

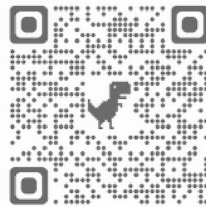
Self-Care Reset Workbook



QUOTINA FLOYD



BOOKS



DESIGNED BY QUOTINA FLOYD

teaq.org

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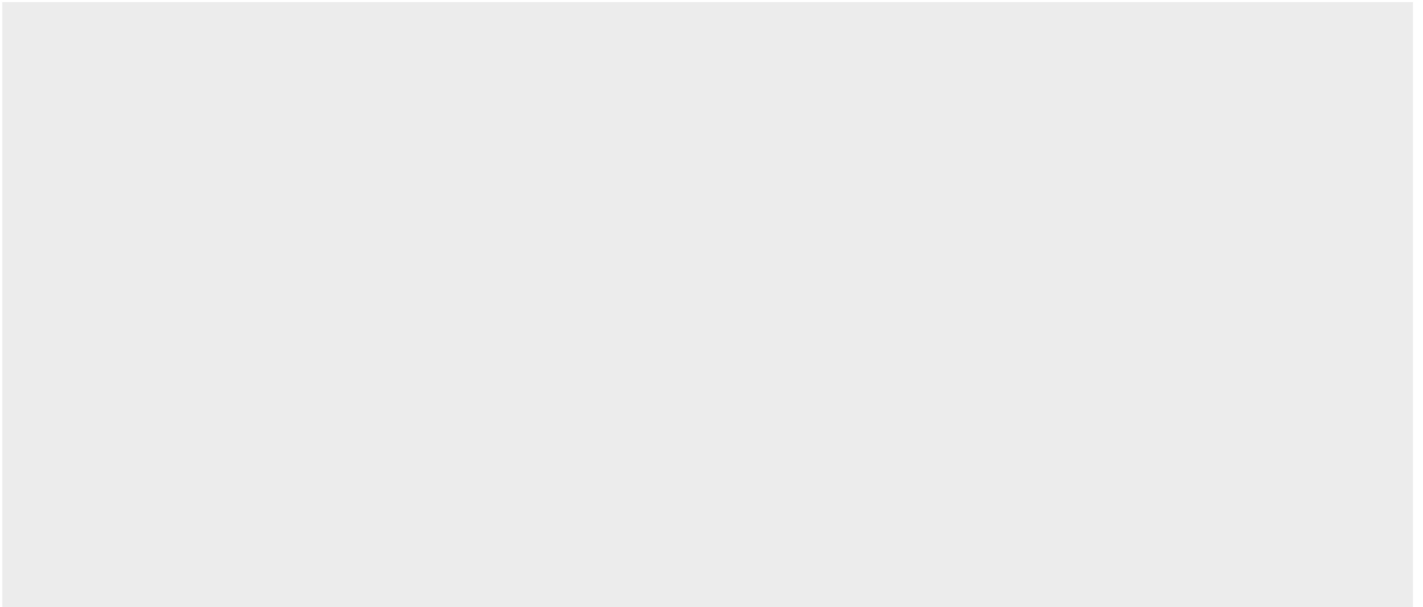
Suggested use:

- CHOOSE ONE PAGE TO CLEAR YOUR HEAD AND HEART.
- SIT WORKBOOK DOWN FOR ABOUT 1-2 HOURS
- READ WHAT YOU HAVE WRITTEN AFTER TIME AWAY.
- JOURNAL AND REFLECT ON THOSE FEELINGS.
- CHOOSE TO RELEASE THOSE FEELINGS

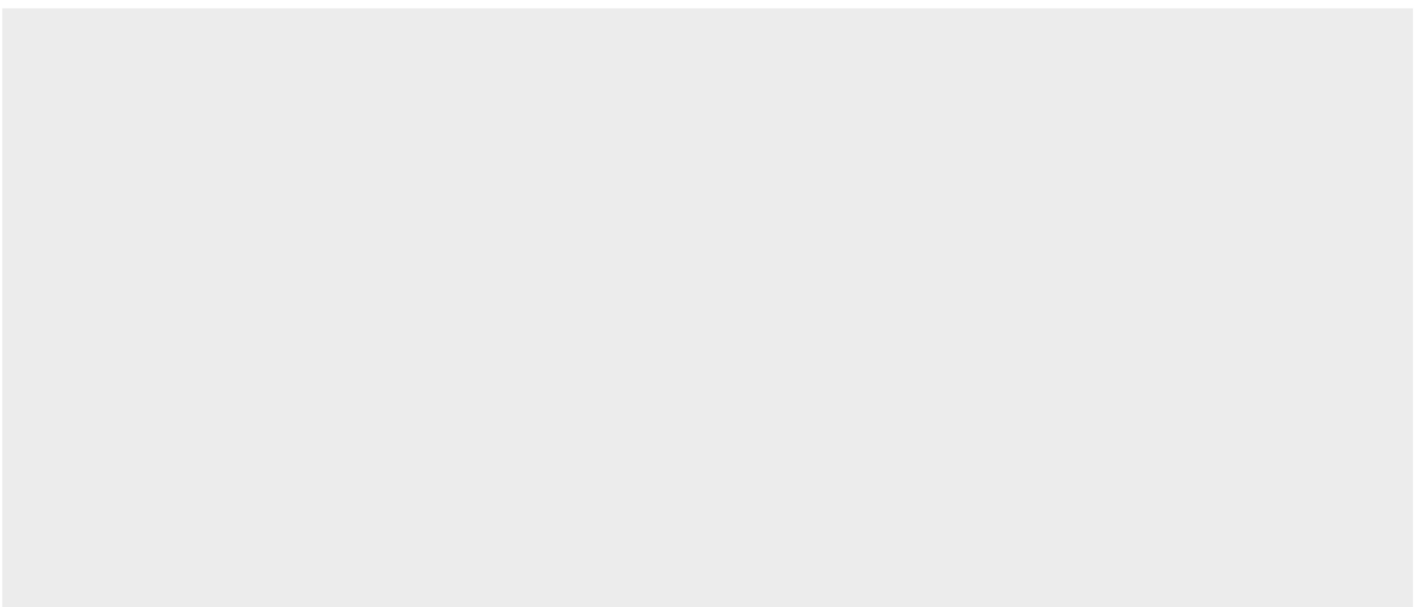
Workbook

Date:

What in your life is not working?



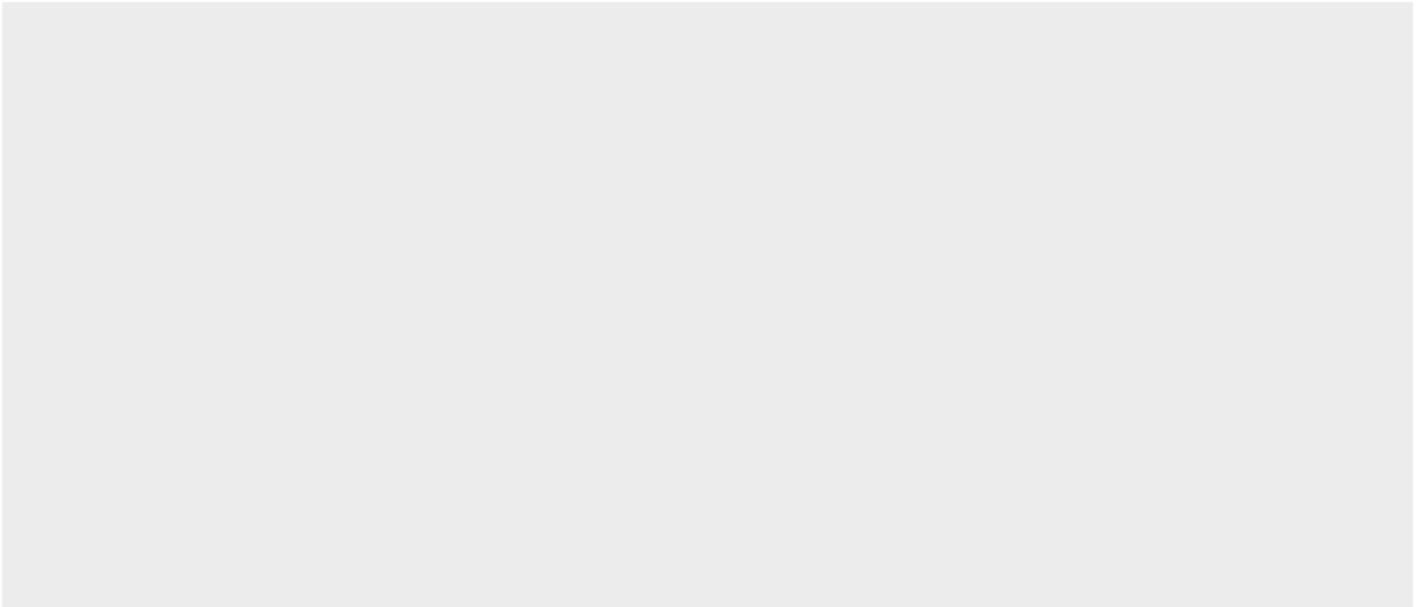
What do you wish you had more of?



