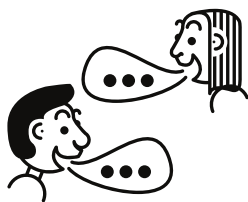


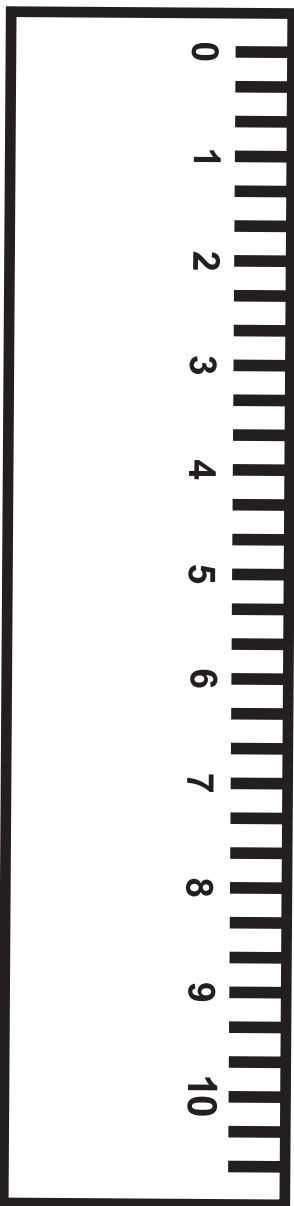
PIENSA, SIENTE y EXPRESA



Me siento muy defraudadx por...

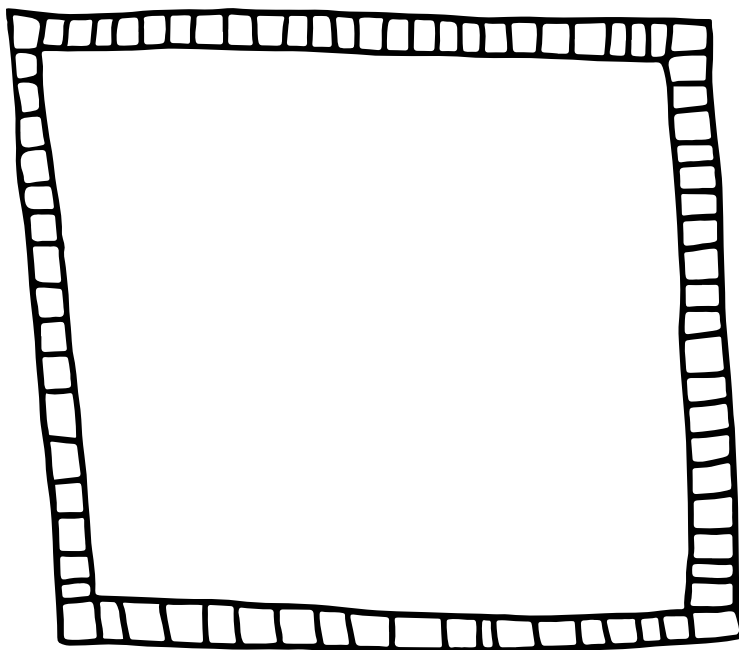


Cómo podría sentirme mejor...

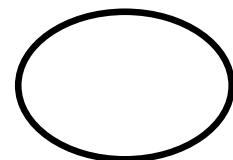


Cuánto me valoro...

Cómo me describe
mi mejor amigx...



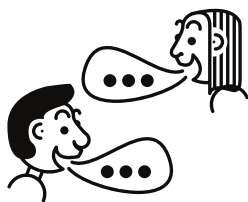
Rodea todo lo
que te identifica...



V
A
L
E
S

M
U
C
H
O

PIENSA, SIENTE y EXPRESA



Escribe cosas que te hacen sentir
TRISTEZA...



tu momento más doloroso fue...

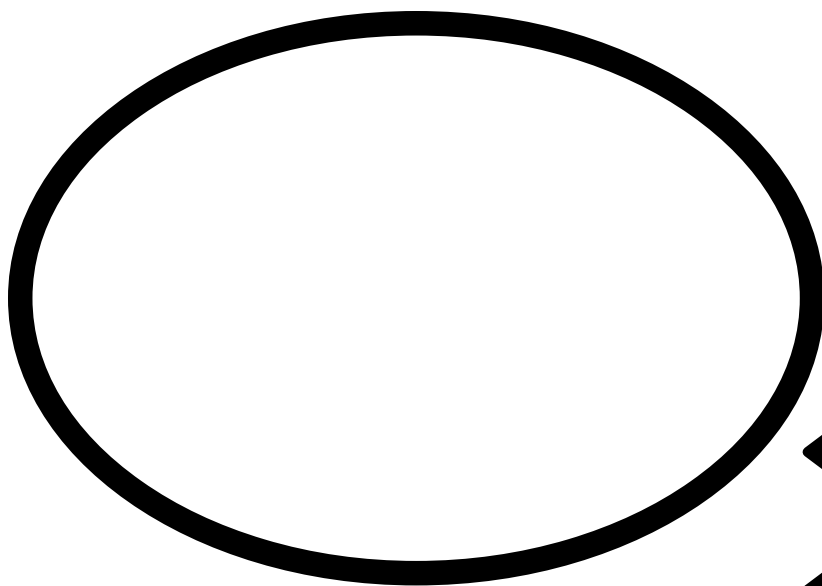


En esos días de melancolía que le dirías
a ese niño pequeño del pasado...

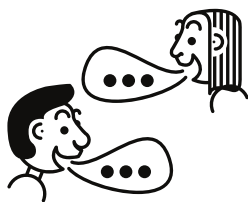


Si por un día pudieras convertirte en un
ANIMAL, en cuál de ellos te
convertirías...

POR QUÉ HAS
ELEGIDO
ESTE ANIMAL...



PIENSA, SIENTE y EXPRESA



ME HE ESFORZADO MUCHO CUANDO...



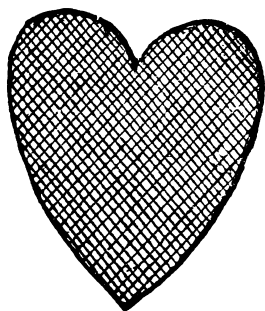
He salido bien parado en determinadas situaciones...



Deseo controlar...

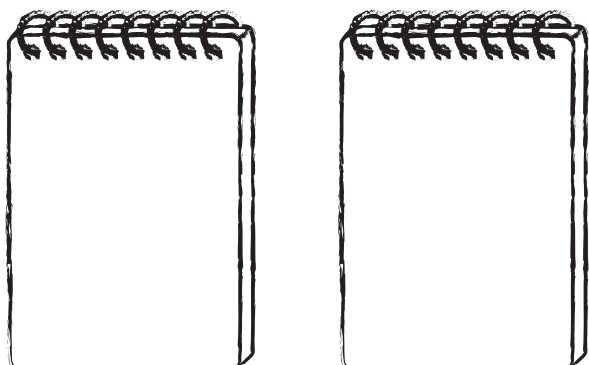


Debo hacerme RESPONSABLE de...

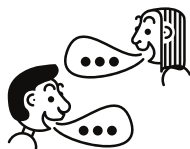


MI LISTADO
DE
RESPONSABILIDADES...

Mi CORAZÓN se parte cuando...



PIENSA, SIENTE y EXPRESA



EN OCASIONES, HE NEGADO...



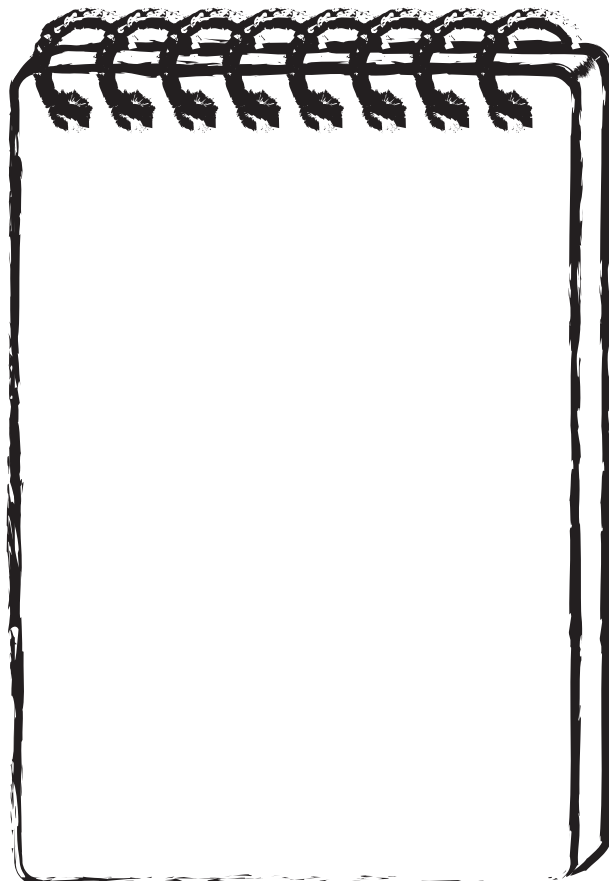
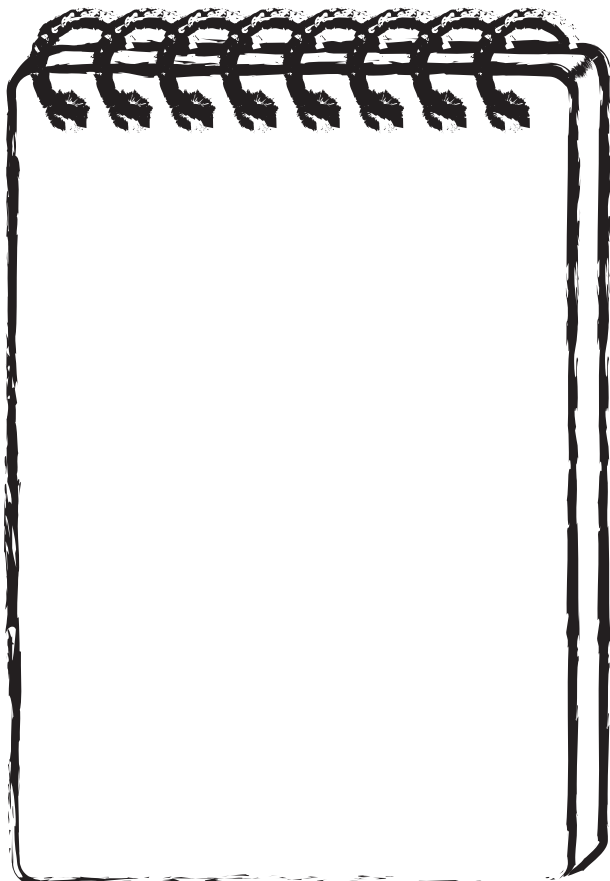
Utilizo la NEGACIÓN para defenderme de...



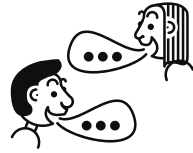
Debo reconocer que hay situaciones y personas que son PERJUDICIALES para mí...



Me cuesta mucho reconocer algunos de mis DEFECTOS...



PIENSA, SIENTE y EXPRESA



Completa y reflexiona...

Ya te advertí que...



Nunca escuchas mis...



Sólo veo el lado...



ESCRIBE DENTRO DE ESTE
RECIPIENTE...

