

Mikwendaagwad Sacred Circle CBT

MIND BODY SOUL REFLECTING



Record your daily feelings

When you begin recognizing your emotions each day you truly can begin listening to your heart. How many emotions, their intensity and power, and how long you experience them are important for understanding our heart more. Write emotions as you feel them in the day, or afterward and try to rate /10

Activity Tracking

You can also use this to track steps toward Mino Bimaadiziwin the Good Life. What activities, tasks and relationship connections fill your time each day?

Body & Spirit

You may also want to track experiences of pain, body discomfort or health tasks. You can also track things you do to nourish your spirit.

With Sacred Circle connections in mind, you will want to see how balanced you feel and where needs more nurturing or focus.