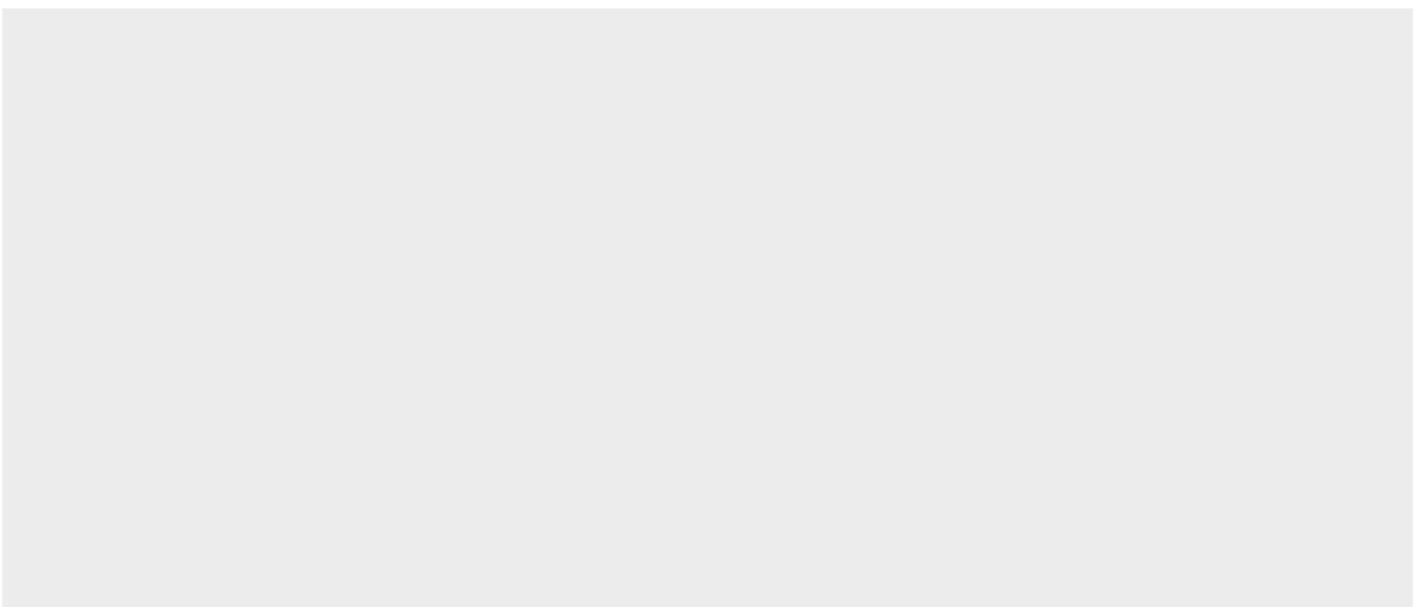
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Workbook

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What is on your current vision board?

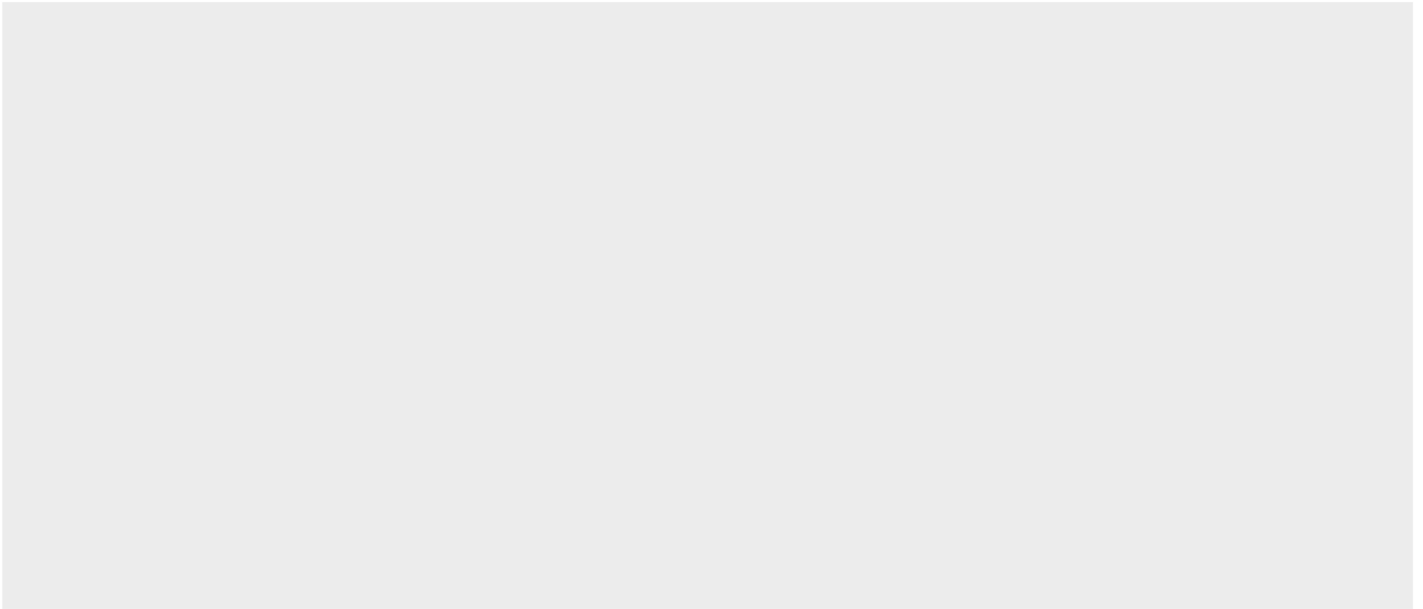
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What is the main vision for your life?