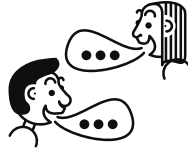
COSAS

POR LAS QUE DEBO
RECORDARME
LO VALIOSO QUE SOY

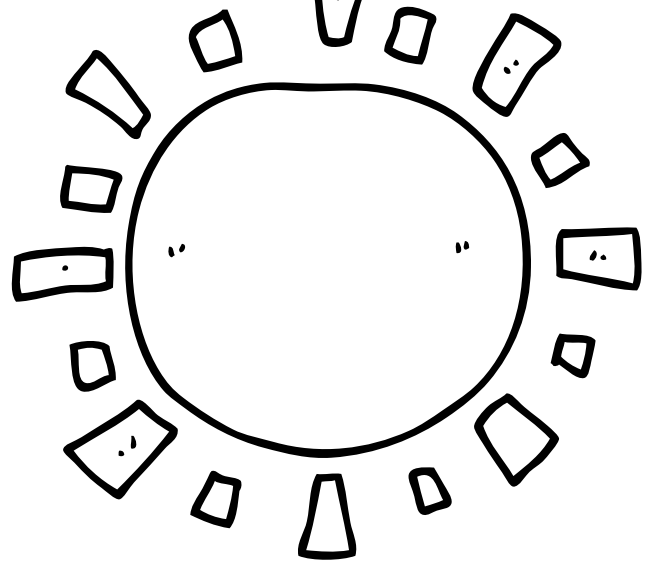
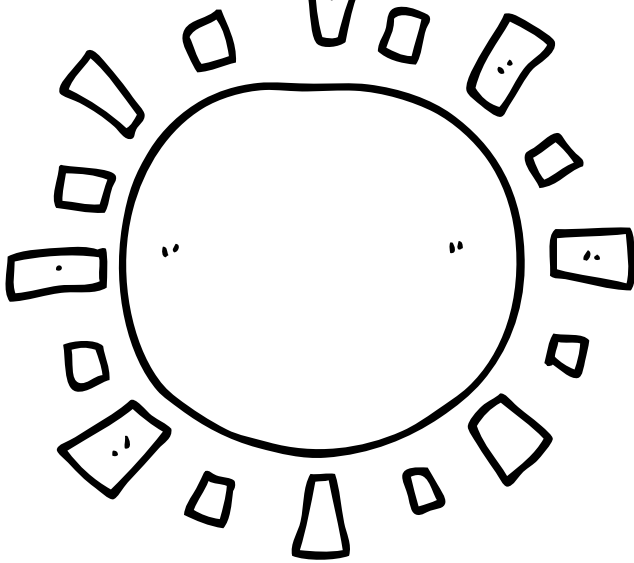
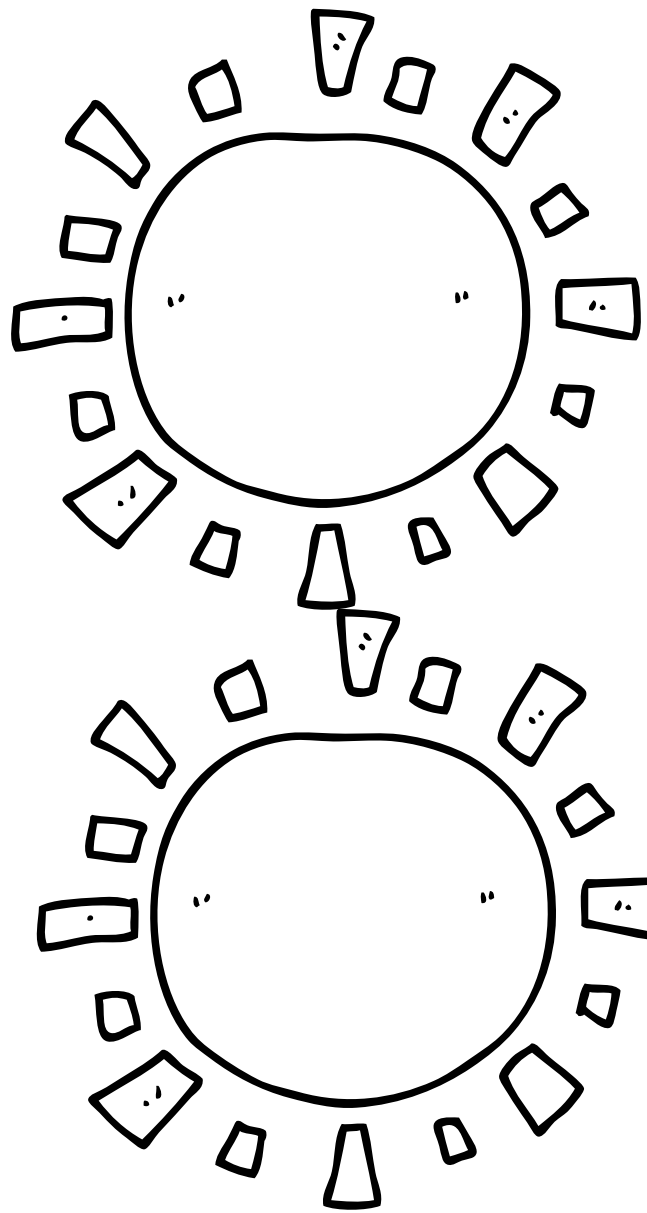
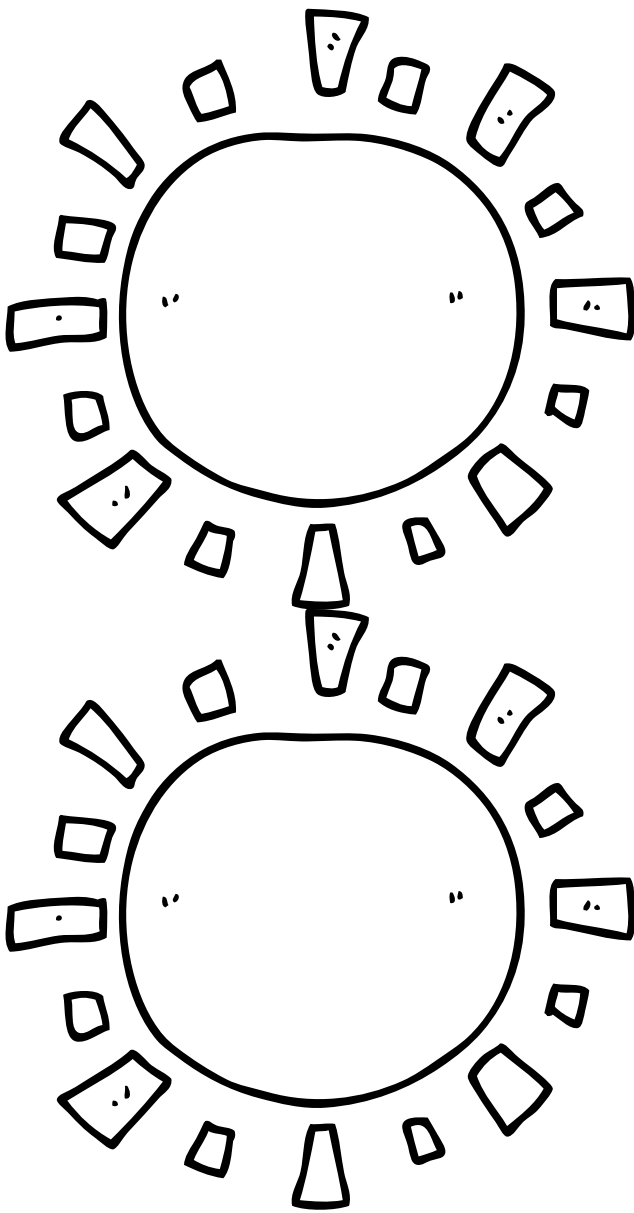
Ejemplo: VALENTÍA, ESFUERZO,

BONDAD, GENEROSIDAD,

SINCERIDAD, ...

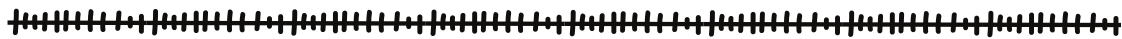


Llena esta hoja con ELOGIOS...



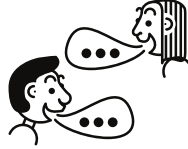
H O Y M E S I E N T O . . .

No debo GRITAR cuando...

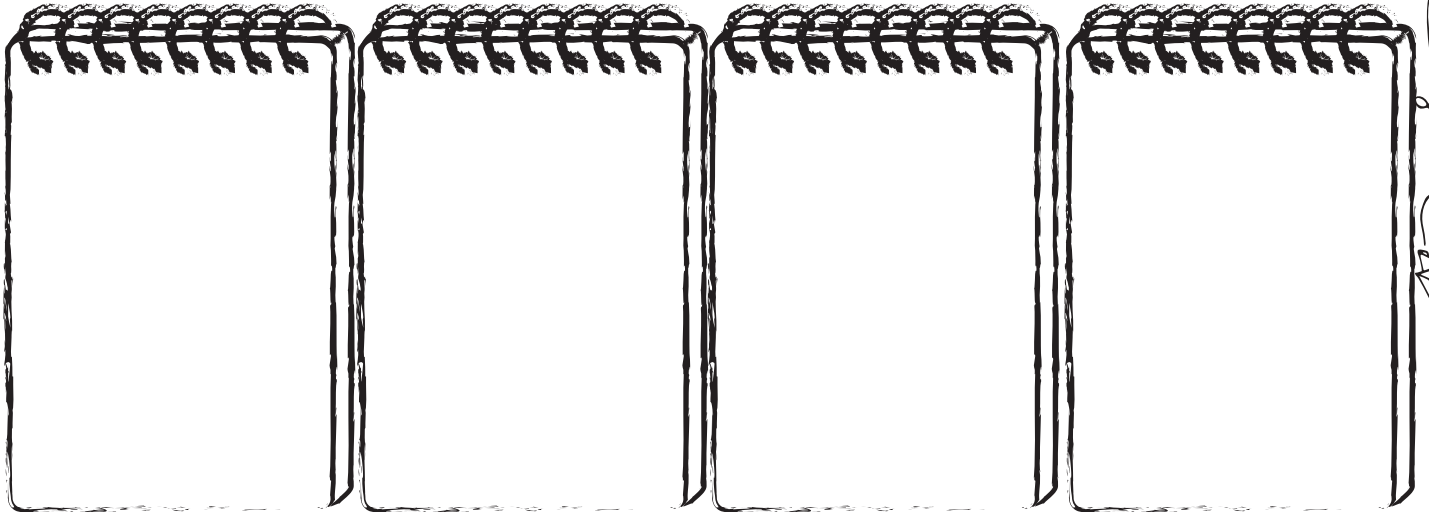


Debo saber perdonar cuando...

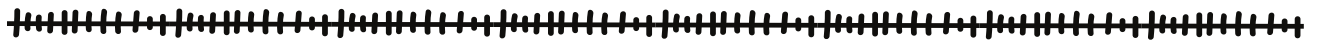




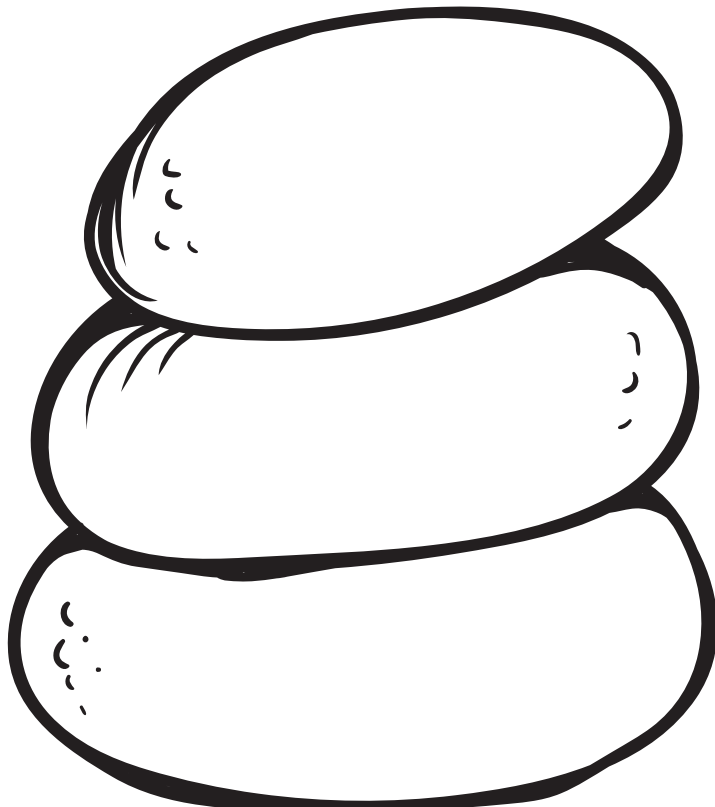
M i f u t u r o v a a d e p e n d e r d e . . .



S O L O p o r H O Y m e p e r m i t o . . .



M i F A M I L I A p a r a m i e s . . .

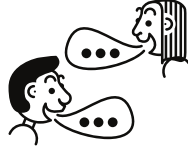


T U S 3 P I E D R A S

d e A P O Y O

e n l a

V I D A s o n . . .

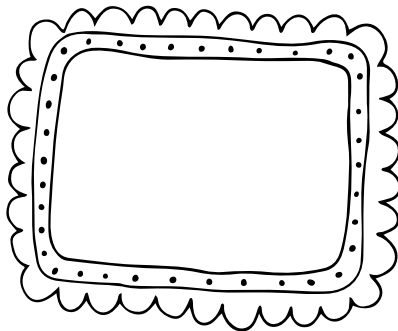
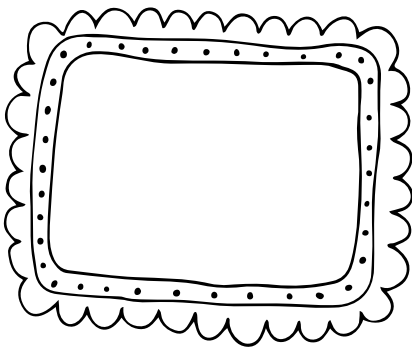


A VECES, es normal, no te culpes...

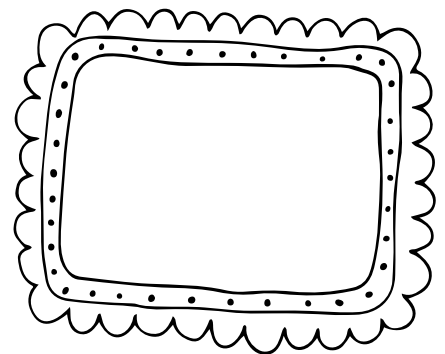
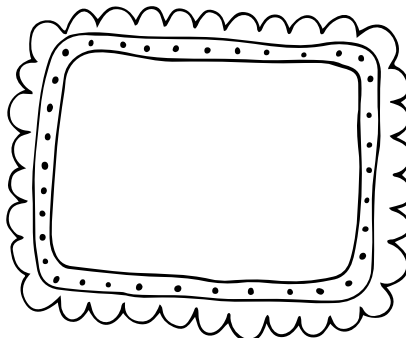
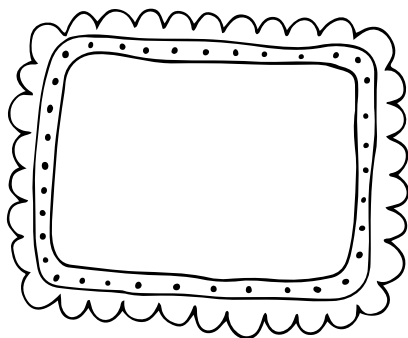
Perder el CONTROL cuando...

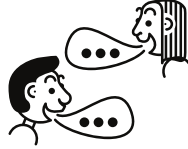
Tener momentos de DESÁNIMO cuando...

Volver a cometer el mismo ERROR cuando...



En cada marco una
GRANDIOSA
accion positiva que
he realizado...





T O D O P U E D E T E N E R S O L U C I Ó N

Cuando tengas un problema dibuja
un carretera muy curvada.

En cada tramo anota posibles
soluciones y en dirección contraria
los posibles obstáculos. Después
analiza PROS/CONTRAS de cada una.

P o n t e a p r u e b a

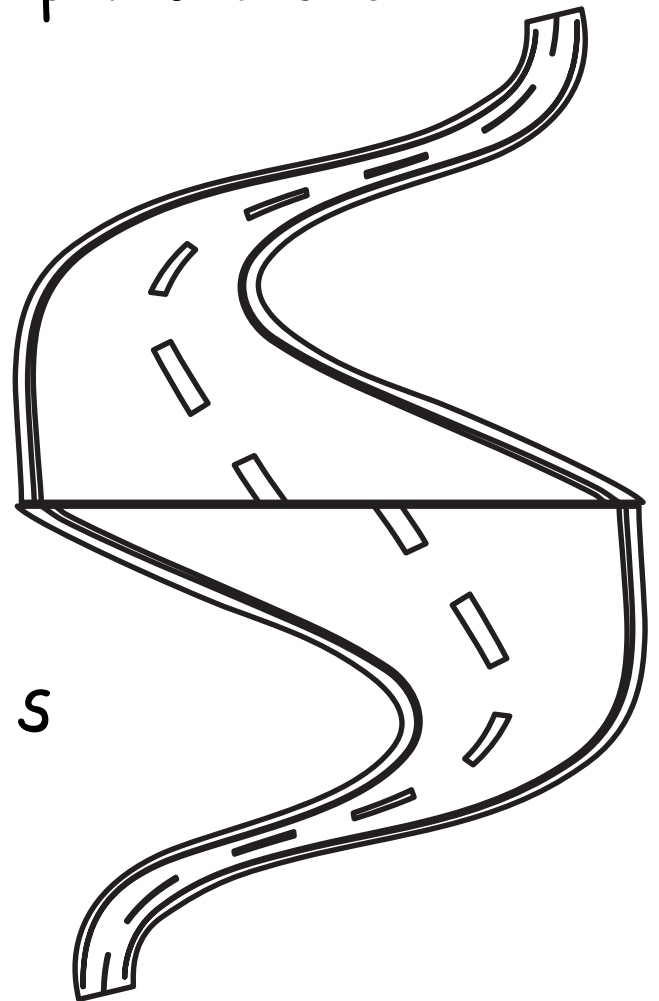
P R O B L E M A

S O L U C I O N E S

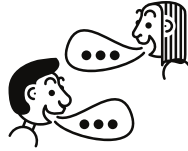
● B S T Á C U L O S ●

P R O S / C O N T R A S

A C C I Ó N



P i e n s a 1 0 m a n e r a s d e s o l u c i ó n



CADA DÍA ES UNA INSPIRACIÓN

Mis mayores momentos de
INSPIRACIÓN los encuentro...

