



The Hate Within – Bonus Pack

🌀 Mud Tracker – Journal Page

Welcome to the Mud Tracker - a gentle, healing space curated by Menolux Health & Wellness Coaching & Consultancy. This tool is designed to help you slow down and notice the patterns that keep you stuck in shame, self-doubt, or reactive loops. We believe healing happens when you become curious—not critical—about your thoughts, your emotions, and the stories you tell yourself.

💡 **HOW TO USE THIS TRACKER:**

When you notice yourself spiraling in a 'mud moment,' take a pause and return to this page. Reflect on what triggered the moment, what thought surfaced, and what feeling followed. Then gently explore what belief might be hiding underneath—and offer yourself a kinder truth. This is not about being perfect. It's about being present. Use this as often as you like. Let it become a habit of self-compassion.

– With softness, Patrice Rolle
Founder, Menolux Health & Wellness Coaching & Consultancy

1

Trigger:

2

Thought:

3

Feeling:

4

Belief underneath:

5

Kinder truth:



Self-Love Soil Mix

Just like a thriving plant needs the right soil, light, and care—so do you. This worksheet helps you create your unique blend of emotional, mental, and physical support. **HOW TO USE THIS PAGE:** Think of this as your self-care recipe. Use the prompts below to identify what nourishes you. You can revisit and revise this soil mix anytime you feel off-balance or uprooted.



 **Light (Things that bring me joy or energy):**



 **Air (People, places, or ideas that help me breathe easier):**



 **Water (Daily habits that keep me grounded):**



 **Nutrients (Affirmations, rituals, or beliefs that strengthen me):**



My Self-Love Intention (What I commit to tending with care):



Generational Healing Map

We carry more than just DNA from our ancestors—we carry stories, beliefs, and wounds. This visual tool helps you explore patterns passed down through your lineage and plant seeds of healing for the future. **HOW TO USE THIS MAP:** Start by listing the names (or roles) of key figures in your family—parents, grandparents, etc. Reflect on the beliefs or behaviors you witnessed in each generation, both nurturing and harmful. Then ask yourself: What do I choose to keep, and what am I ready to release or heal? This map isn't about blame—it's about awareness and transformation.

1

Grandparents' Beliefs & Patterns:

2

Parents' Beliefs & Patterns:

3

My Beliefs & Patterns:



What I Choose to Heal or Change:



What I Want to Pass On:



You are the turning point. Your healing echoes backward and forward. – With love, Menolux

🌟 Affirmation Sheet

Print this page. Frame it. Post it on your mirror. Whisper it when you wake. Let it become the anthem of your soft revolution.

🌟 I Am No Longer
Hiding in the Mud. 🌟

What does this affirmation mean to you?



Let this be your mantra as you bloom, boldly and softly. – Menolux





Healing Affirmations

"Healing isn't becoming someone new—it's remembering who you were before the world told you to shrink."



"You don't have to bloom perfectly. You just have to keep growing."



"Your softness is not your weakness. It is your revolution."



"I am no longer hiding in the mud."



"You are allowed to outgrow your past."



"Even in the dirt, you are still worthy of the sun."



Contact Information

menoluxhealthandwellness@gmail.com