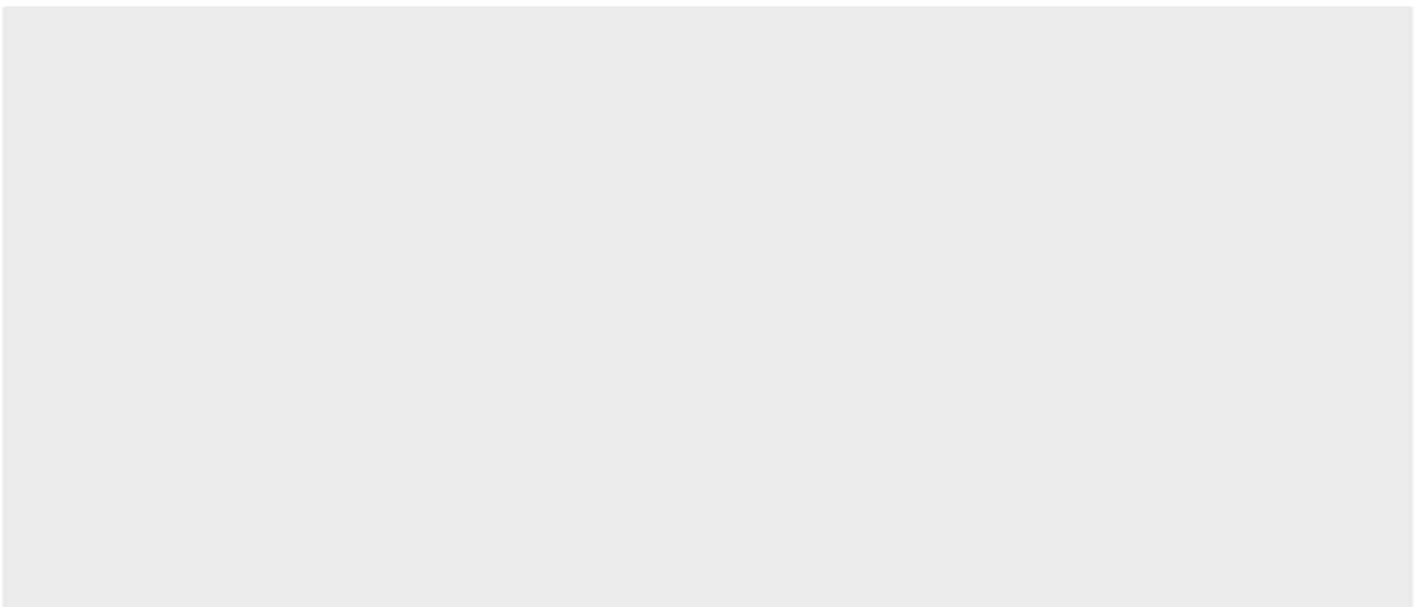
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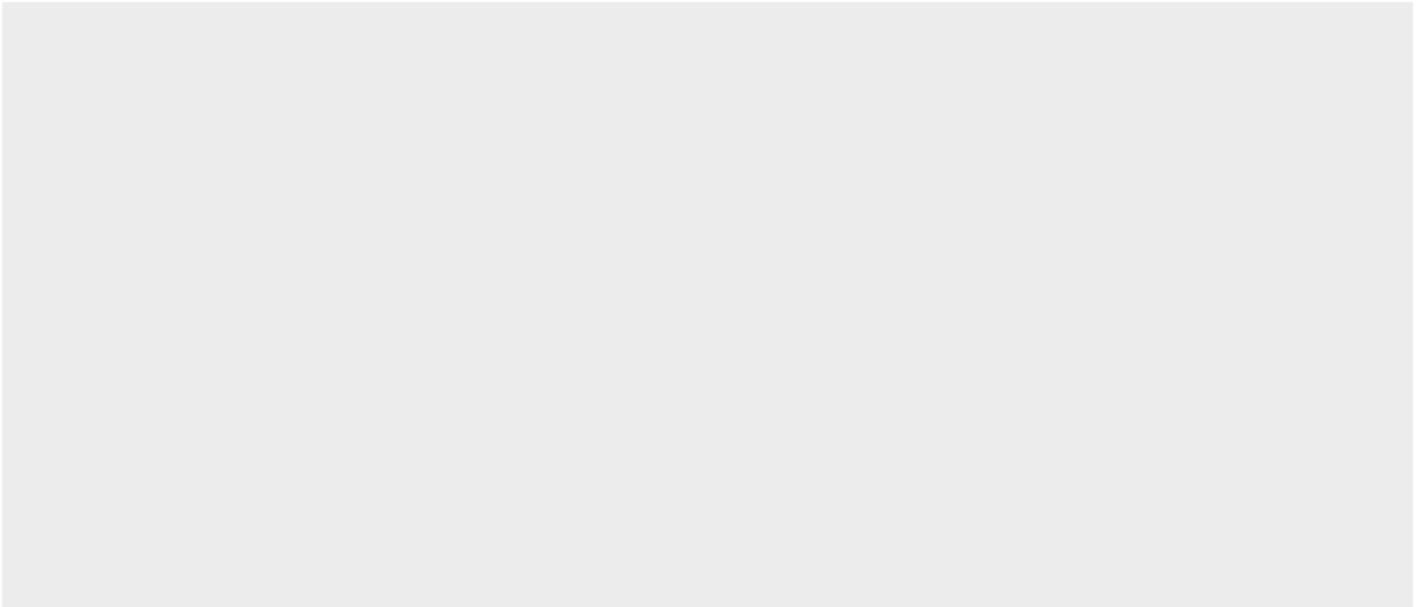
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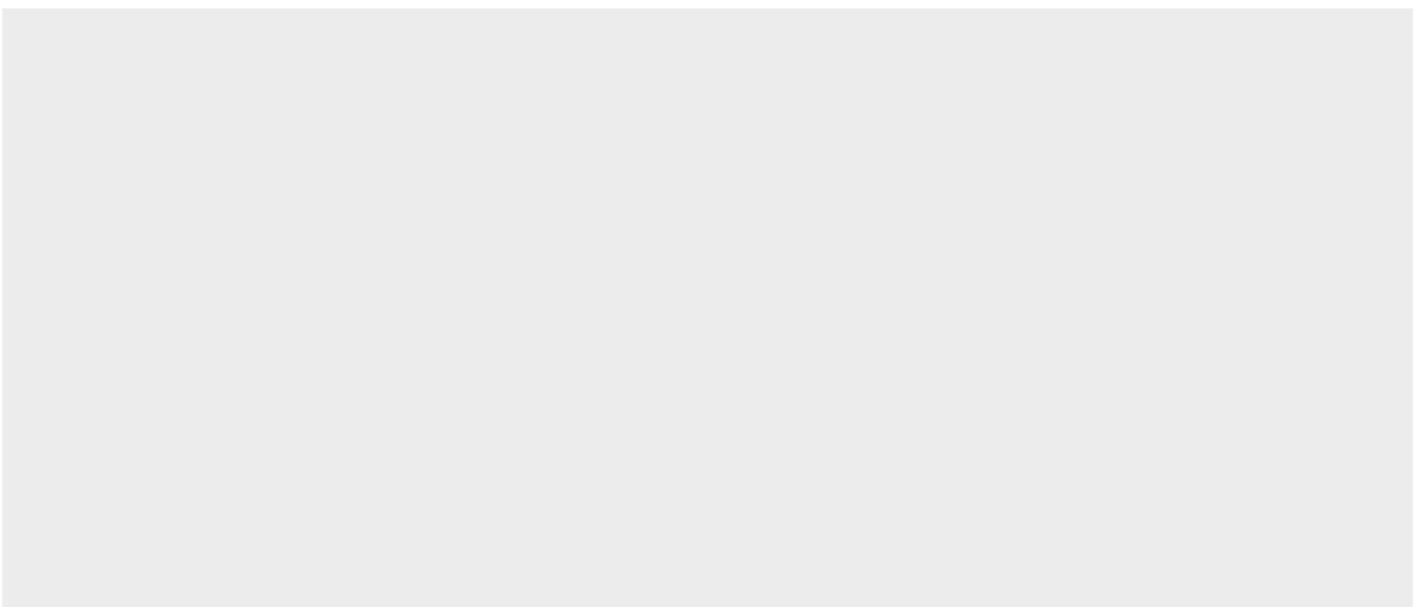
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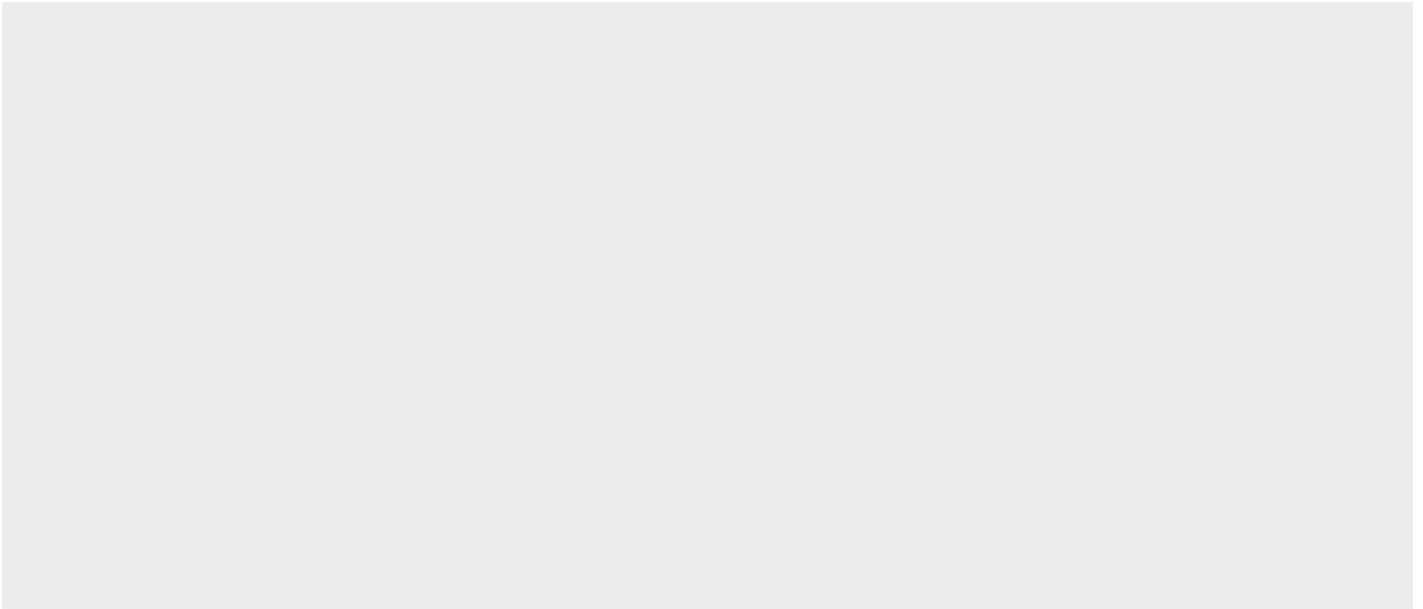