P E R S O N A S

A horizontal rectangular box with a thick black border that has a scalloped or 'shell' edge. The interior of the box is white and empty, designed for the user to write the names of people who inspire them.

L U G A R E S

A horizontal rectangular box with a thick black border that has a scalloped or 'shell' edge. The interior of the box is white and empty, designed for the user to write the names of places that inspire them.

● B J E T ● S

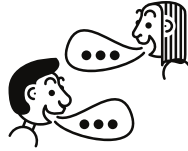
A horizontal rectangular box with a thick black border that has a scalloped or 'shell' edge. The interior of the box is white and empty, designed for the user to write the names of objects that inspire them.

L I B R O S

A horizontal rectangular box with a thick black border that has a scalloped or 'shell' edge. The interior of the box is white and empty, designed for the user to write the titles of books that inspire them.

M U S I C A

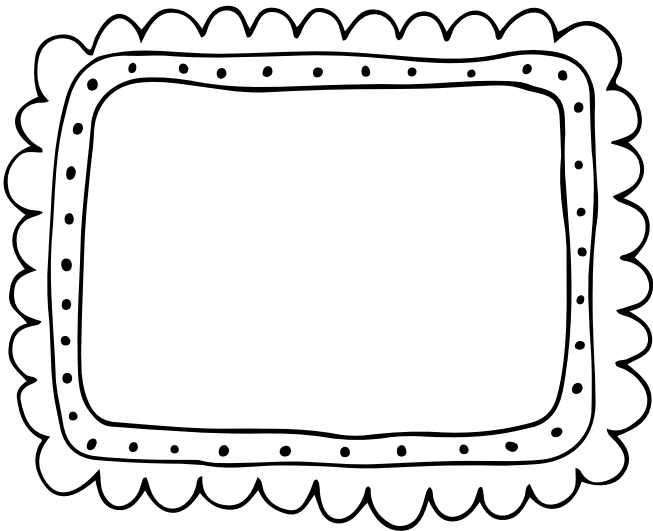
A horizontal rectangular box with a thick black border that has a scalloped or 'shell' edge. The interior of the box is white and empty, designed for the user to write the titles of music that inspire them.



MI CASA, mi lugar de confort

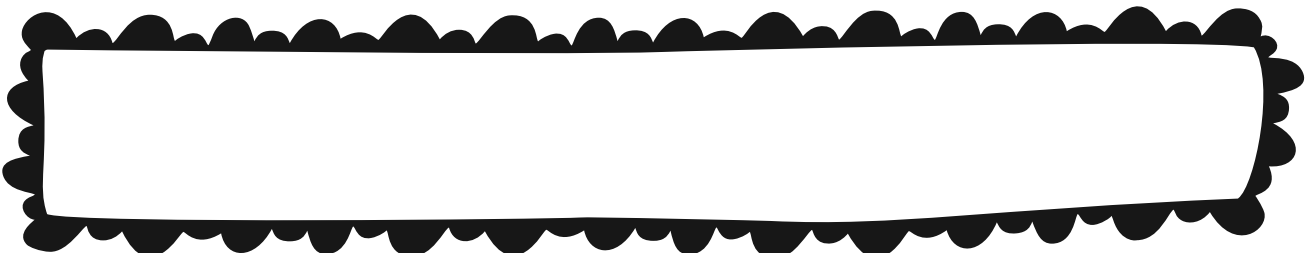
Parte de mi casa

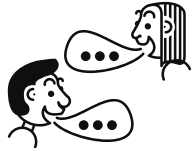
donde encuentro mi PAZ



Dibuja a la
persona favorita
de tu casa

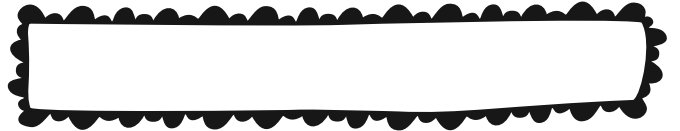
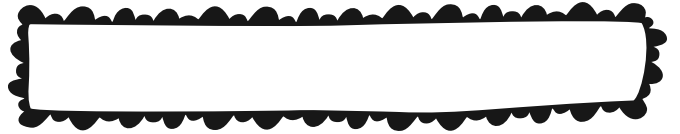
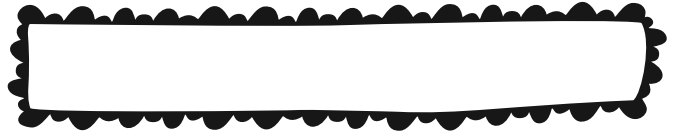
Escribe en letras grandes ese
CUMPLIDO que llevas tiempo esperando recibir...



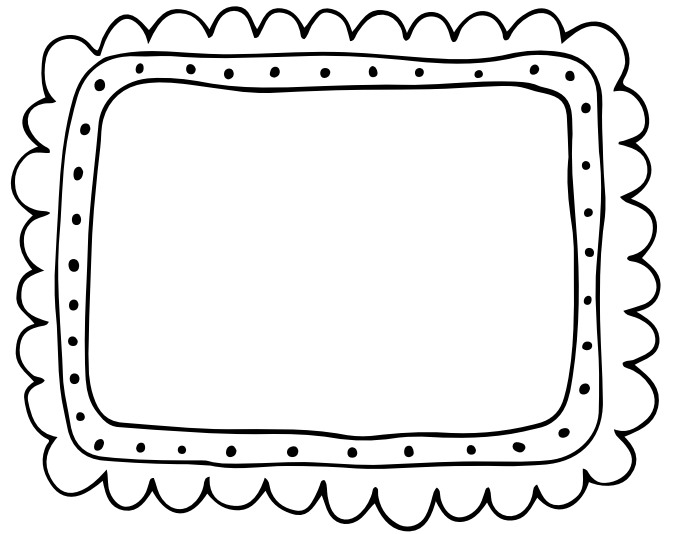
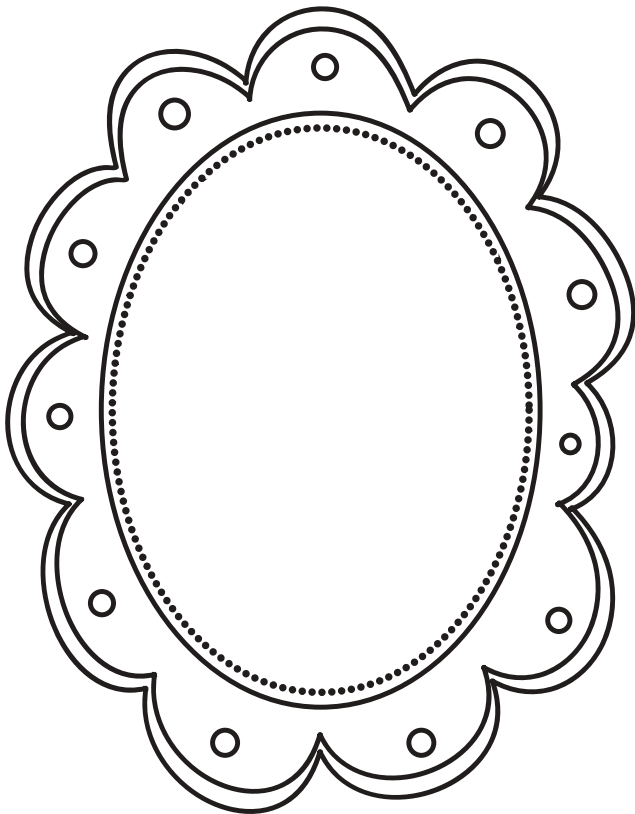


En esos momentos
de TENSION...

Qué MÚSICA te devuelve
la TRANQUILIDAD

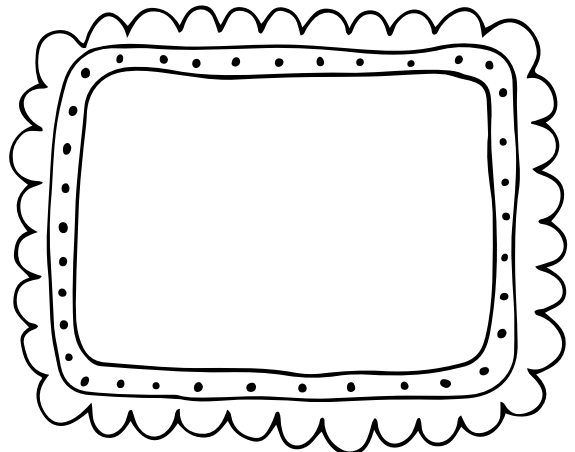


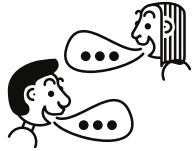
Describe a esa PERSONA
que siempre te valora
positivamente...



En lo primero
que te fijas
cuando te miras al
ESPEJO es...

Esa persona
que es tu -
polo PUESTO es...

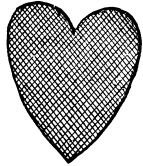




Mis tres PEORES

DISTRACCIONES

son...

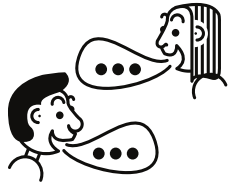


Hay PERSONAS
que no me causan
buena impresión, eso
se debe a...

Hay gente de mi
entorno cercano
que no me valora, escribo
y tacho sus nombre...

Pero realmente me
interesa ser valorad x

Por...



[Empty rectangular box with a scalloped border]

[Empty rectangular box with a scalloped border]

[Empty rectangular box with a scalloped border]

Mis tres MEJORES

RECUERDOS

son...

[Large vertical area with four horizontal lines, each having a loop at both ends, resembling a spiral notebook binding.]

MIS

RUTINAS

TÓXICAS

MIS

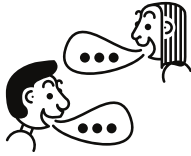
RECUERDOS

FEOS

MIS

PEQUEÑAS

RAREZAS



Puntúa como de movidos son tus pensamientos...

1-----10

te presento tu mini colección de situaciones donde...

te quedas sin ENERGÍA...

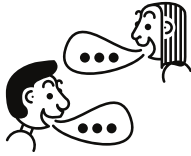
--	--	--

Recargas a tope tus PILAS...

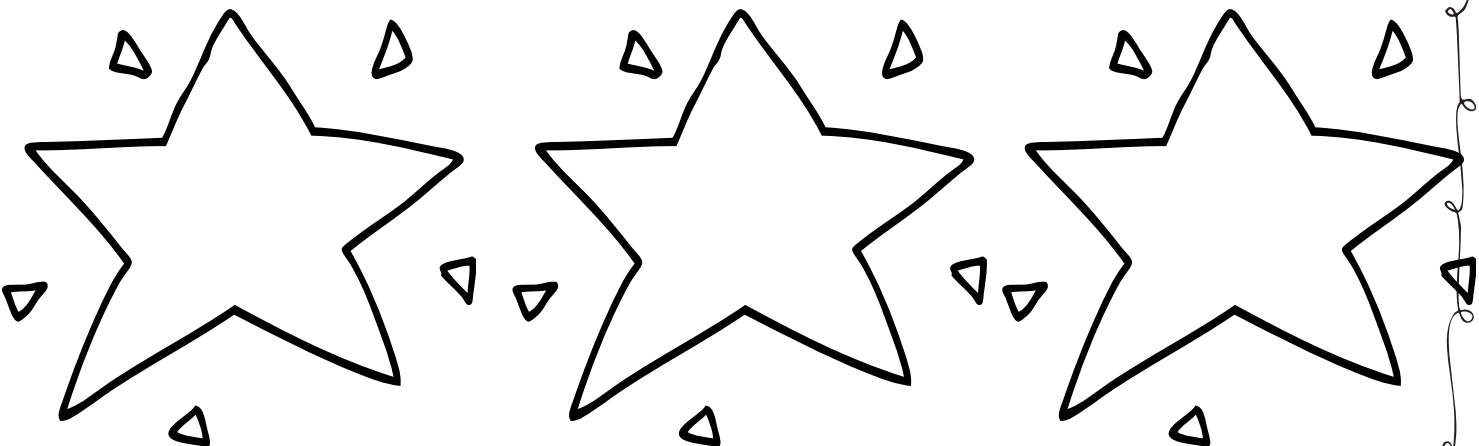
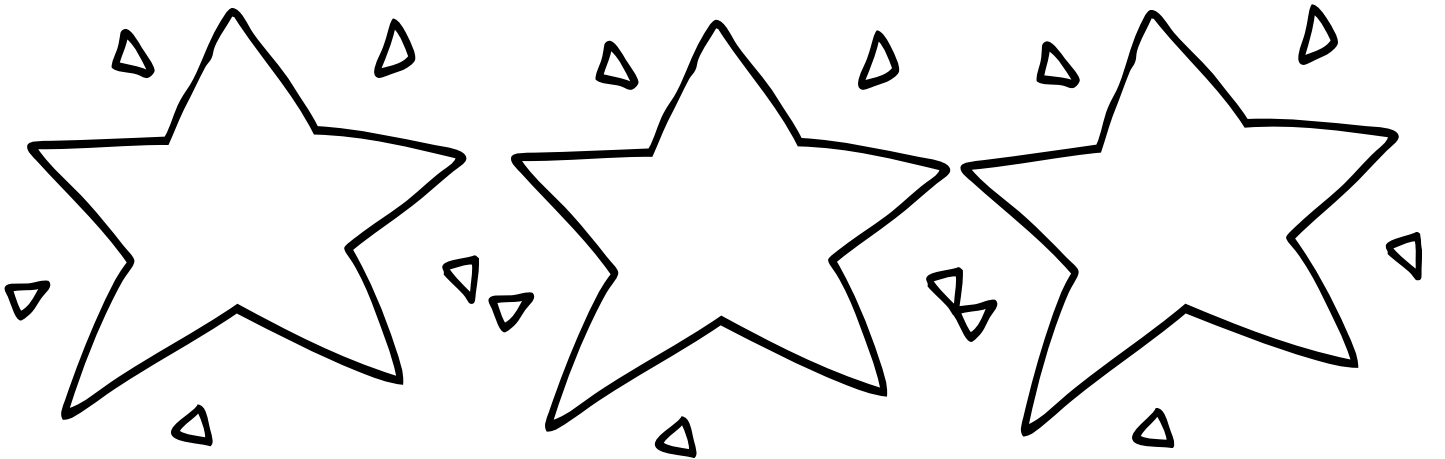
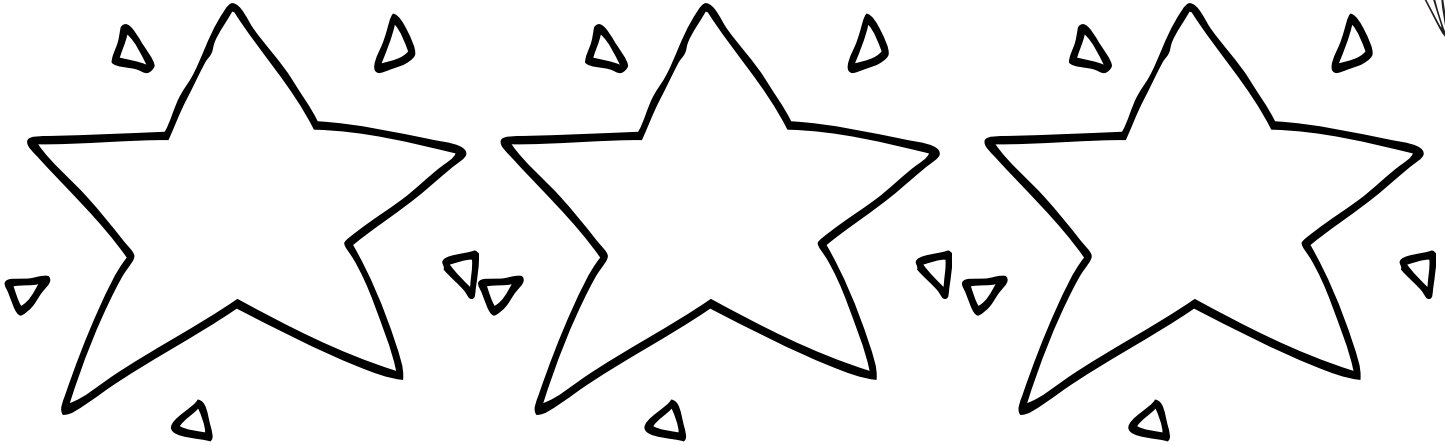
--	--	--

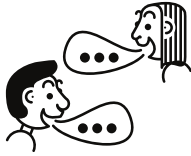
Anota tus nuevos HALLAZGOS...

