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Content Calendar by This Feeling Human

							
Feb 25, 2024 Sunday	Feb 26, 2024 Monday	Feb 27, 2024 Tuesday	Feb 28, 2024 Wednesday	Feb 29, 2024 Thursday	Mar 01, 2024 Friday	Mar 02, 2024 Saturday	
Ever wondered why some days feel like smooth sailing and others like a storm? Emotional regulation is our internal thermostat, helping us navigate the ebb and flow of our emotions. But why is it so important? Because emotional regulation is the key to living a life of abundance. So, let's embark on this journey together! Let's explore the magic of connecting with your passions. Today, let's dive into activities that bring us fulfillment and pure joy. Do you ever feel that fire burning within you when you engage in something you love? It's like a sweet melody of fulfillment and purpose. So, let's take the time to nurture those passions, whether it's painting, hiking, writing, dancing, or anything that sets your soul on fire. Joy: Alright, let's start with the good stuff - Joy! It's that feeling you get when something truly resonates with you. Today, we're going to dive into something super important: understanding our basic emotions. You know, those feelings we all experience every single day. Let's break it down: Today, we're manifesting abundance through the power of positive affirmations. Take a moment to repeat affirmations that truly resonate with your goals. Let the universe know that you're ready to attract and embrace the abundance that awaits you. Have you ever felt like you're on an emotional rollercoaster, where one moment you're soaring with joy, and the next, you're plummeting into the depths of sadness or frustration? We all have! But here's the beautiful thing: emotional agility allows us to ride those waves of emotions with grace, curiosity, and compassion. Today, we're exploring abundance in gratitude journaling. Take a few moments to reflect on the abundance you've experienced throughout the day and write about it in your journal. Gratitude opens the door to more blessings, so let's celebrate and appreciate the abundance that surrounds us. Let's have a heart-to-heart talk about the incredible wisdom that our emotions hold. When we take the time to understand and embrace our emotions, we unlock a whole new level of power and connection. So, let's celebrate the messy beauty of our emotions, because within them lies the magic of personal growth and authenticity. We're all in this together, navigating life's complexities and embracing the abundance that awaits us.	#EmotionalRegulation #EmotionalWellness #Mindfulness #SelfCare #MentalHealthMatters #WellnessJourney #SelfAwareness #HealthyMindset #InnerHarmony #EmotionalIntelligence #PositiveVibes #Resilience	#ThisFeelingHuman #EmbraceAbundance #FollowYourPassion #FindJoyInActivities #NurtureYourSoul #LiveWithPurpose #PassionUnleashed #InspireEachOther #30DaysOfAbundance	#EmotionalWellness #Mindfulness #SelfCare #SelfCompassion #EmotionalIntelligence #MentalHealth #WellnessCoach #EmotionalBalance #CopingSkills #PositiveMindset #HealthyLiving	#ThisFeelingHuman #EmbraceAbundance #ManifestingDreams #PositiveAffirmations #AbundanceMindset #LawOfAttraction #GoalSetting #ManifestYourDreams #UniverseHasYourBack #AttractingAbundance #ManifestingAbundance	#EmbraceYourEmotions #CuriosityCompassionCourage #JourneyToSelfDiscovery #VulnerabilityStrength #FindYourInnerTrueSelf	#ThisFeelingHuman #EmbraceAbundance #GratitudeJournaling #AbundanceInDailyLife #CountYourBlessings	#EmbraceTheMessengers #JourneyToSelfDiscovery #ThisFeelingHuman #TogetherWeRise #BoundlessCuriosity #AuthenticityAndGrowth #EmbraceYourEmotions #SelfDevelopment
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Mar 03, 2024 Sunday	Mar 04, 2024 Monday	Mar 05, 2024 Tuesday	Mar 06, 2024 Wednesday	Mar 07, 2024 Thursday	Mar 08, 2024 Friday	Mar 09, 2024 Saturday	