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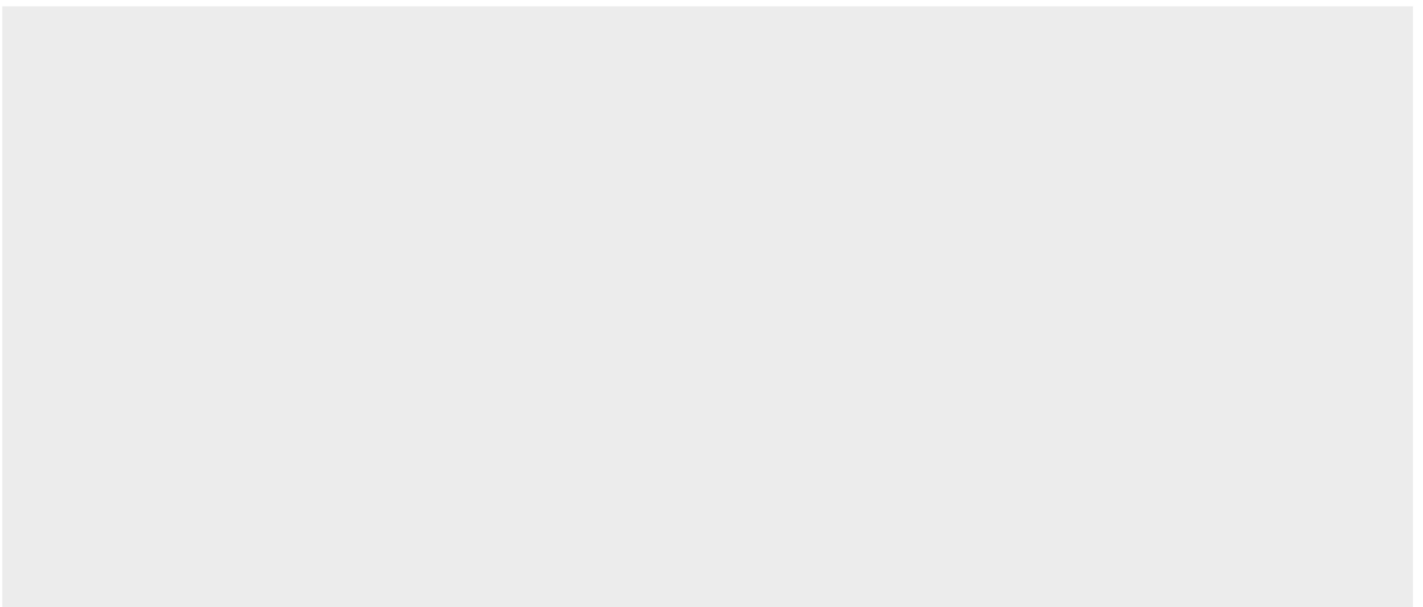
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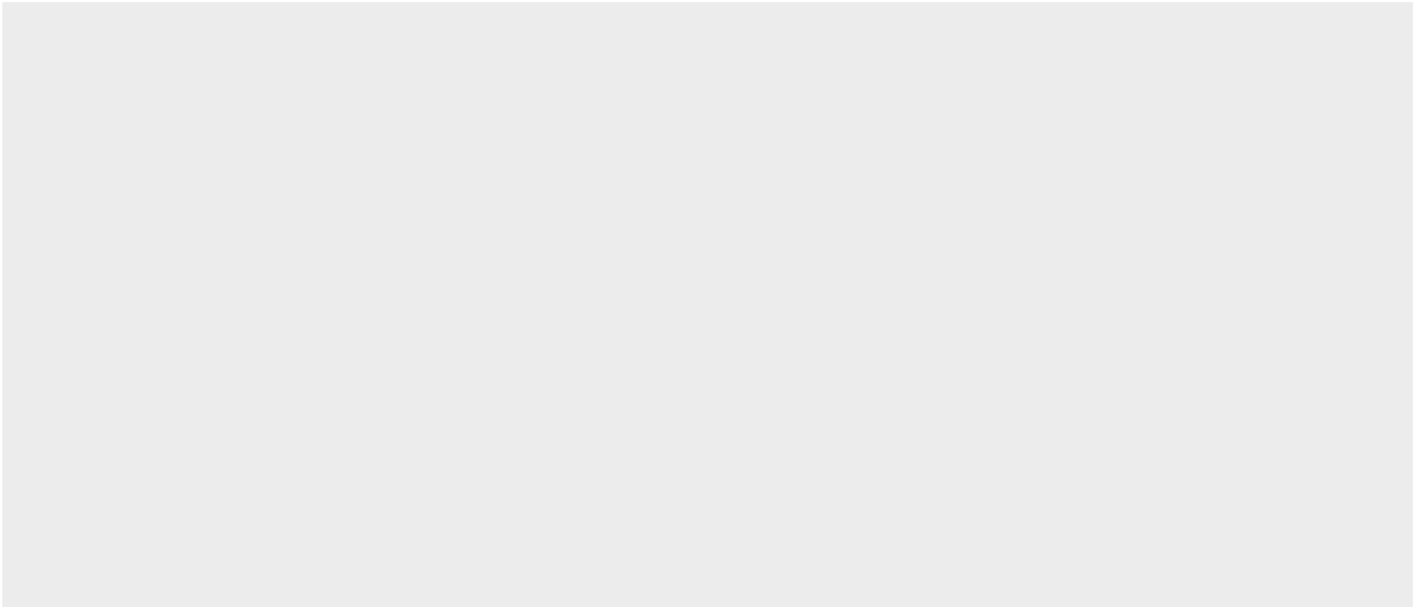
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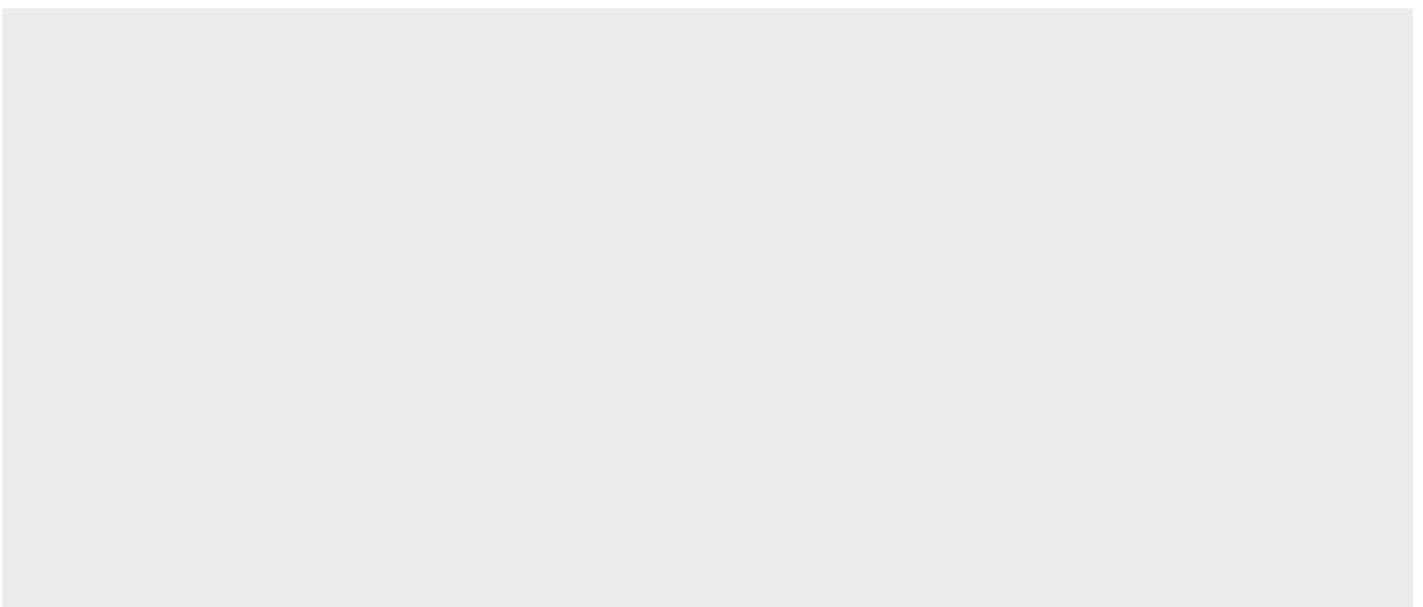
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What in your life is not working?