--	--	--

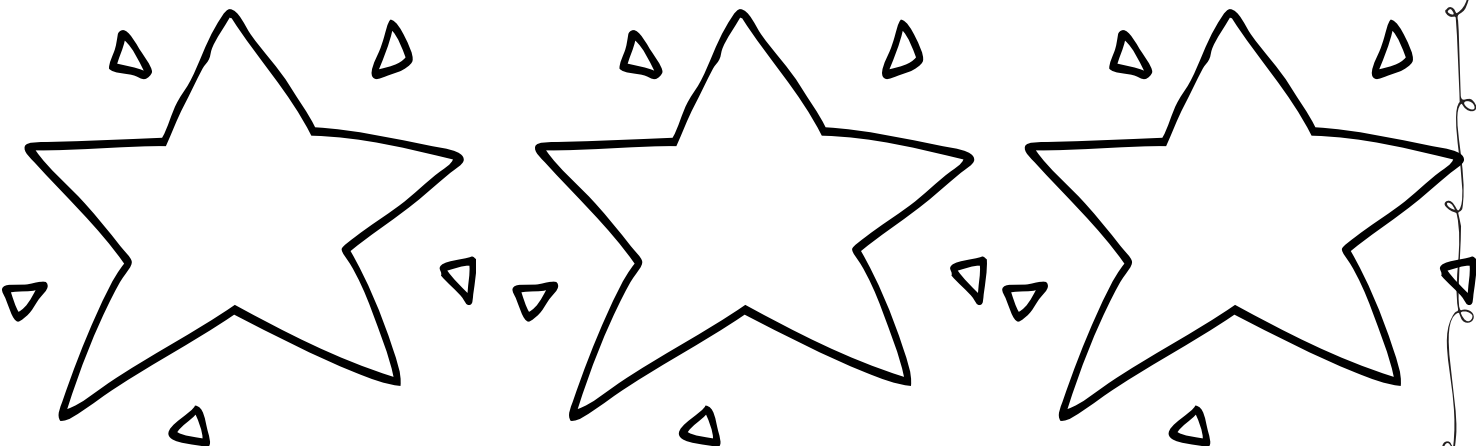
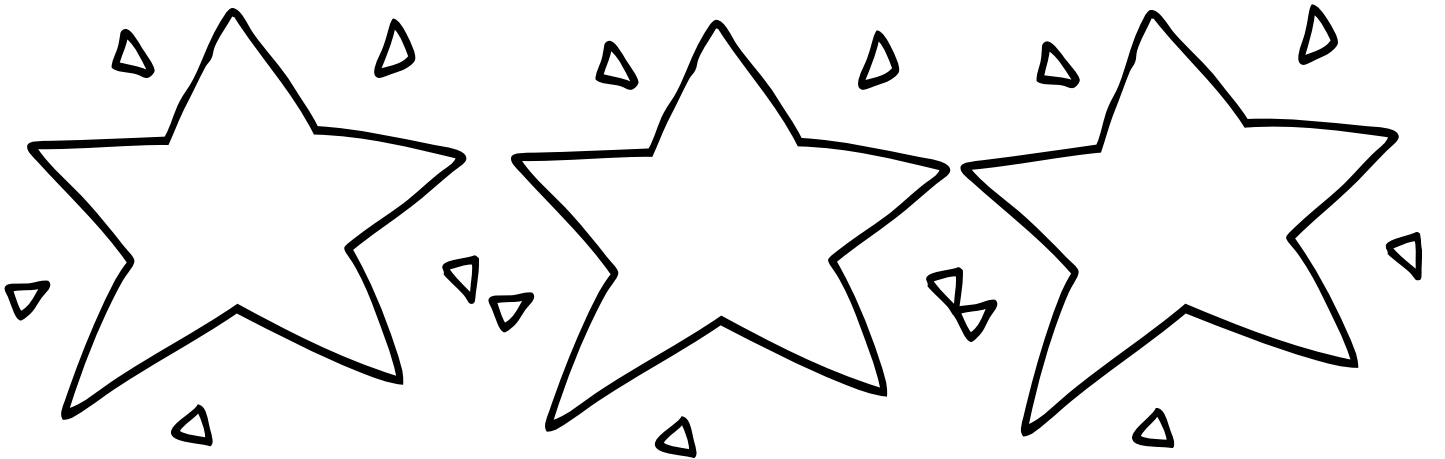
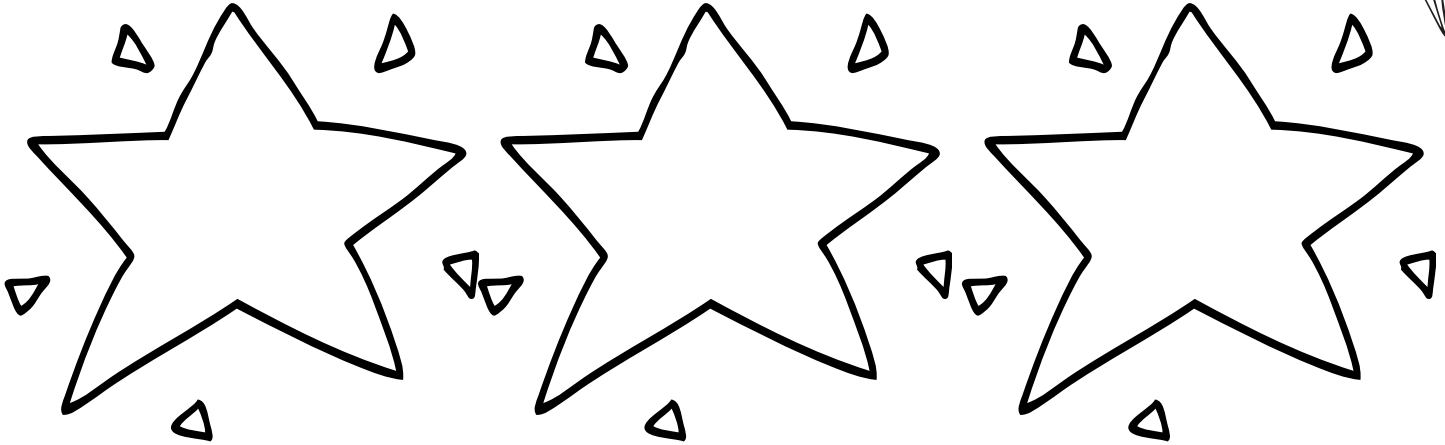


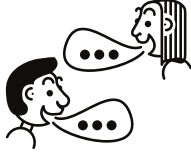
En cada estrella anota cosas, personas •
situaciones que te inyectan una
sobredosis de MOTIVACIÓN...



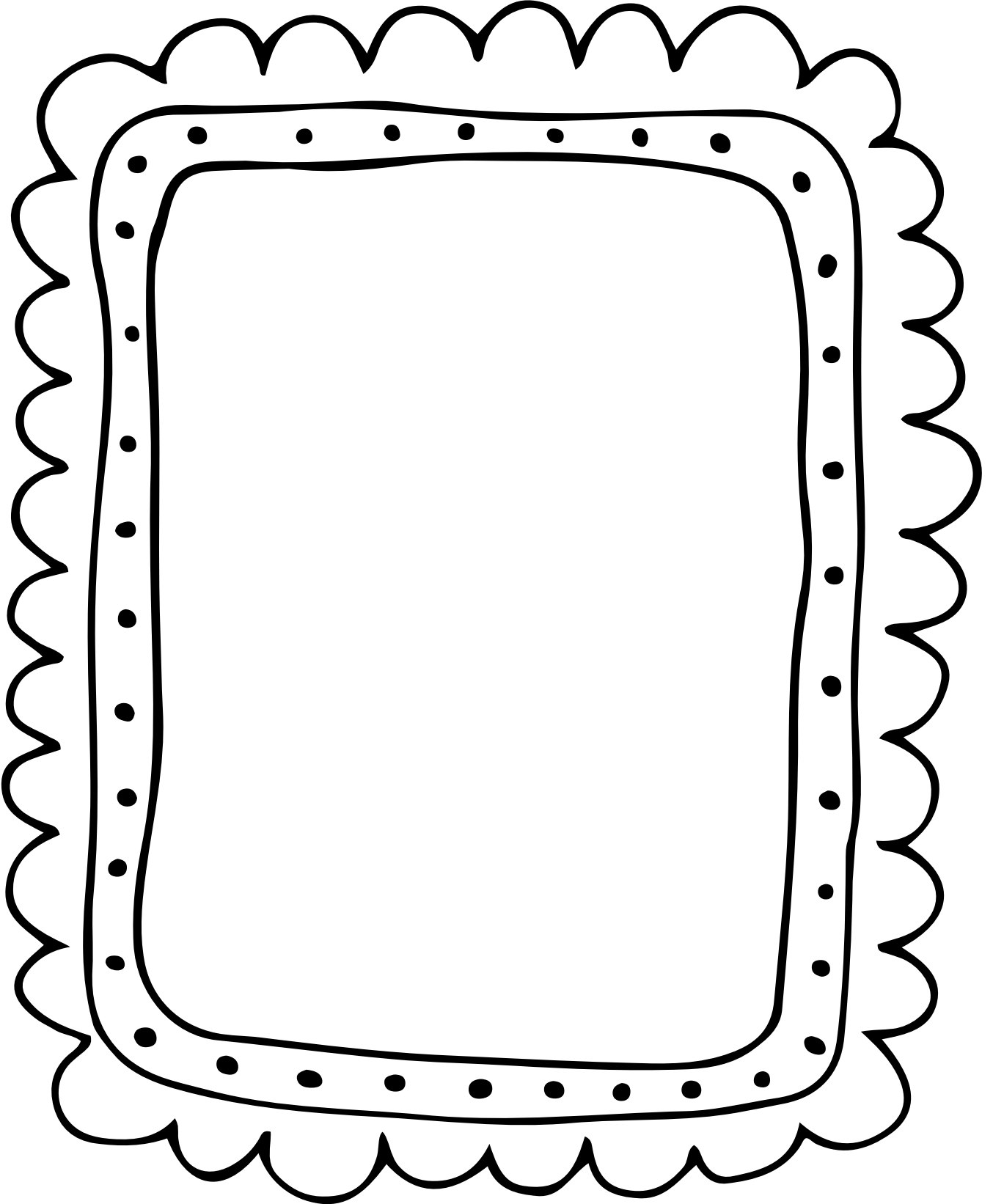


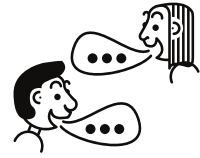
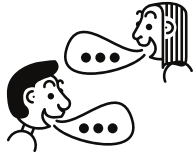
En cada estrella anota cosas, personas •
situaciones que te contagian de
NEGATIVIDAD infinita ...





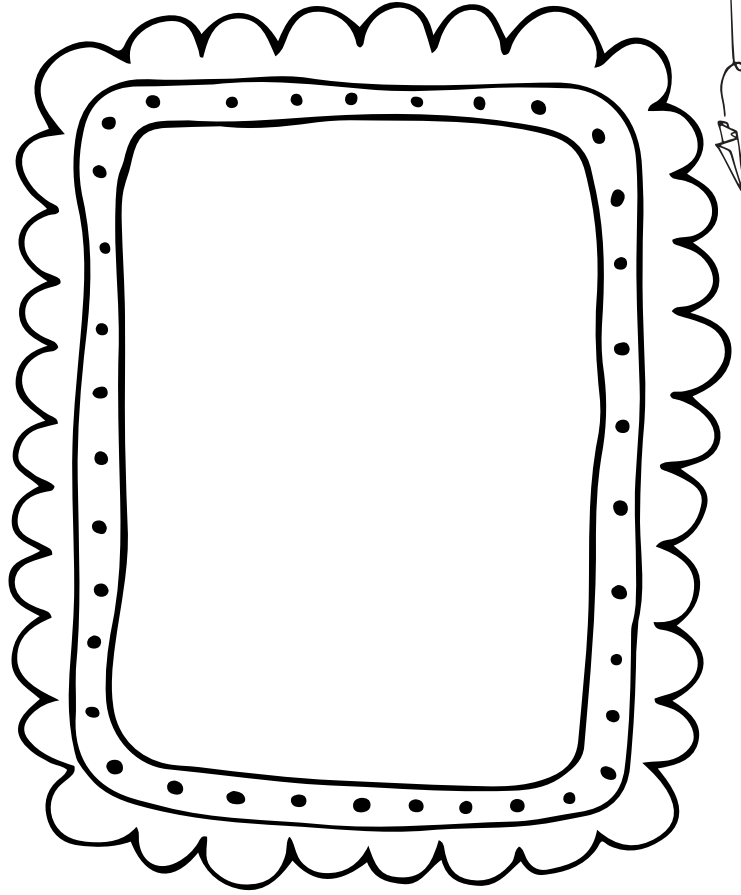
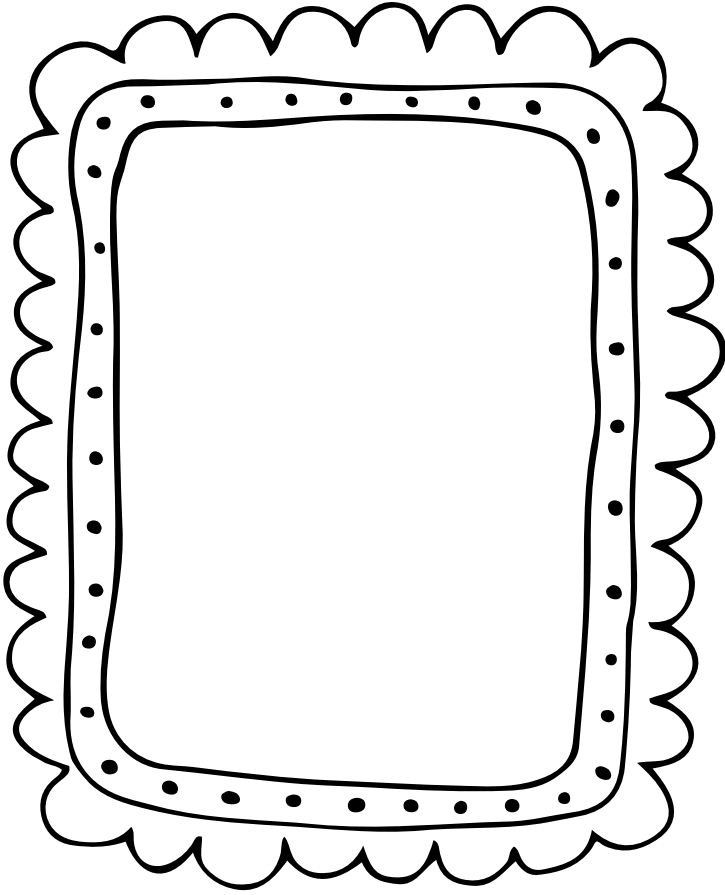
Escríbele una CARTA a tu cuerpo, se amable con él, agradecele todo lo que le debes y te ha ayudado, ...



