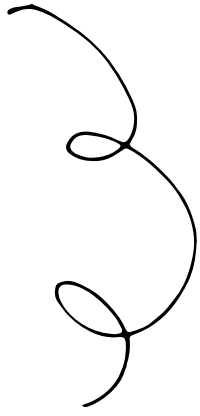
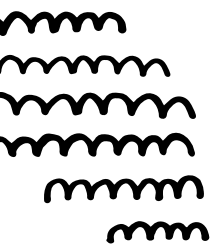
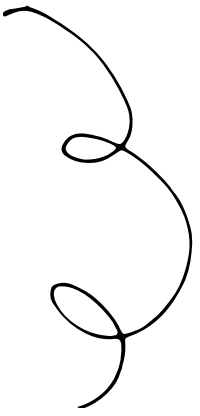
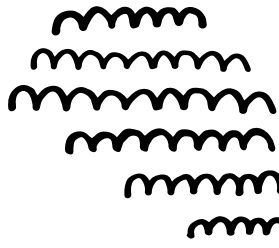


Dibuja un mapa. En el centro del mapa escribe tu mayor SUEÑO, alrededor, otros 5 sueños que desees cumplir dentro de 5 años. Después, fuera del mapa, 5 sueños que alcanzaras cuando tengas 30 años

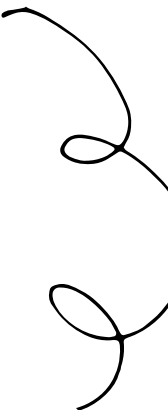


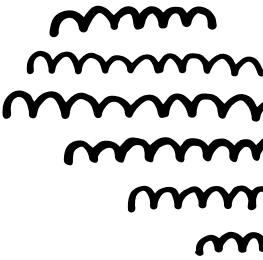
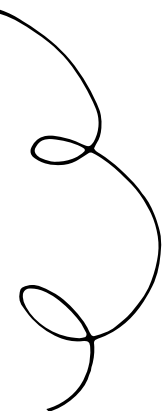
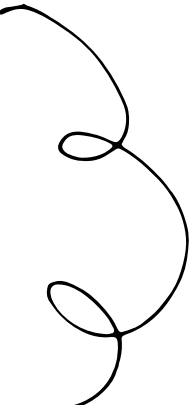
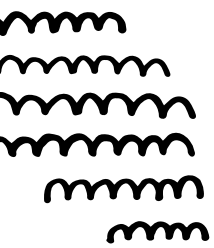
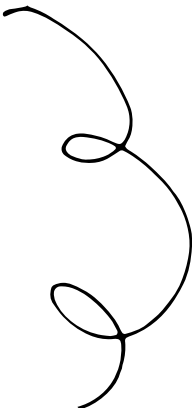
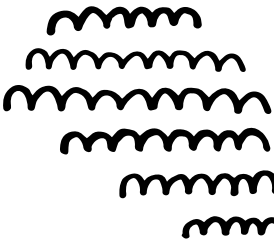
Decora esta página con rayas de diferentes colores. Después, escribe encima la última carta que te gustaría dejar escrita el último día de tu vida



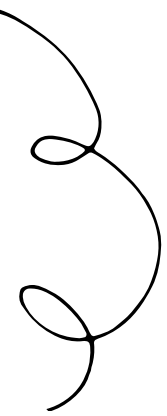
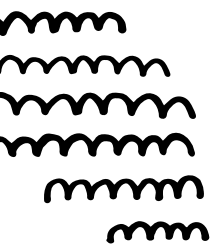
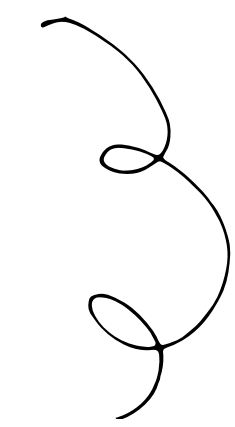
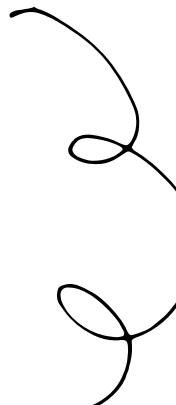
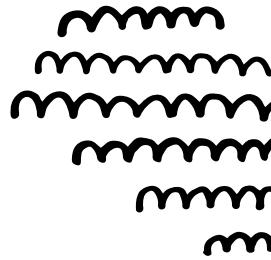
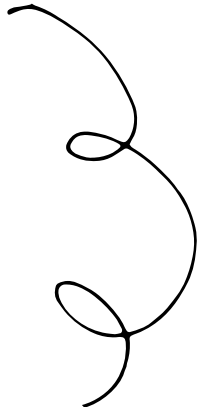
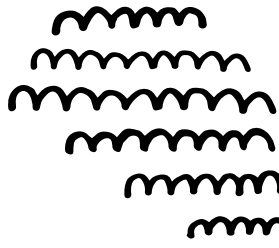


**Estas en una isla, vas a pasar un año,
dibuja 10 cosas
IMPRESINDIBLES que te llevarias**

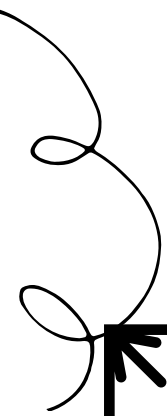
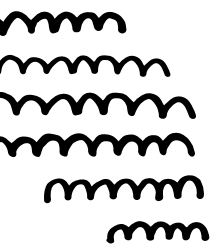
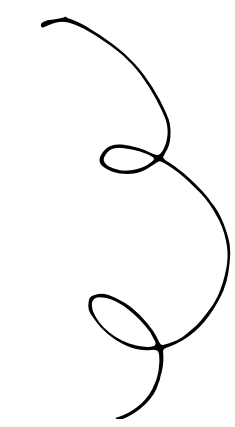
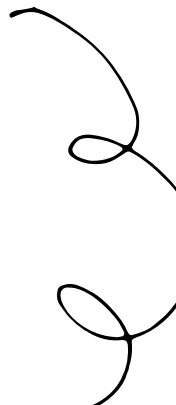
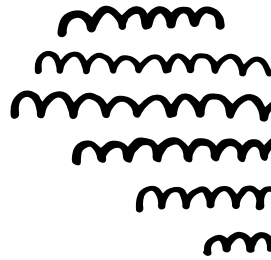
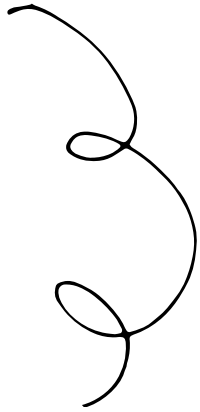
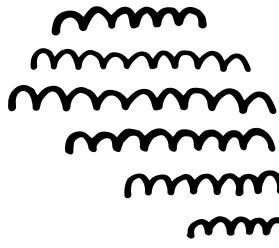




Colorea de negro esta página.
Anota en letras blancas tu momento más
OSCURO



**Dibuja 5 animales; después, anota que
cualidad
te gustaría tener de cada uno**



Dibuja una estrella, una nube, un sol y una montaña.

**La estrella será tu meta para este año,
la nube lo que vas a sacrificar para
alcanzarla, el sol tus puntos fuertes y la
montaña esos obstáculos que encontrarás**