What do you wish you had more of?



Workbook

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Do you have any toxic people in your life?











Make a list of your creative endeavors.







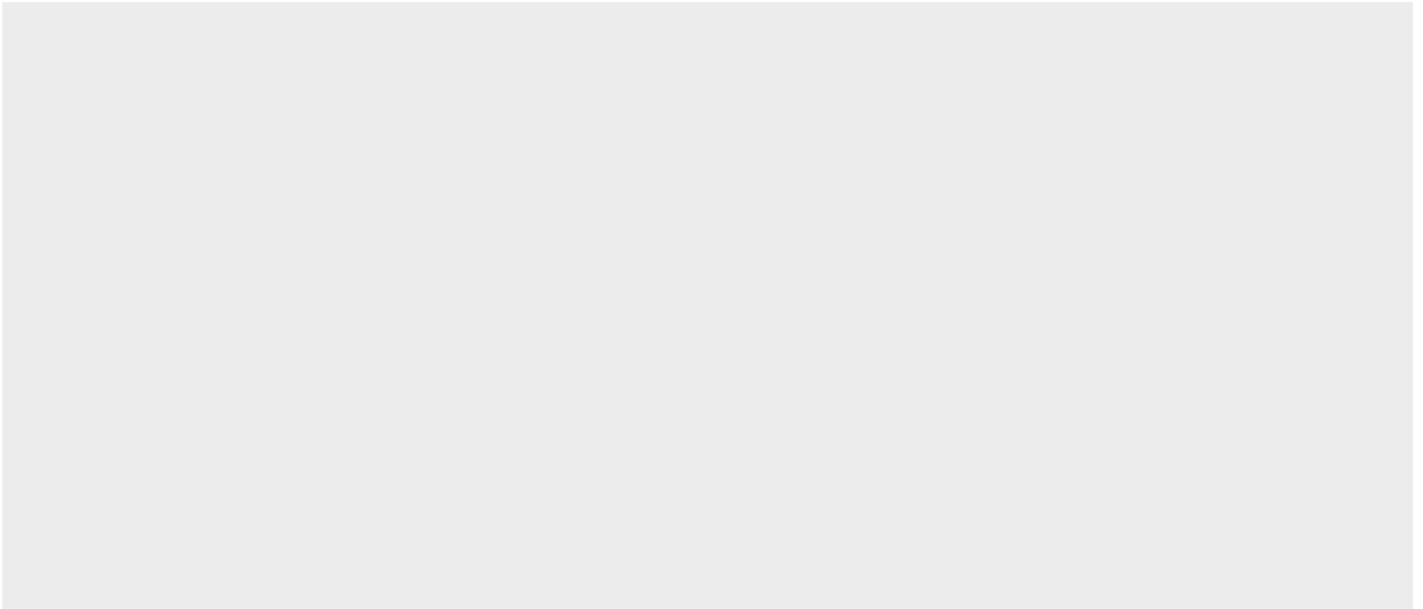




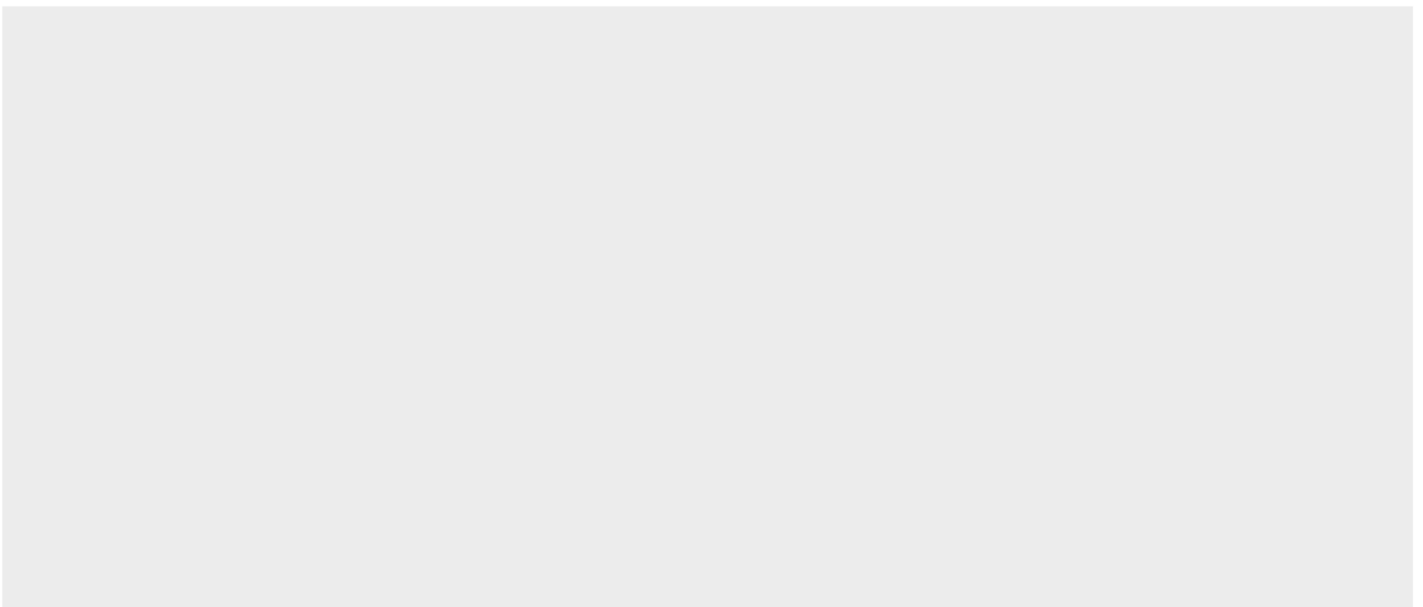
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What do you wish you had more of?



Workbook

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Make a list of your creative endeavors.