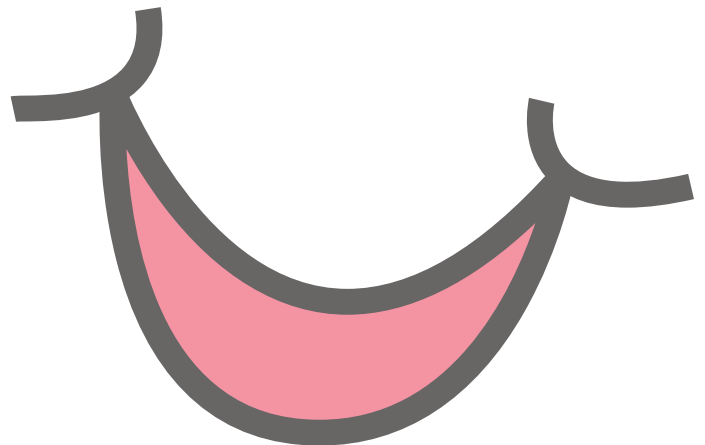
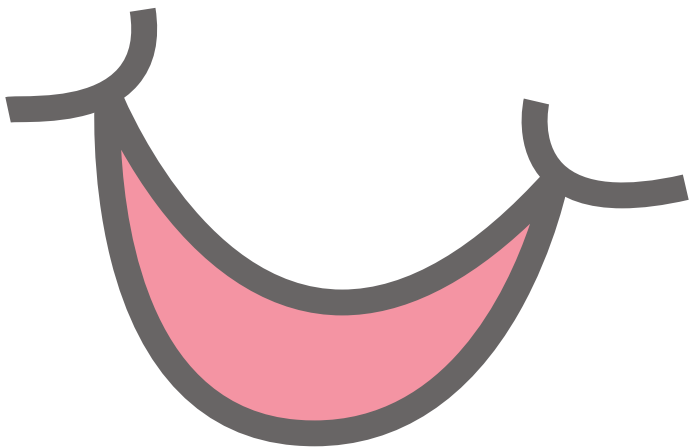


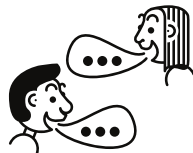
Partes de mi CUERPO
que suelen estar TENSAS...

Partes de mi CUERPO
que suelen estar RELAX...



Situaciones y personas
que me dibujan una SONRISA...

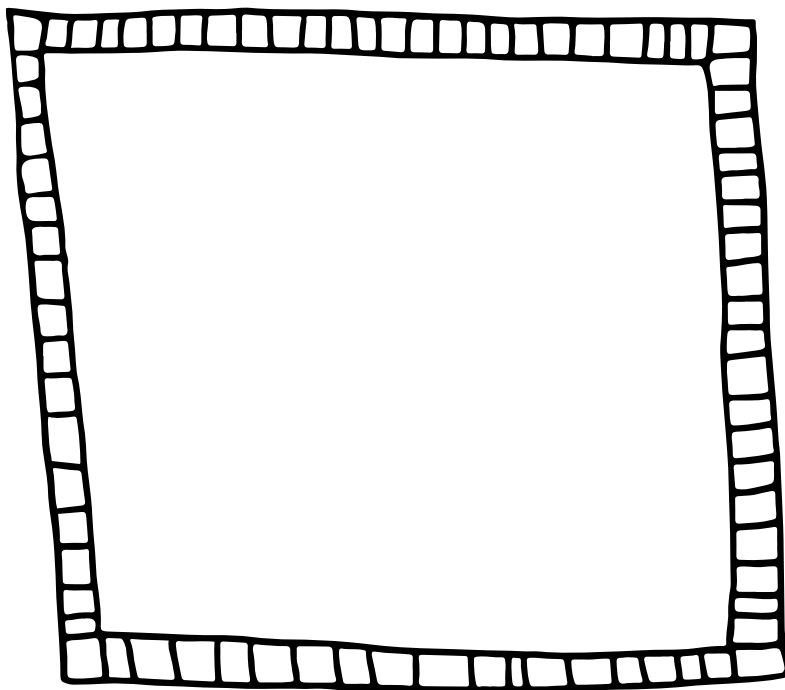




todos tenemos un CRÍTICO INTERIOR que nos
dice que

no somos lo suficientemente BUENXS...

DIBUJALO...



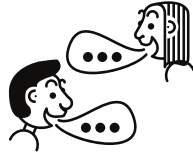
Desafíalo y elabora tu listado de FORTALEZAS...



BAILA, CANTA, SALTA, RÍE, GRITA, pero
jamás reprimas tus EMOCIONES

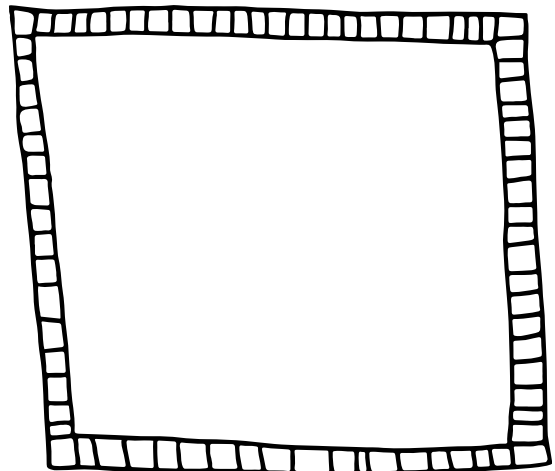
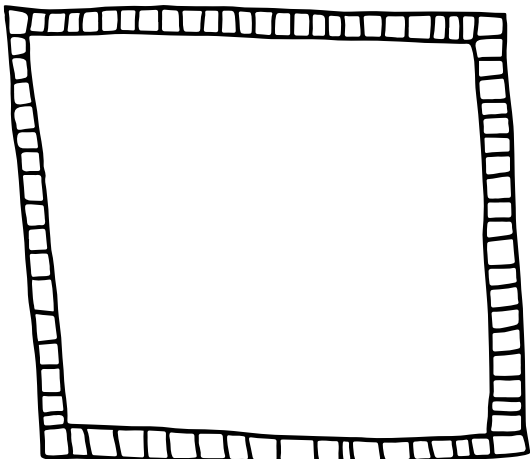
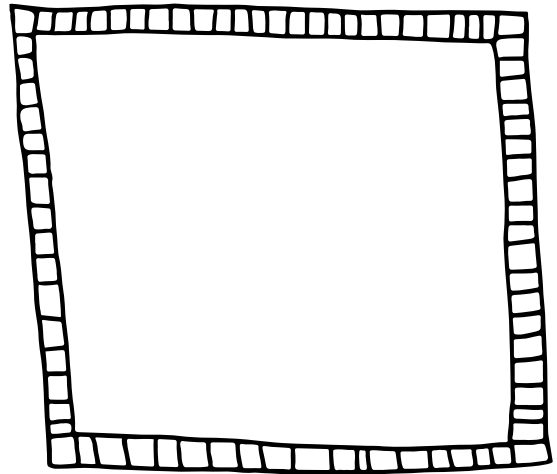
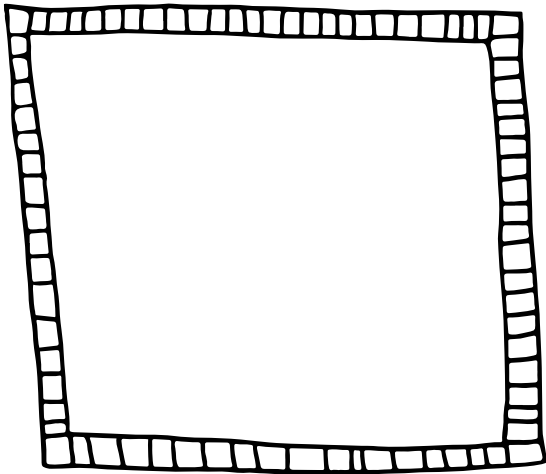
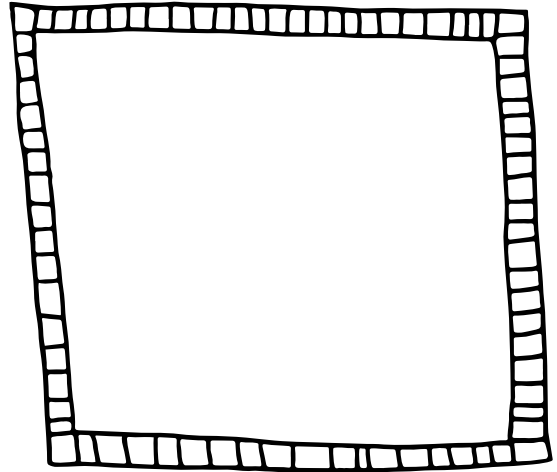
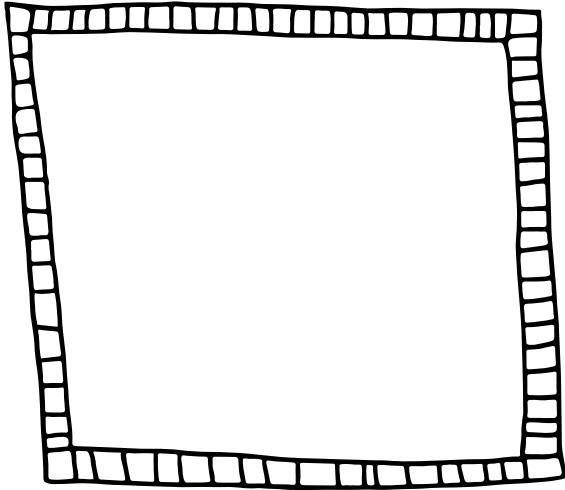
Todas las EMOCIONES dan señales
en tu cuerpo

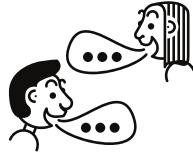
SIENTE, ACEPTA y REGULA



RETOS DIARIOS

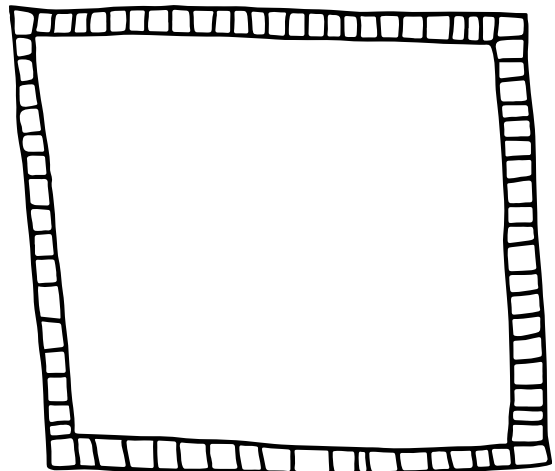
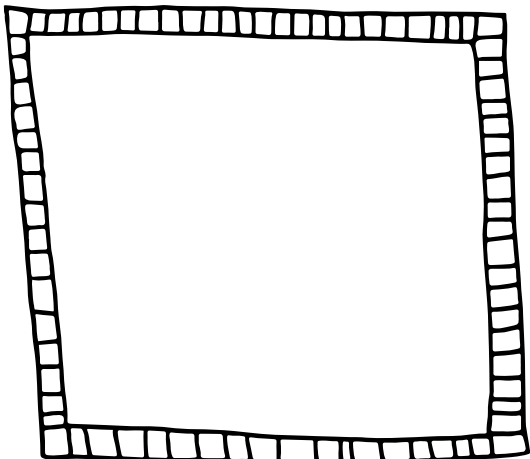
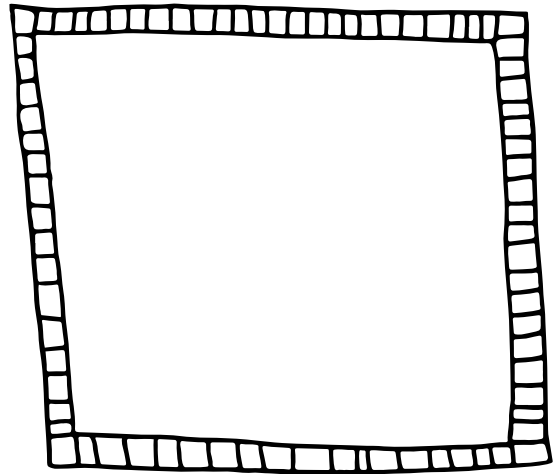
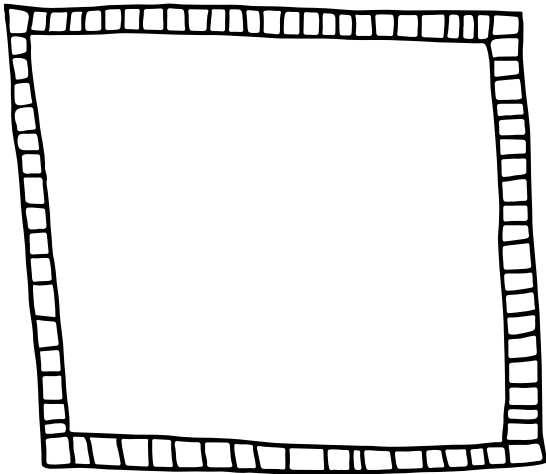
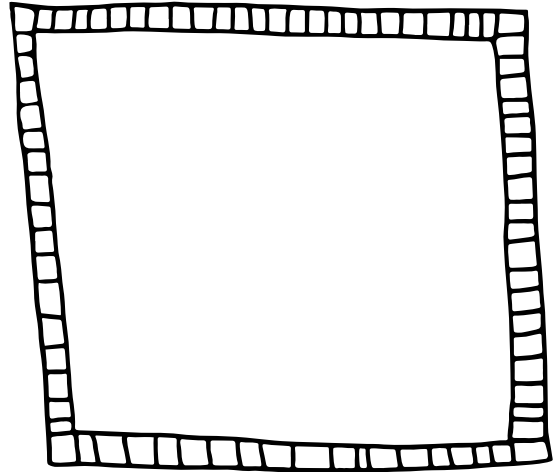
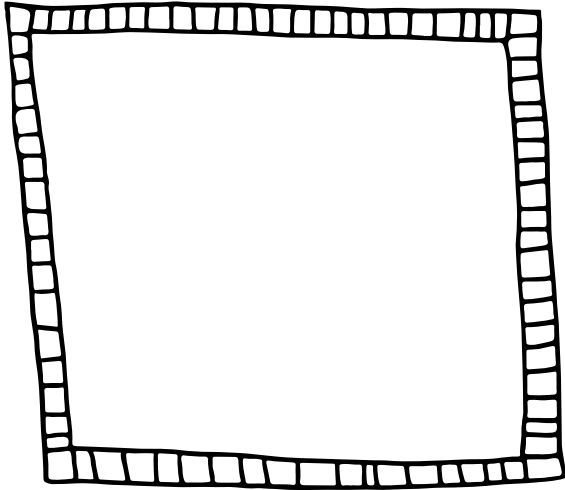
DEJAR DE...