Today, we're focusing on abundance in giving thanks. Take a moment to express your heartfelt appreciation to those who contribute positively to your life. Whether it's a friend, a family member, a mentor, or a colleague, let them know how much you value their presence and support. Gratitude magnifies abundance, so let's spread the love and join me on a journey of self-discovery as we explore the magic of connecting with your passions. Today, let's dive into activities that bring us fulfillment and pure joy. Do you ever feel that fire burning within you when you engage in something you love? It's like a sweet melody of fulfillment and purpose. So, let's take the time to nurture those passions, whether it's painting, hiking, writing, dancing, or anything that sets your soul on fire. Joy: Alright, let's start with the good stuff - Joy! It's that feeling you get when something truly resonates with you. 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Every challenge and setback has led us closer to becoming the person we are today. Embrace the abundance of growth within you and honor it. Today, we're manifesting abundance through the power of positive affirmations. Take a moment to repeat affirmations that truly resonate with your goals. Let the universe know that you're ready to attract and embrace the abundance that awaits you. Have you ever felt like you're on an emotional rollercoaster, where one moment you're soaring with joy, and the next, you're plummeting into the depths of sadness or frustration? We all have! But here's the beautiful thing: emotional agility allows us to ride those waves of emotions with grace, curiosity, and compassion. Today, we're exploring abundance in gratitude journaling. Take a few moments to reflect on the abundance you've experienced throughout the day and write about it in your journal. Gratitude opens the door to more blessings, so let's celebrate and appreciate the abundance that surrounds us. 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Take a few moments to reflect on the abundance you've experienced throughout the day and write about it in your journal. Gratitude opens the door to more blessings, so let's celebrate and appreciate the abundance that surrounds us. Let's have a heart-to-heart talk about the incredible wisdom that our emotions hold. When we take the time to understand and embrace our emotions, we unlock a whole new level of power and connection. So, let's celebrate the messy beauty of our emotions, because within them lies the magic of personal growth and authenticity. We're all in this together, navigating life's complexities and embracing the abundance that awaits us.	Today, we're exploring abundant mindfulness. As we near the end of our journey, let's stay present in our actions and savor each experience. Mindfulness opens our eyes to the abundance that surrounds us in every moment, from the beauty of nature to the love of our loved ones. Today, we're exploring abundance in gratitude journaling. 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#EmbraceAbundance #GivingThanks #ExpressingGratitude #AppreciationPost #AbundanceInRelationships #BlessedWithSupport	#ThisFeelingHuman #EmotionalAwareness #SelfDiscovery #MindfulLiving #EmotionalIntelligence #InnerPeace	#ThisFeelingHuman #EmbraceAbundance #PersonalGrowth #WisdomFromWithin #AbundanceOfLessons #ReflectAndGrow	#EmotionalIntelligence #SelfCare #MindfulLiving #EmotionalRegulation #MythBusting #HealthyExpression #MindfulEmotions	#EmbraceAbundance #AbundantMindfulness #PresentMomentAwareness	#ThisFeelingHuman #MoodTracking #EmotionalAwareness #EmotionExploration #MindfulLiving	#ThisFeelingHuman #EmbraceAbundance #JourneyToAbundance #SettingIntentions #ManifestingDreams #CelebrateSuccess	
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STATUS COLORS

For Approval
For Revision

Approved

Scheduled

Posted

<div><div><div>HEALTHY VS. UNHEALTHY COPING MECHANISMS</div><div><div>• Exercise</div><div>• Mindfulness</div><div>• Journaling</div><div>• Hobbies</div><div>• Seeking Support</div></div><div><div>• Isolating Yourself</div><div>• Self-Harm</div><div>• Escapism</div><div>• Emotional Eating</div><div>• Avoidance & Denial</div></div></div><div><div>Healthy 2024 Goals 11/20/2023</div></div></div>	<div><div>8 Practical Steps to Help You Navigate Your Emotions</div><div>With grace and resilience</div></div>					
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