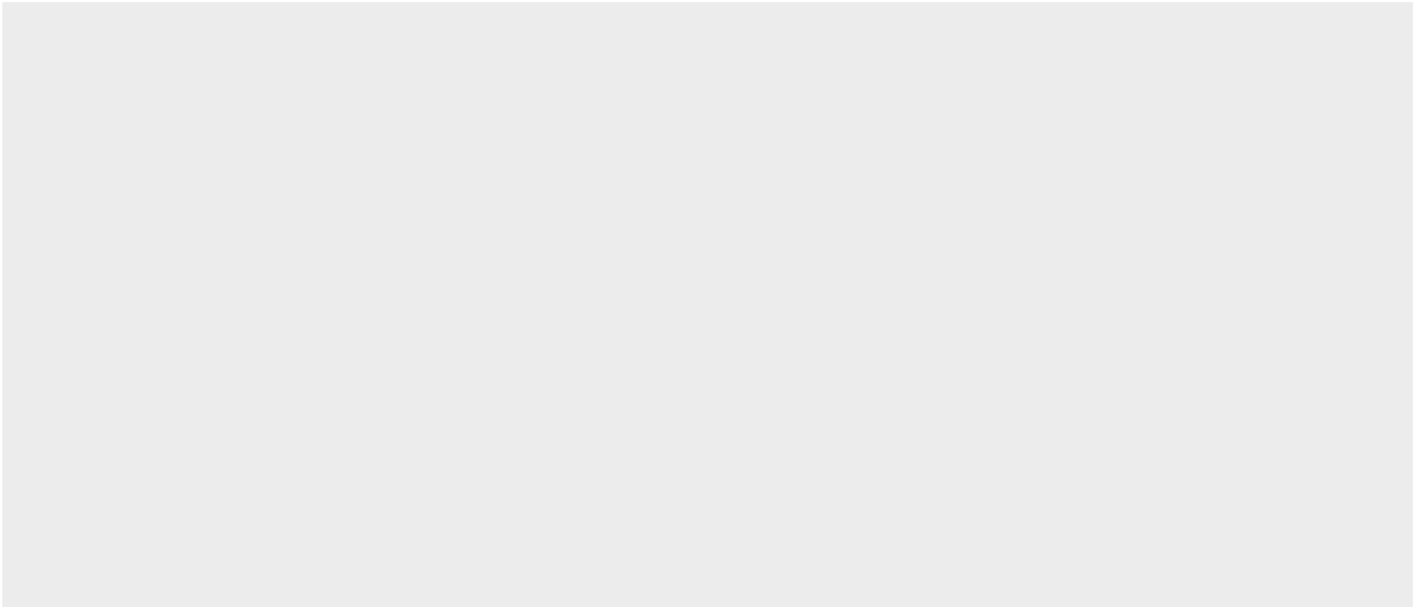




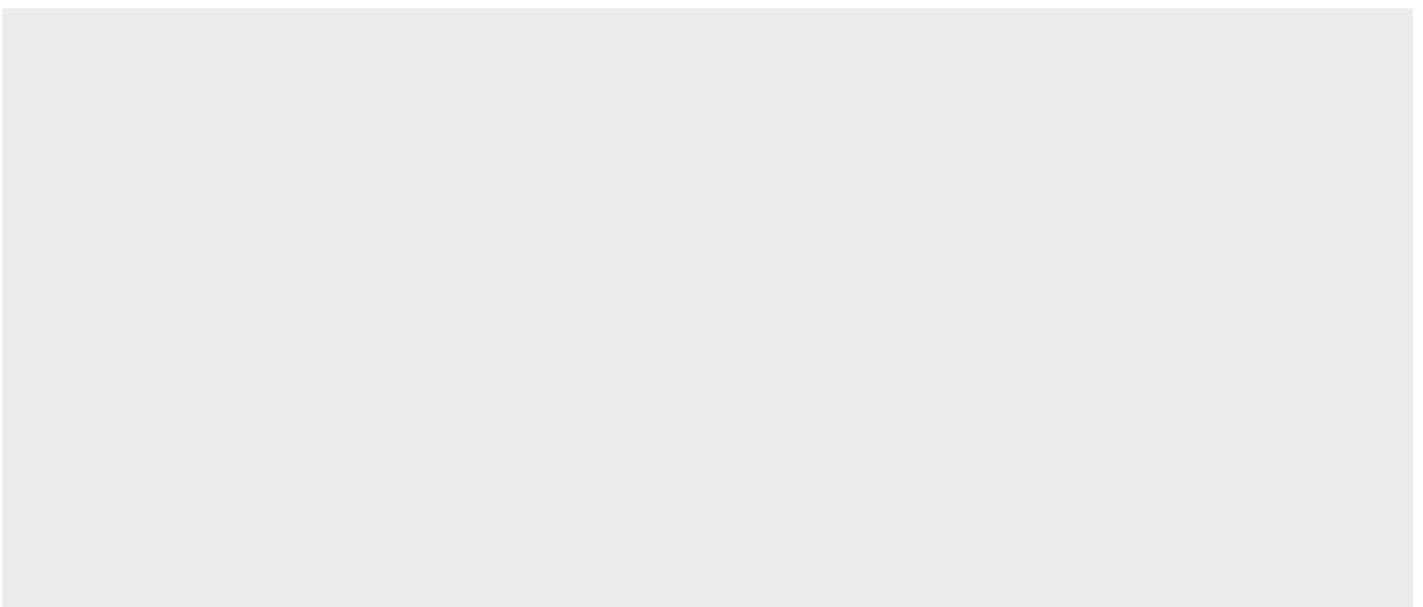
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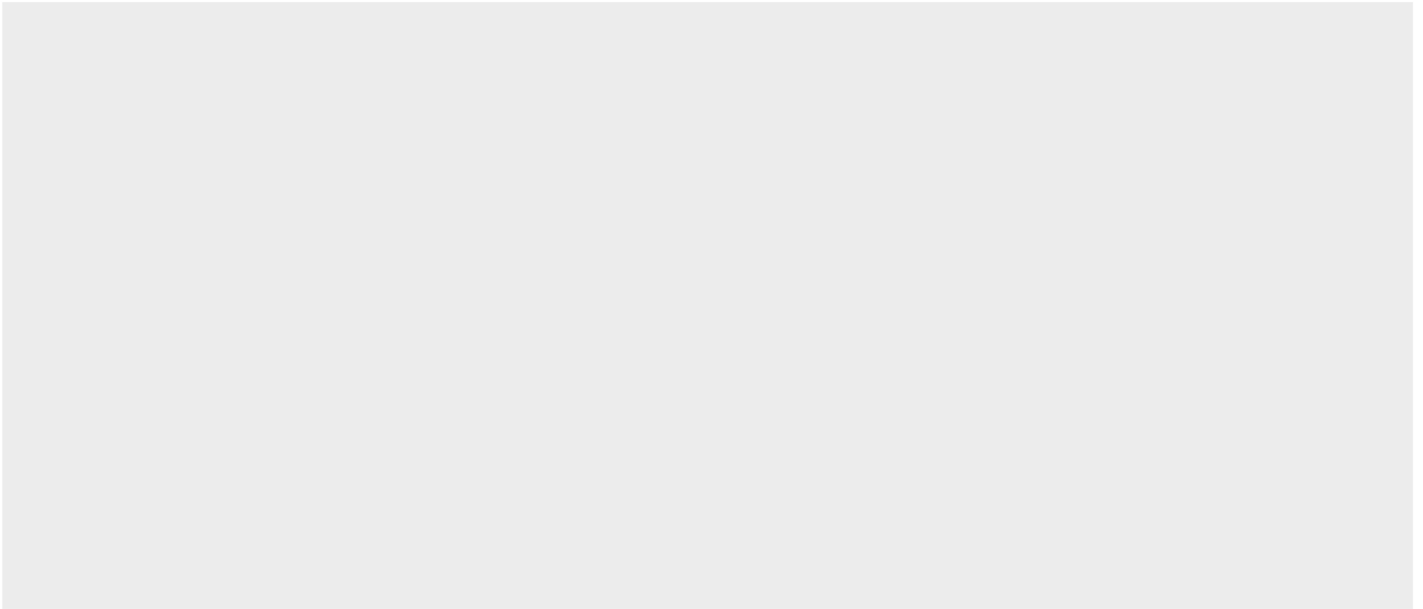
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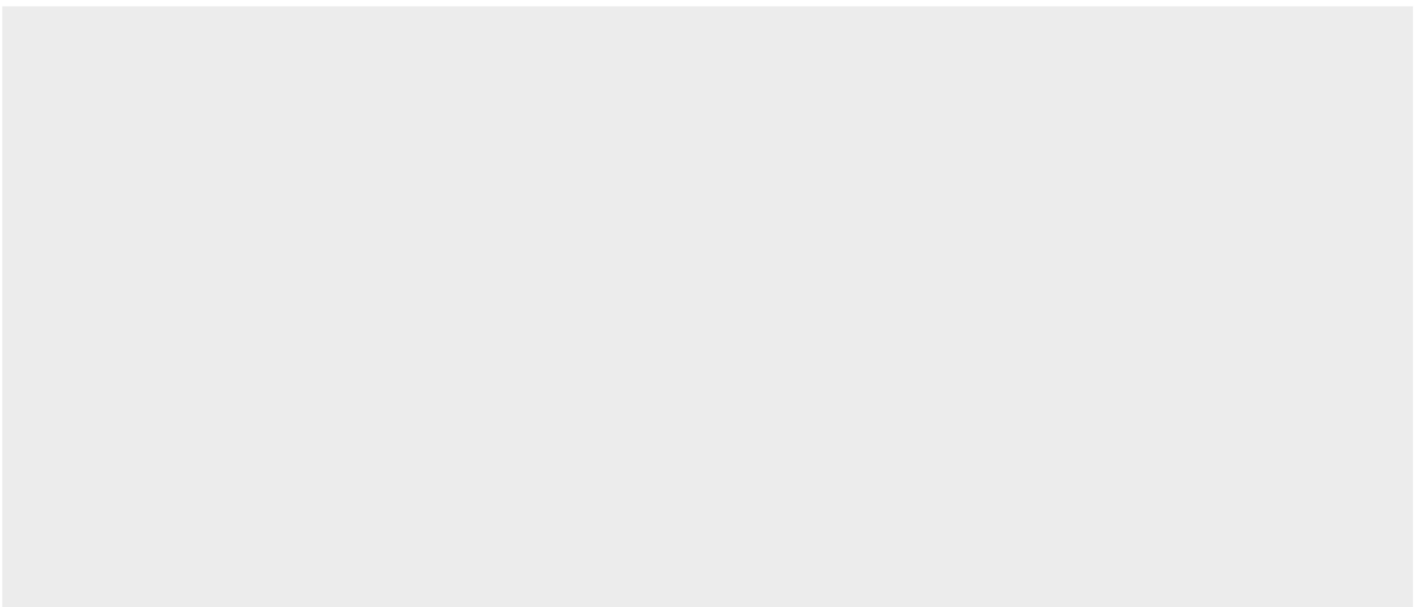
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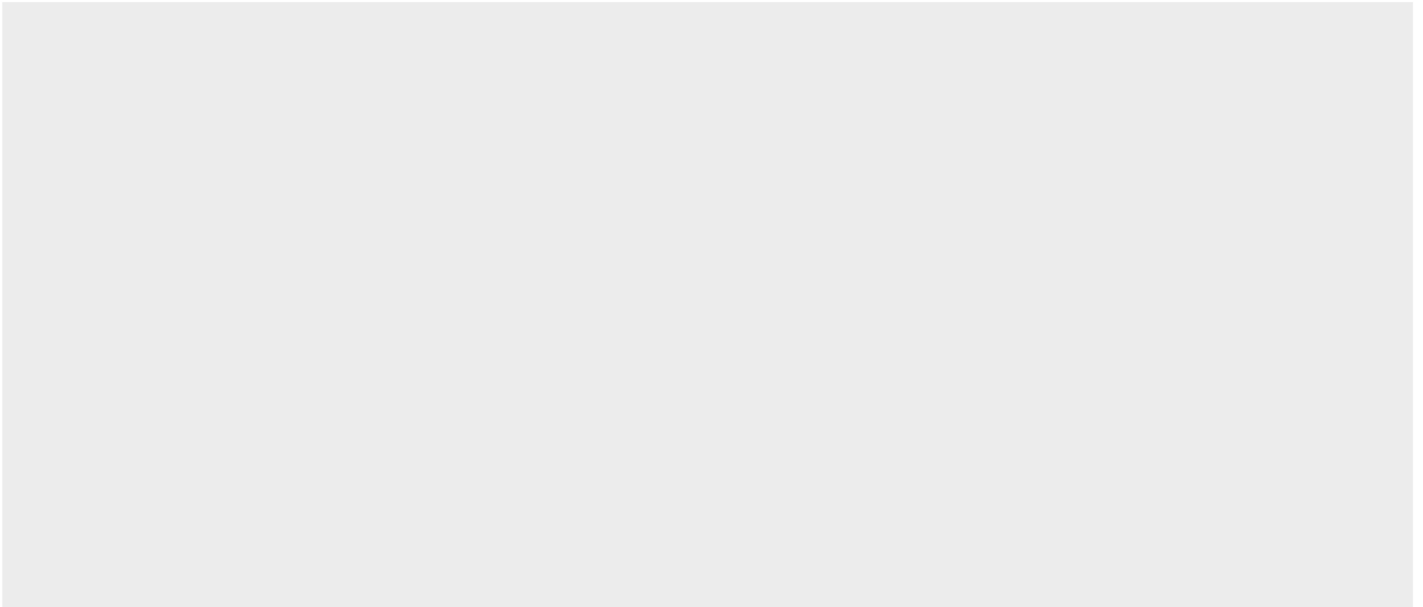