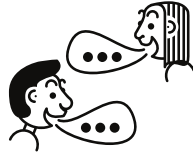




RETOS DIARIOS

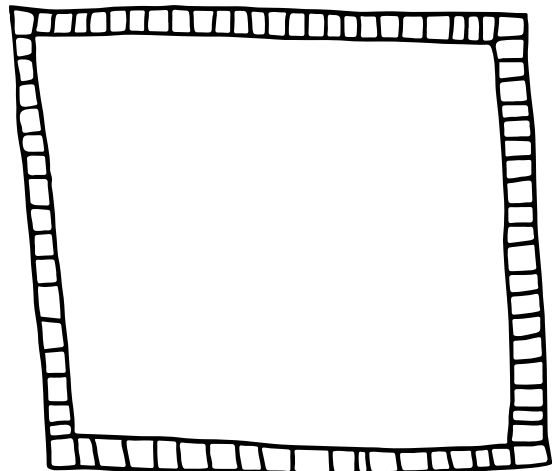
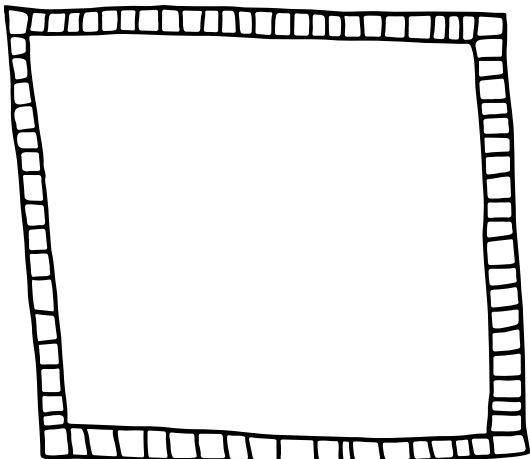
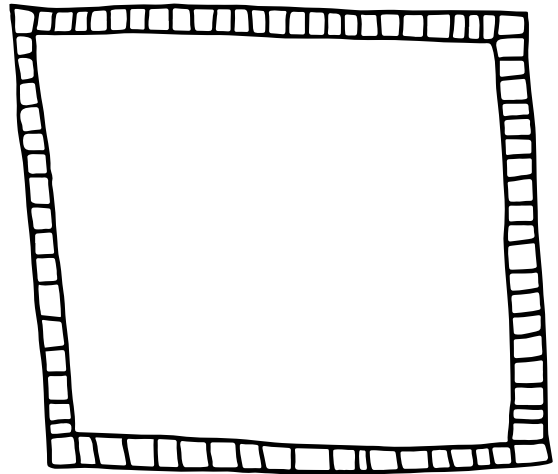
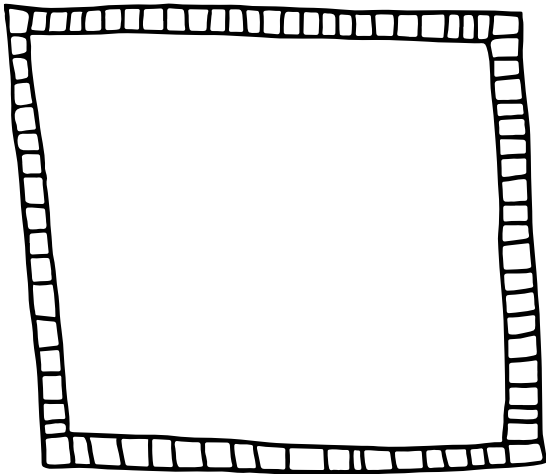
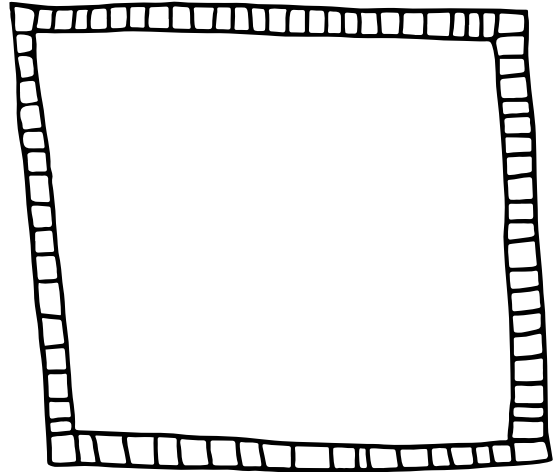
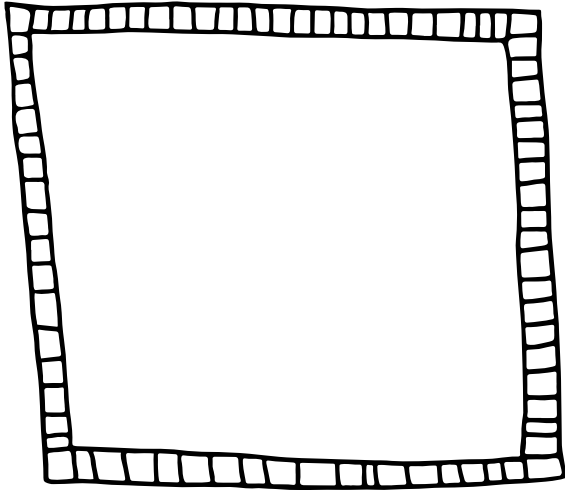
● L V I D A R . . .

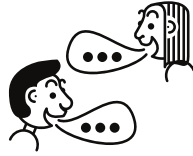




RETOS DIARIOS

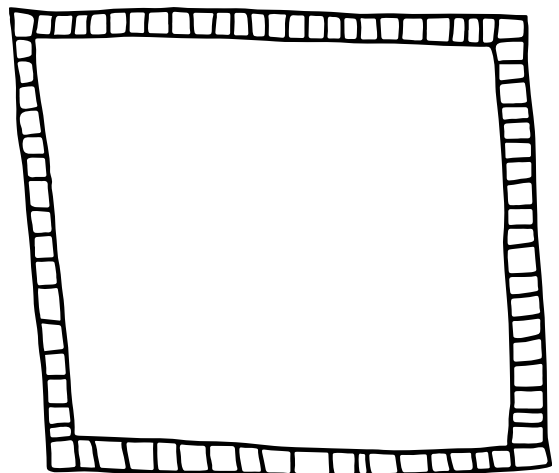
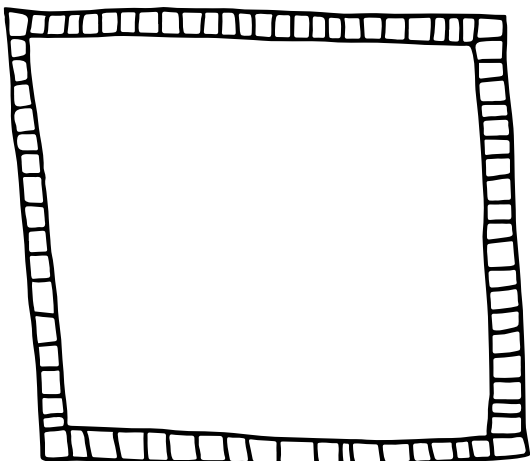
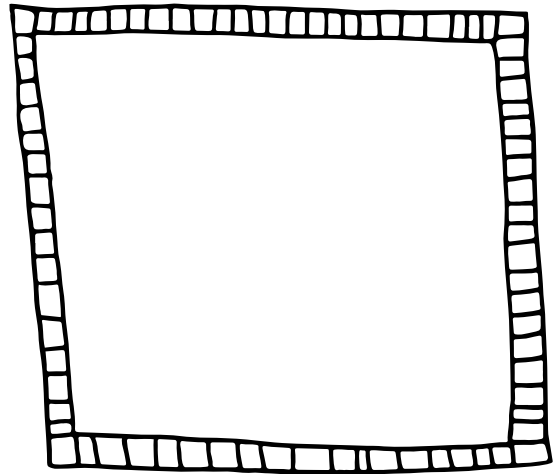
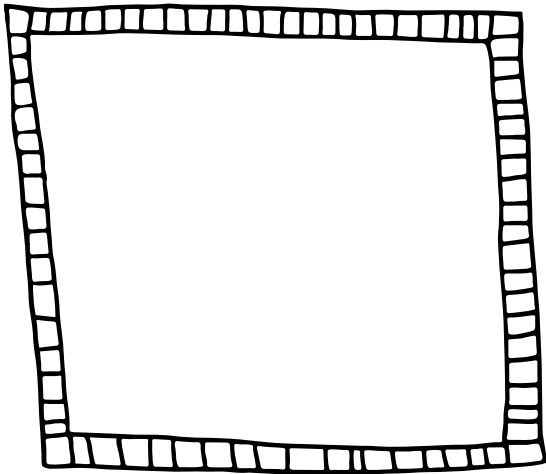
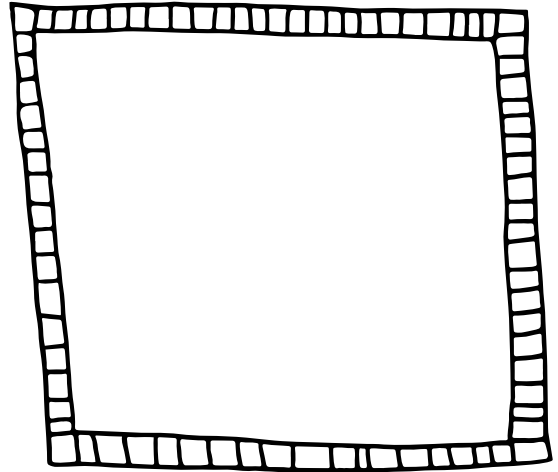
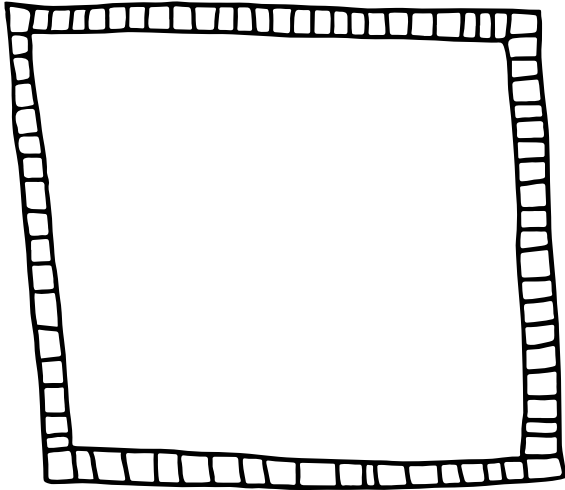
AGRADECER...

