



Healing Plan

We all have the capacity to grow into the people we want to become. Start to make a plan to become the best version of yourself.

1 Clarify Foundation

What words describe my identity, belonging, and purpose?



2 Acknowledgement

Take time for honest self-reflection. Am I determining who I am or am I being defined by external circumstances or people? Is this who I want to be moving forward?



3 Acceptance

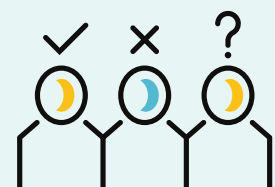
How can I accept who I am today, in order to take responsibility for who I want to become?



4 Reclaim Power of Choice

5

Regardless of past, who would I like to be? How would I like to benefit my loved ones?



Create Your Action Plan...

Implement practical steps to achieve healing, growth, self reliance, structure, and stability. Prayer, meditation, intentionality, exercise, journaling, healthy coping mechanisms, healthy communication, etc.



5 Healing & Growth Activities

List some activities that could me heal and grow into the person I want to become...

Examples of Healing & Growth Activities:

Start a Journal, Unplug, Take a Walk, Pray, Talk to an Elder, Plant a garden, Make Art, Sit by a body of water, Make a funny video, Sing, Meditate, Volunteer, Play with my pet, Dance, Write, List 3 things I'm grateful for, Talk to a Friend, Take a Shower, Breathing Exercises, Listen to Music, Read a Book, Daydream, Play Basketball, Talk to an Friend, Write a song, Eat with my family, Look at the Stars, Connect with my Culture, Be nice to Someone, Laugh, Sweat, Learn my Language. Nap...Create Your Own!

6 Make these Activities a Part of Your Life!

Make these activities a part of your daily or weekly life. This can help you to be the best version of yourself.

To help get you started, put a check mark on the days you want to incorporate these activities into your life. Then, work to make them a part of your habits. You've Got This!

WEEK 1	S	M	T	W	TH	F	S
WEEK 2	S	M	T	W	TH	F	S