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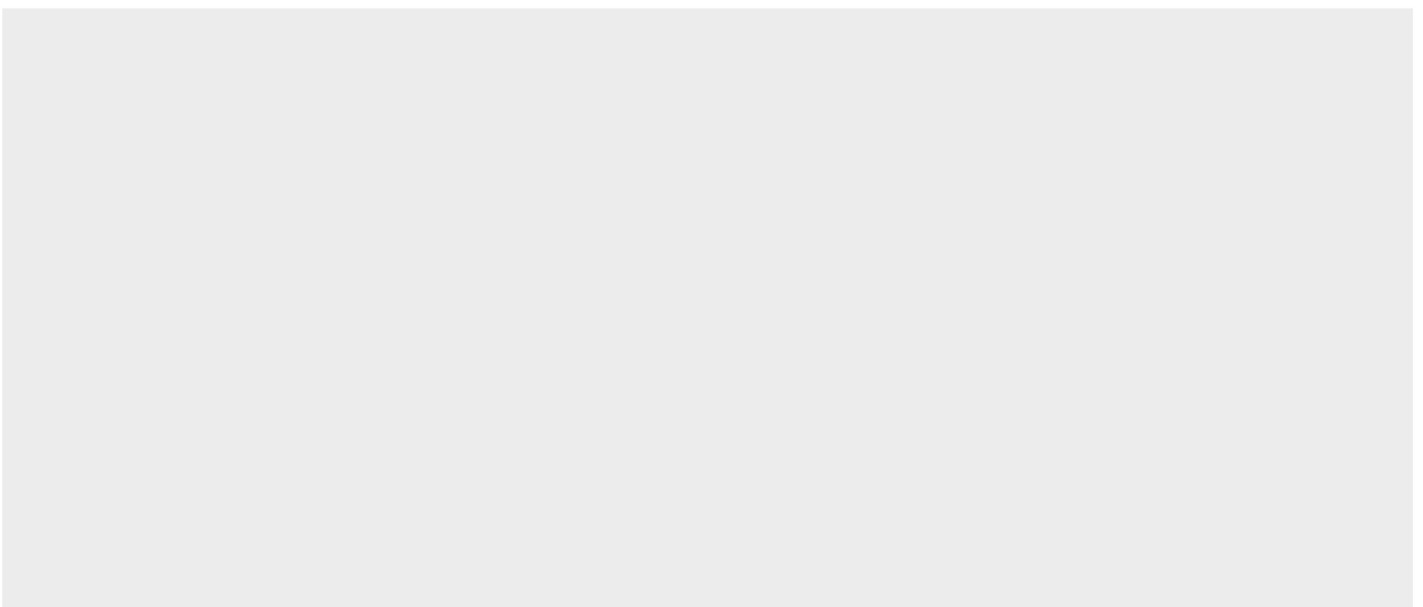
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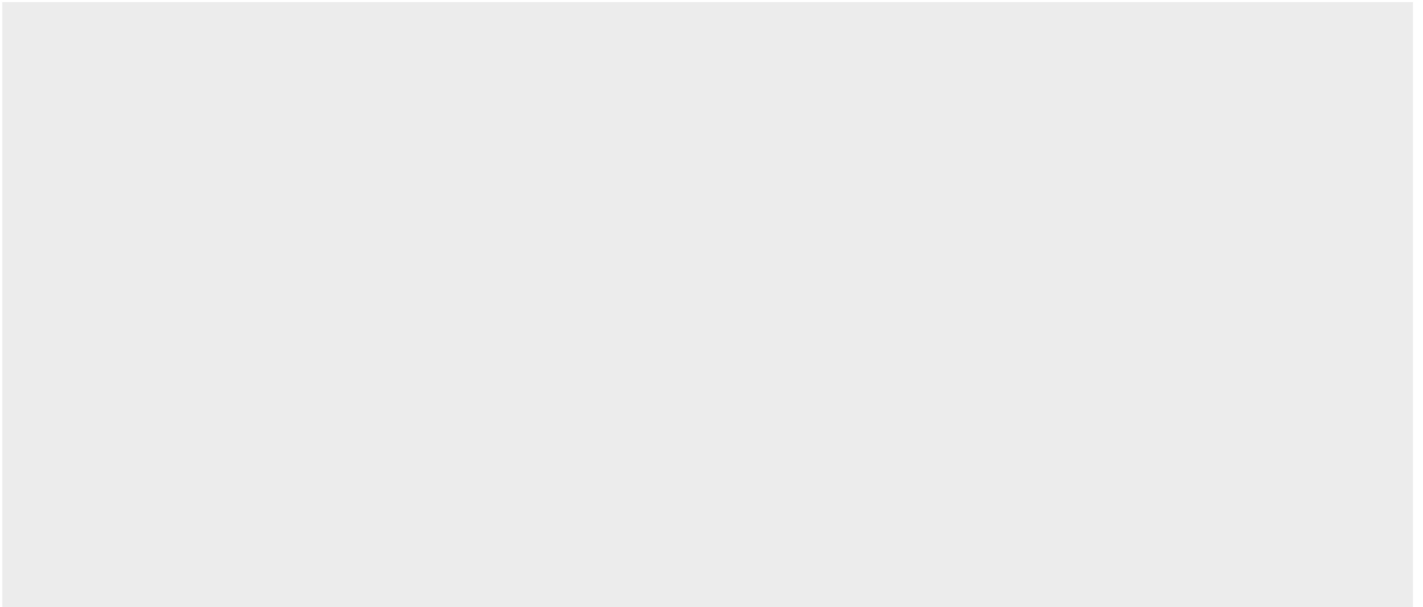
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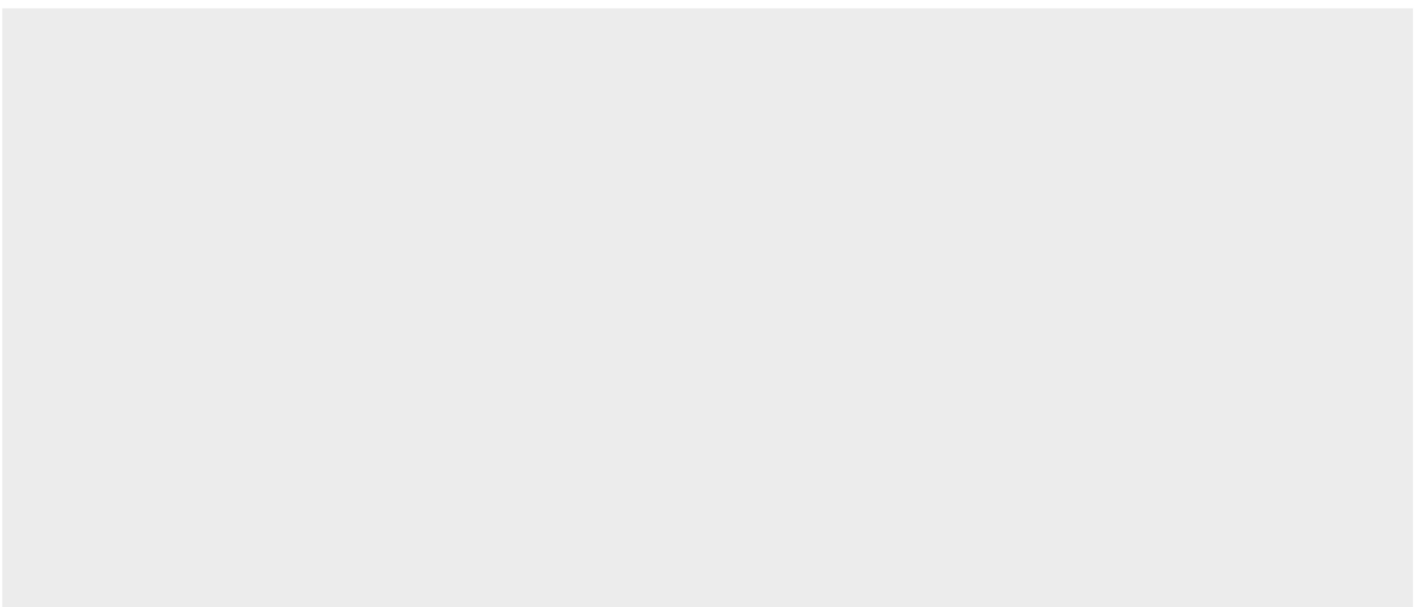
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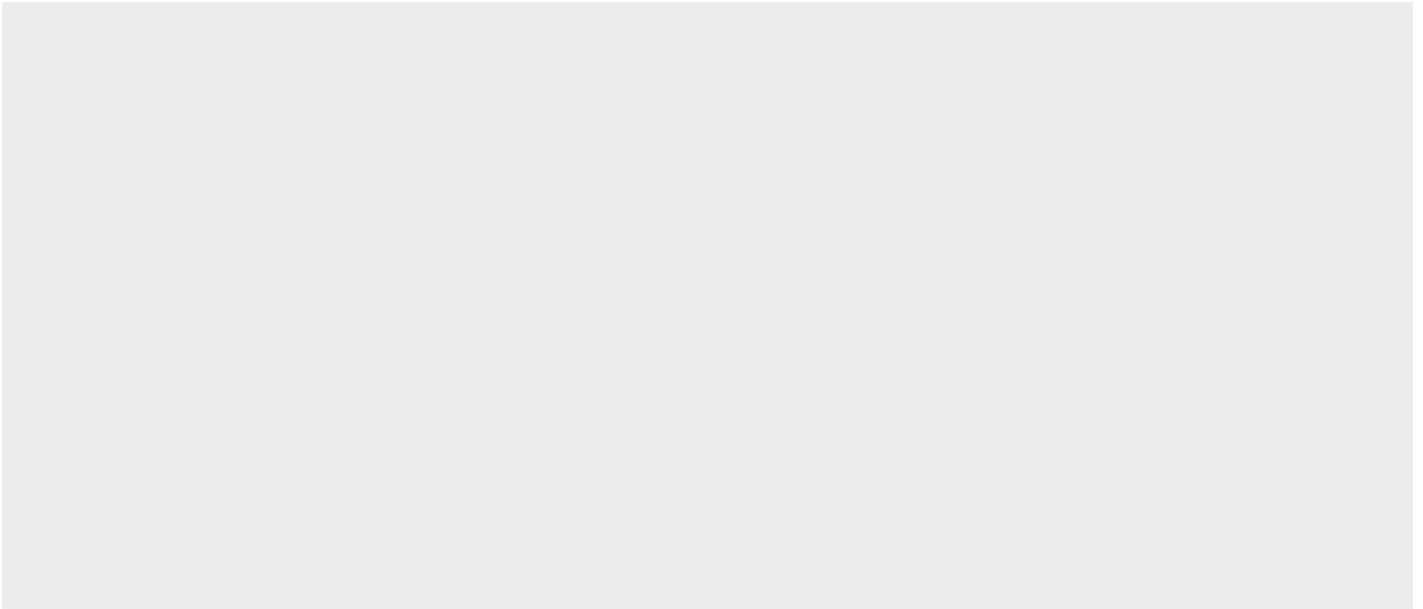