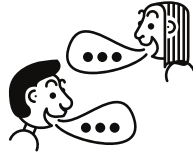




RETOS DIARIOS

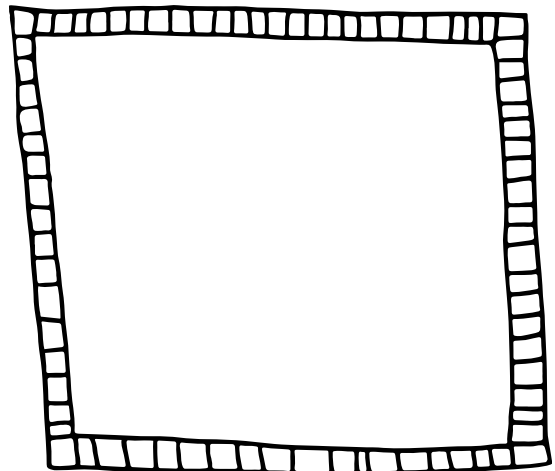
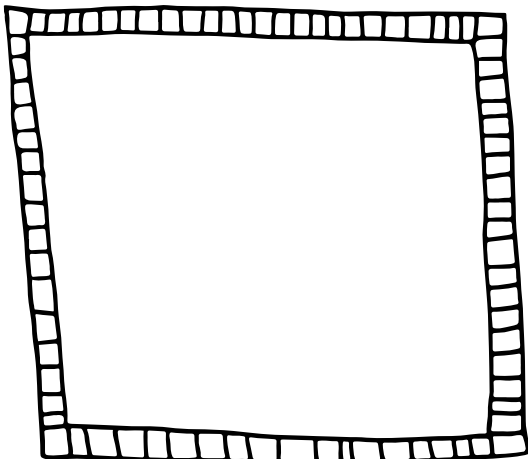
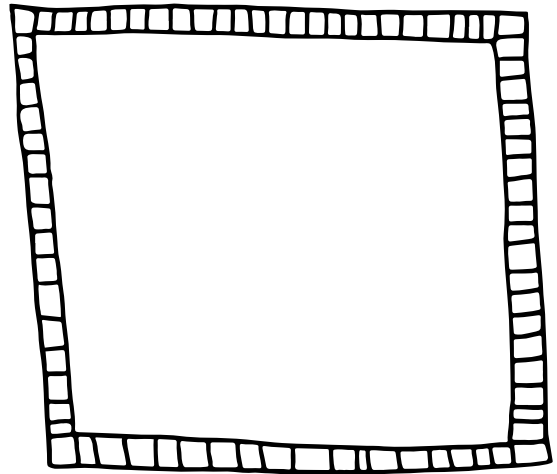
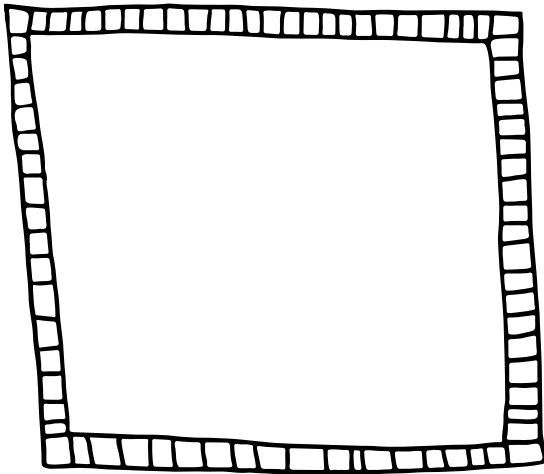
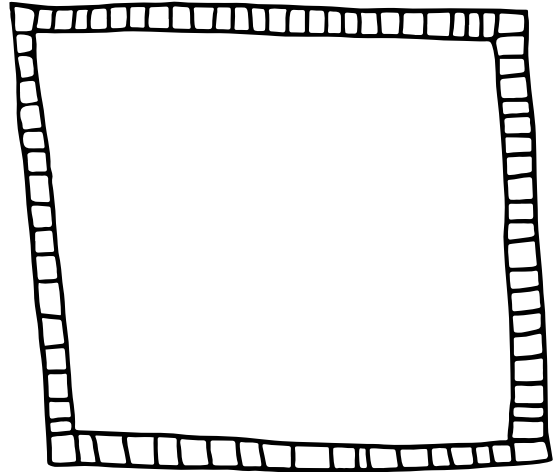
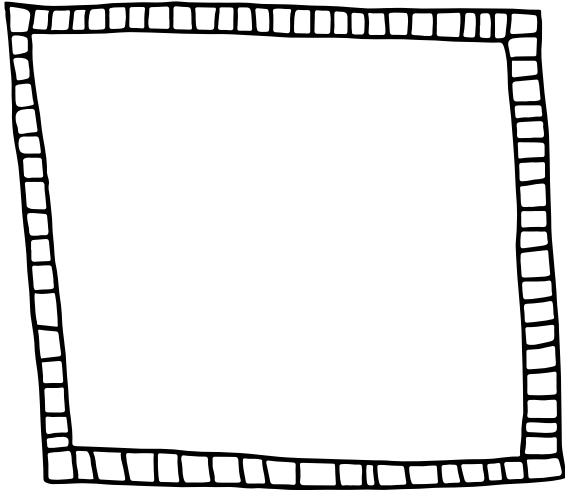
S O Ñ A R . . .

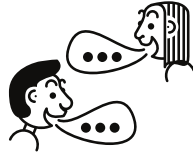




RETOS DIARIOS

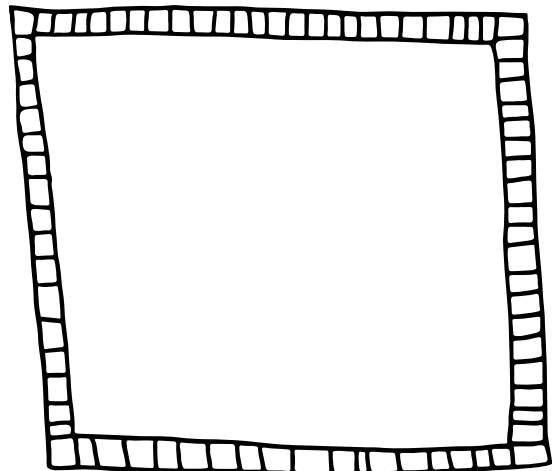
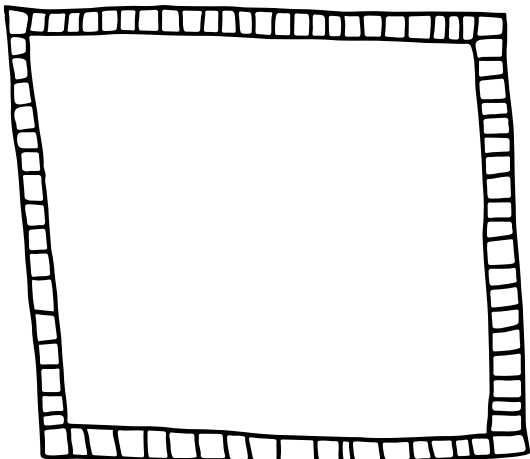
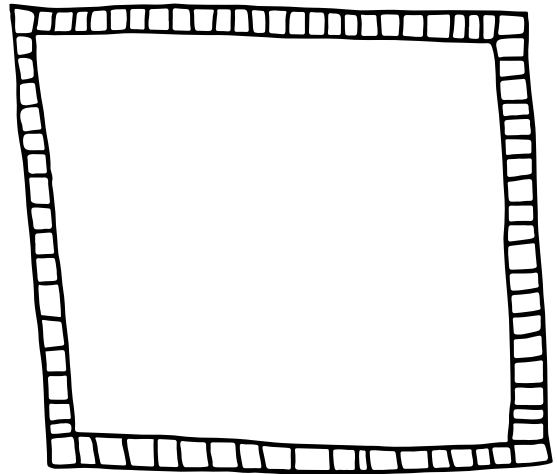
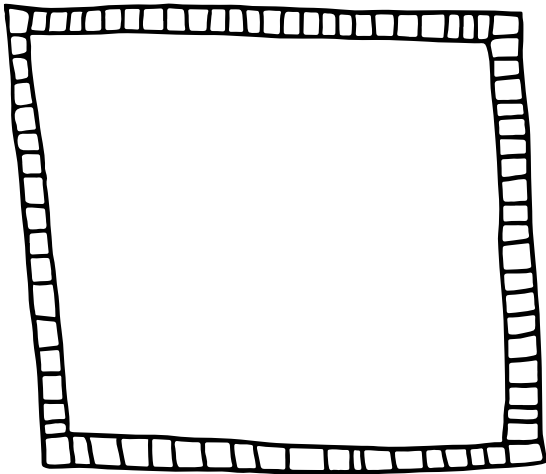
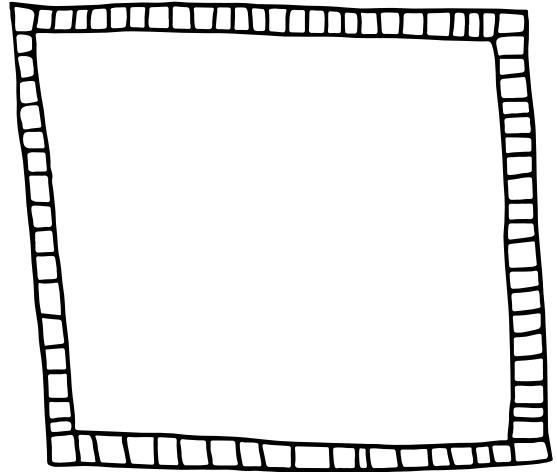
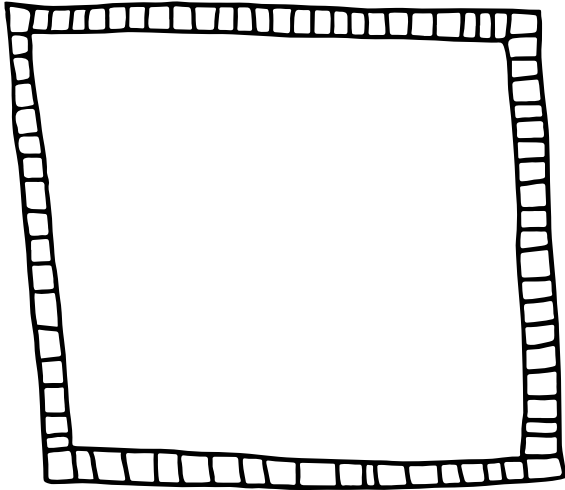
PERDONAR...

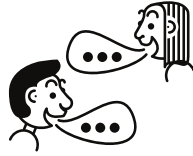




RETOS DIARIOS

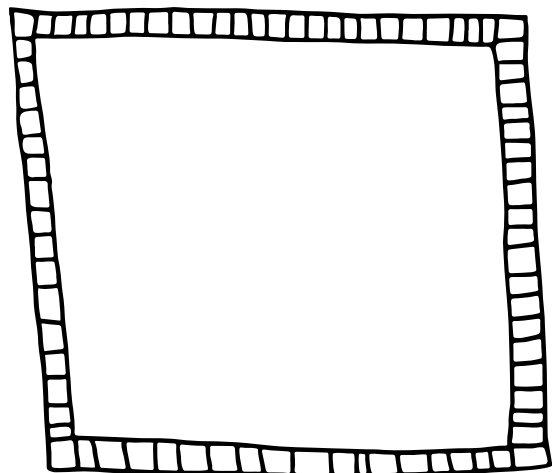
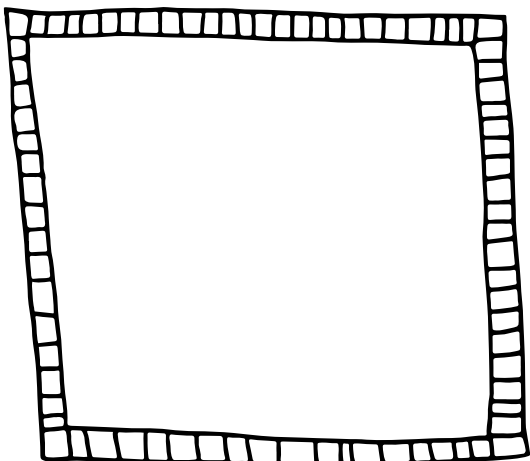
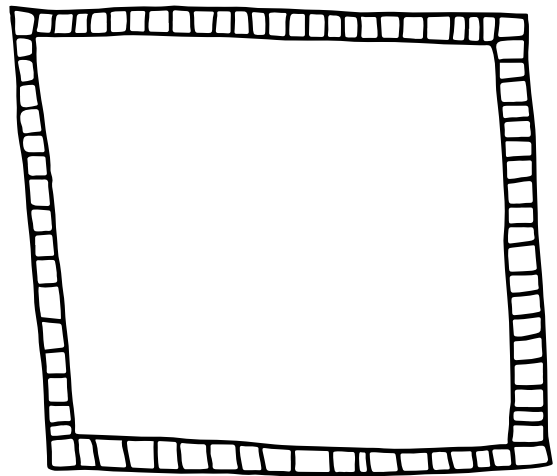
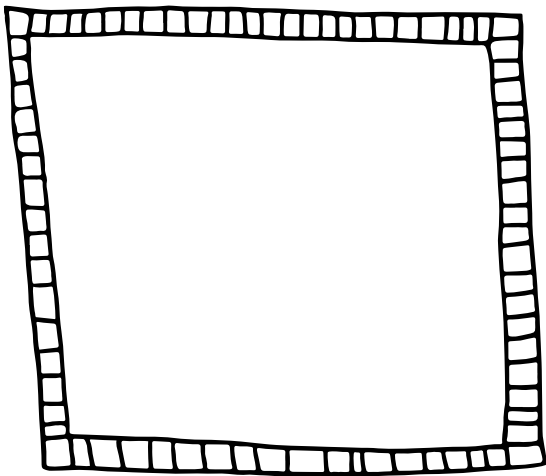
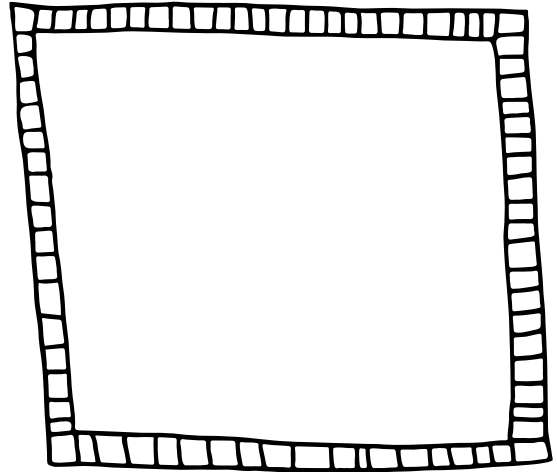
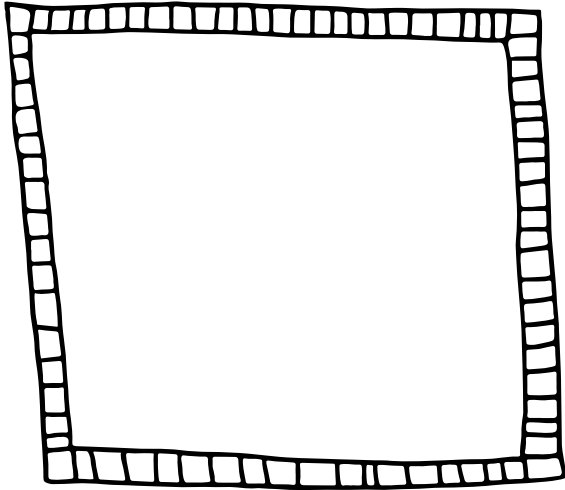
CONTROLAR...