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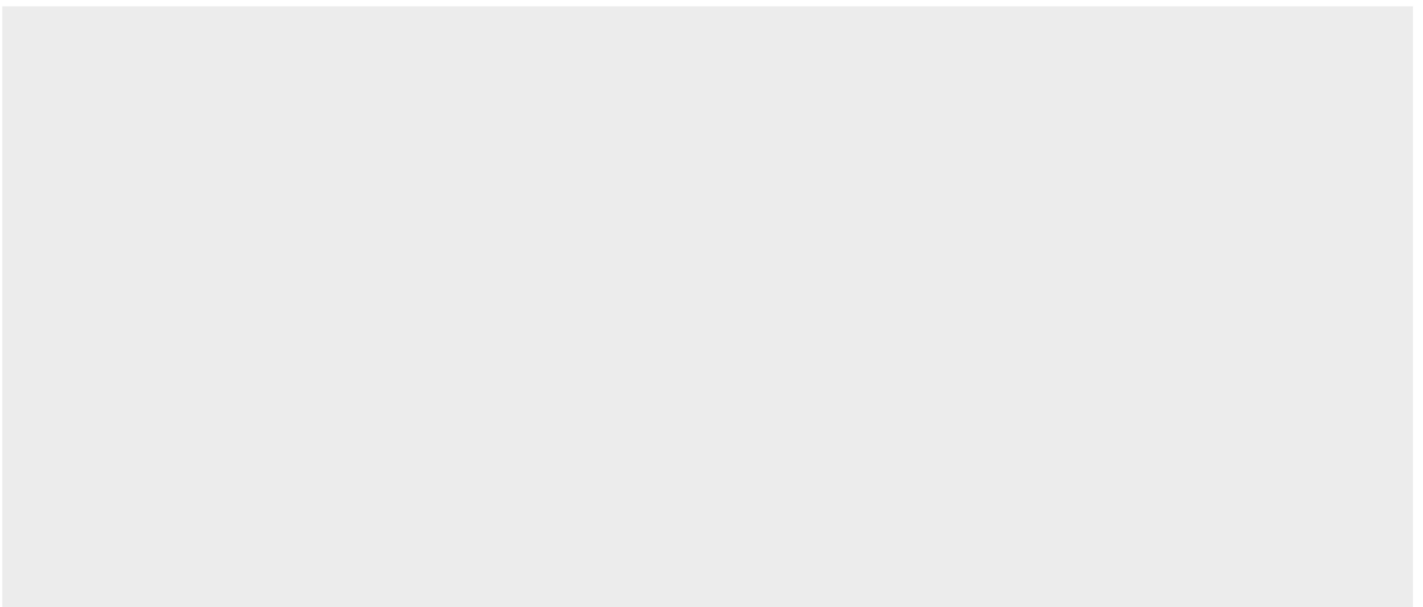
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What in your life is not working?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.

What do you wish you had more of?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.

THANK YOU FOR YOUR PURCHASE

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