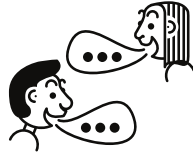




RETOS DIARIOS

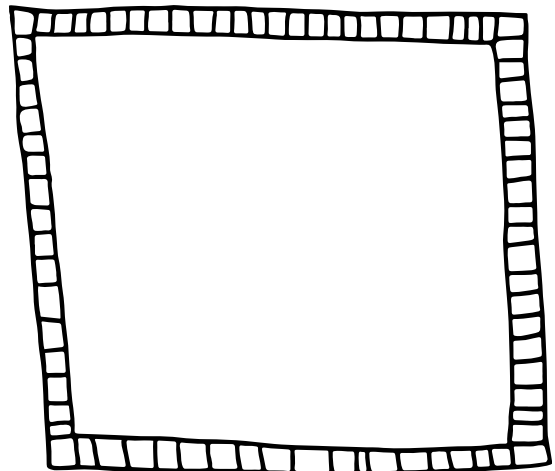
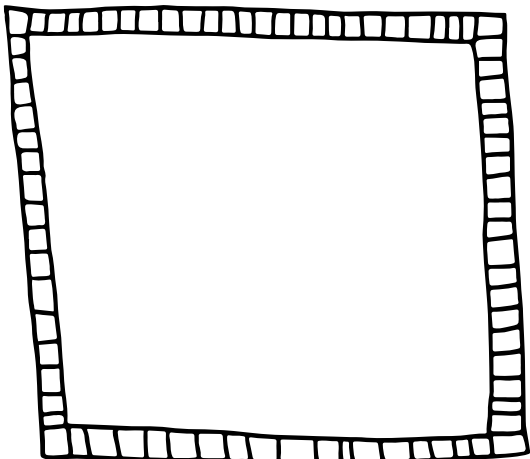
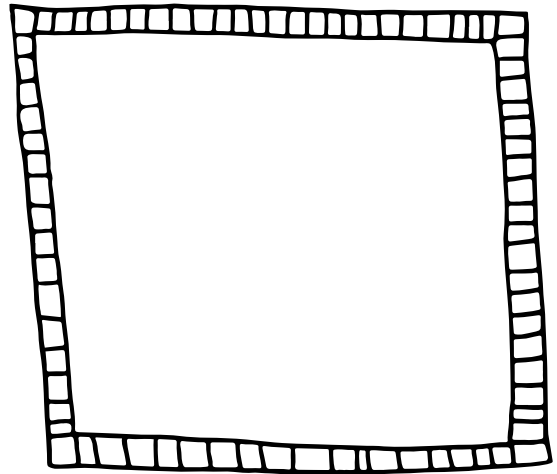
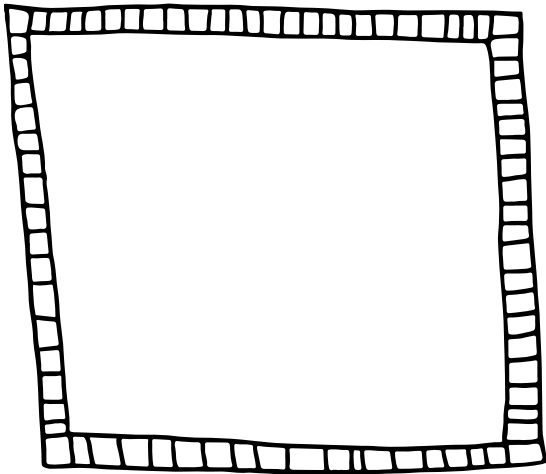
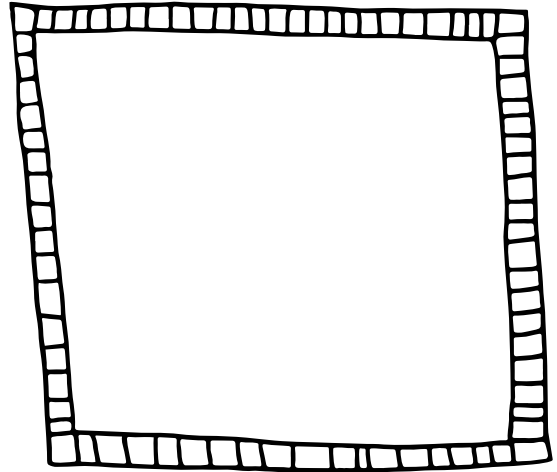
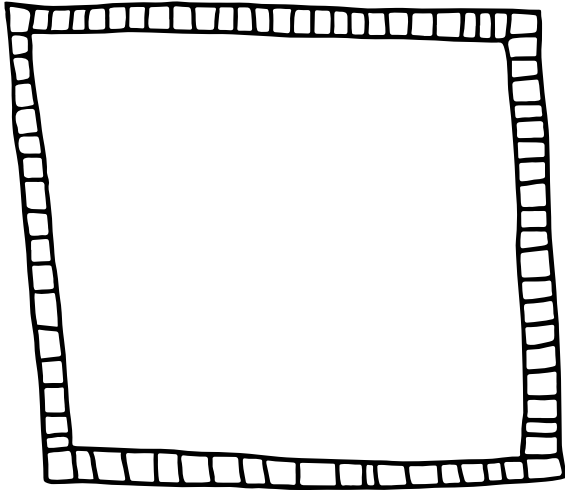
MEJORAR...

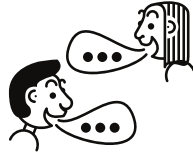




RETOS DIARIOS

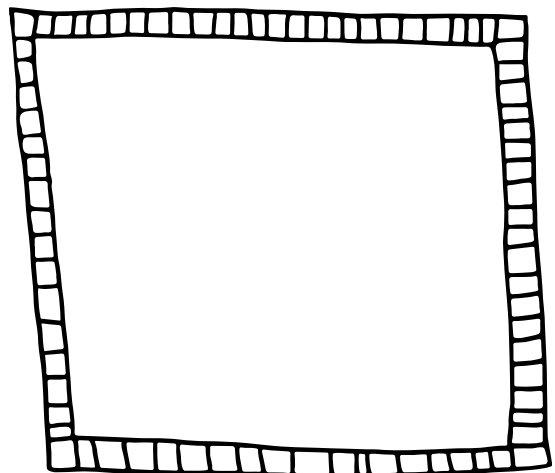
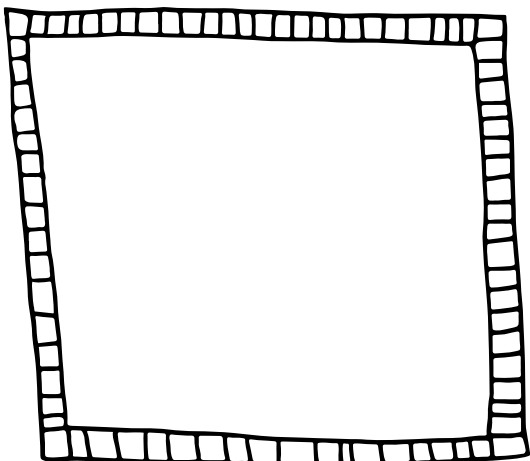
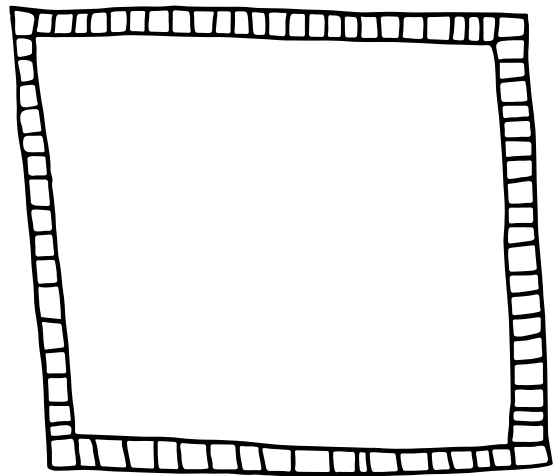
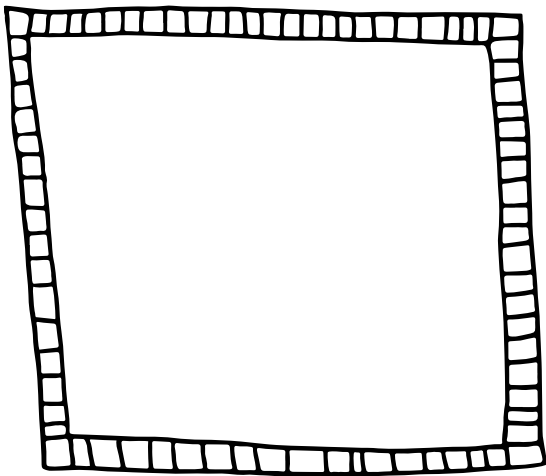
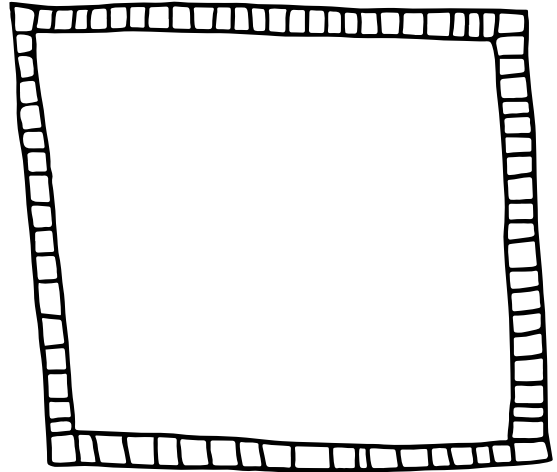
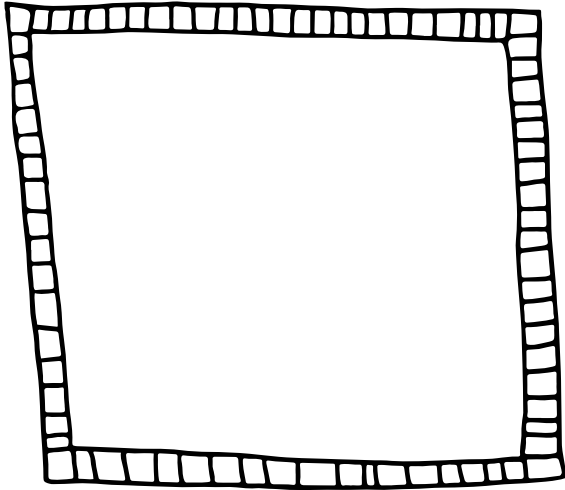
DESAFIAR...

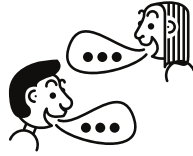




RETOS DIARIOS

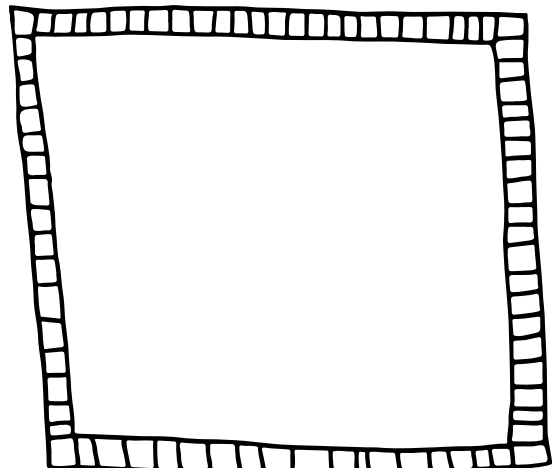
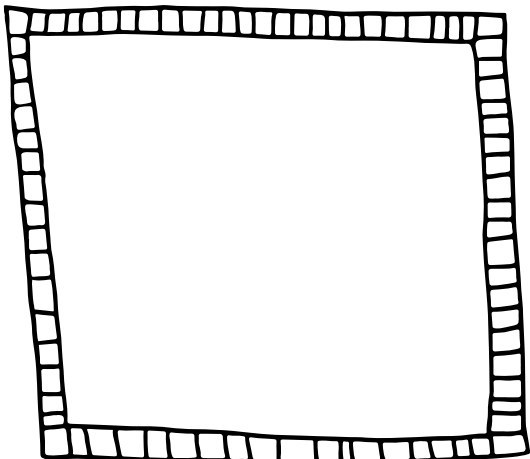
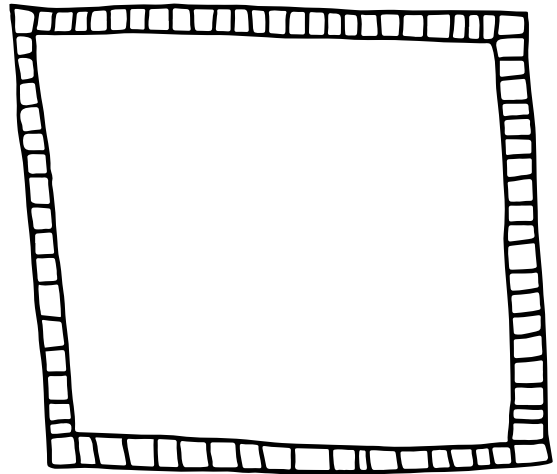
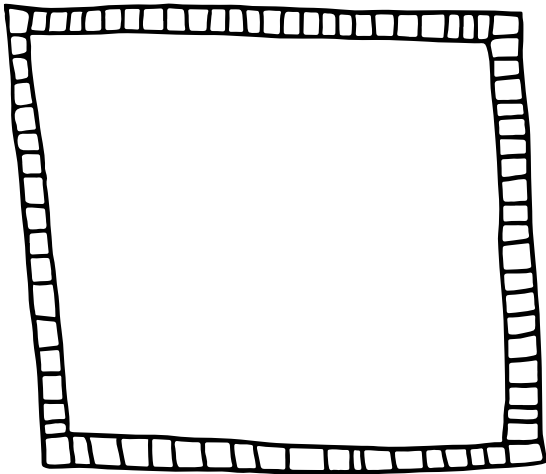
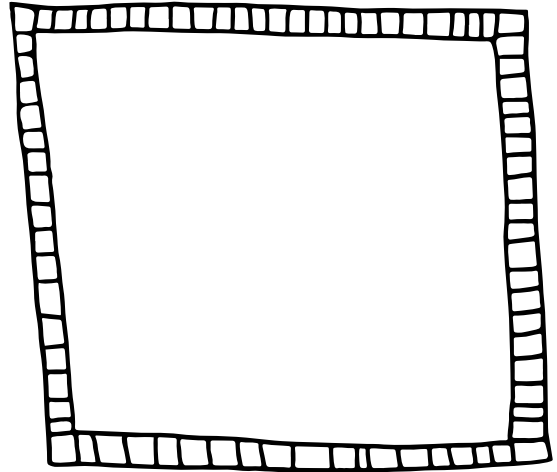
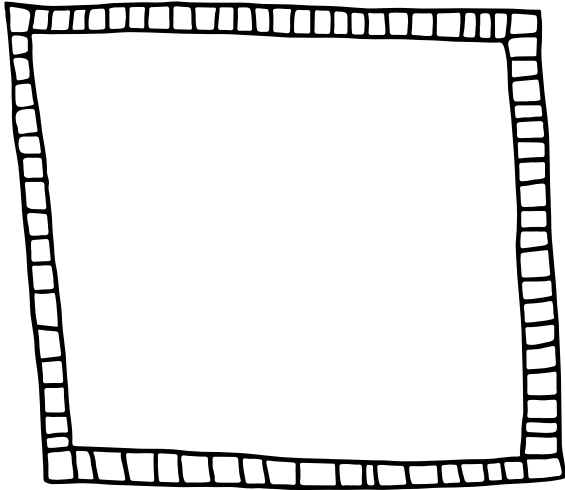
DECIR NO...

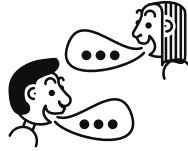




RETOS DIARIOS

INTENTAR...





Perder el CONTROL cuando...

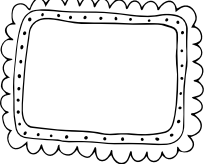
A large, empty rectangular box with a decorative, scalloped border. It is intended for the user to write their response to the prompt above.

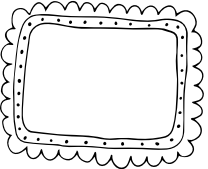
Tener momentos de DESÁNIMO cuando...

A large, empty rectangular box with a decorative, scalloped border. It is intended for the user to write their response to the prompt above.

Volver a cometer el mismo ERROR cuando...



DUERM • BIEN... 

COM • BIEN... 

DELEG • CARGAS... 

BUSCÓ SOLUCIONES... 