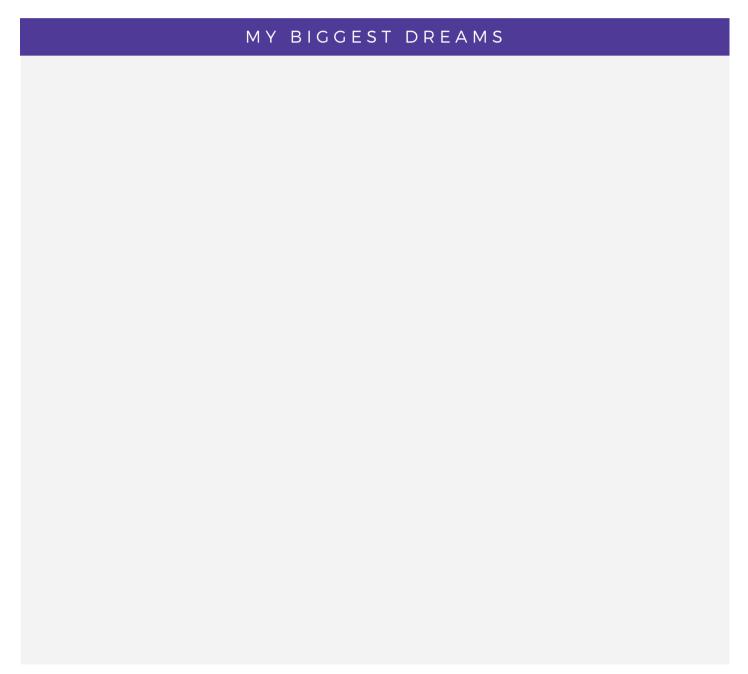


Unlimited Recovery

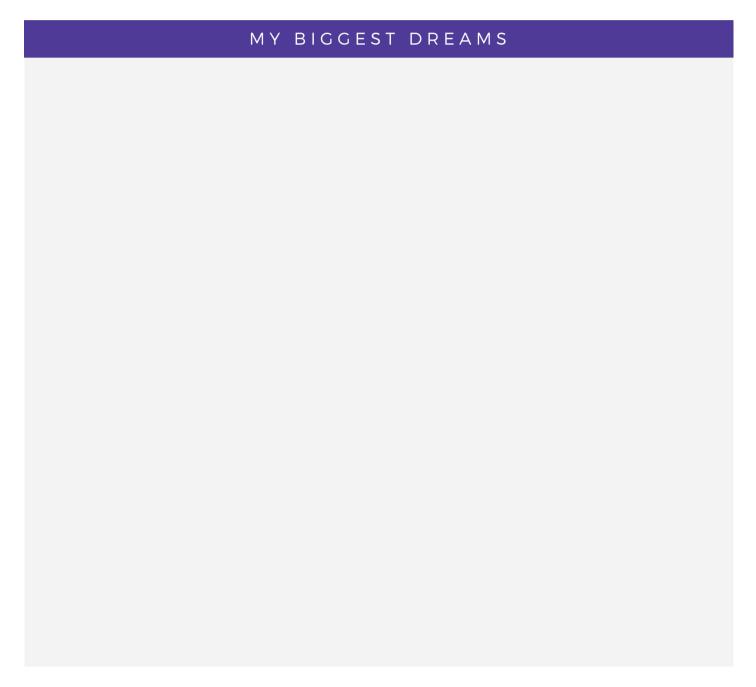
10 DAY JOURNAL PROMPTS



Write down 5 things that make you happy in your life. Then think about why they make you feel this way?



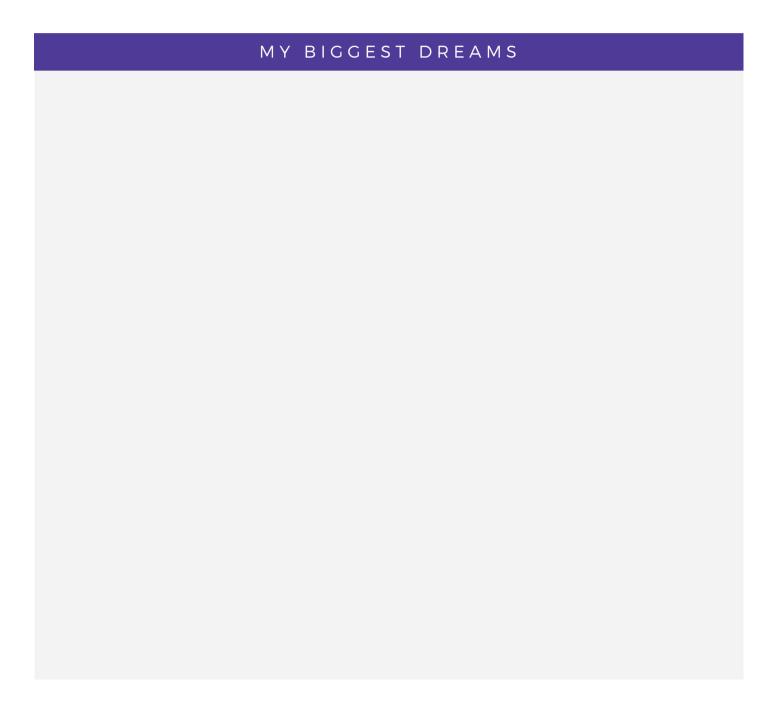
Write down what brings you peace in you life or what makes you feel relaxed and calm?



Write down what 20 things in your life you are grateful for and look back at these when you are feeling down.

MY BIGGEST DREAMS

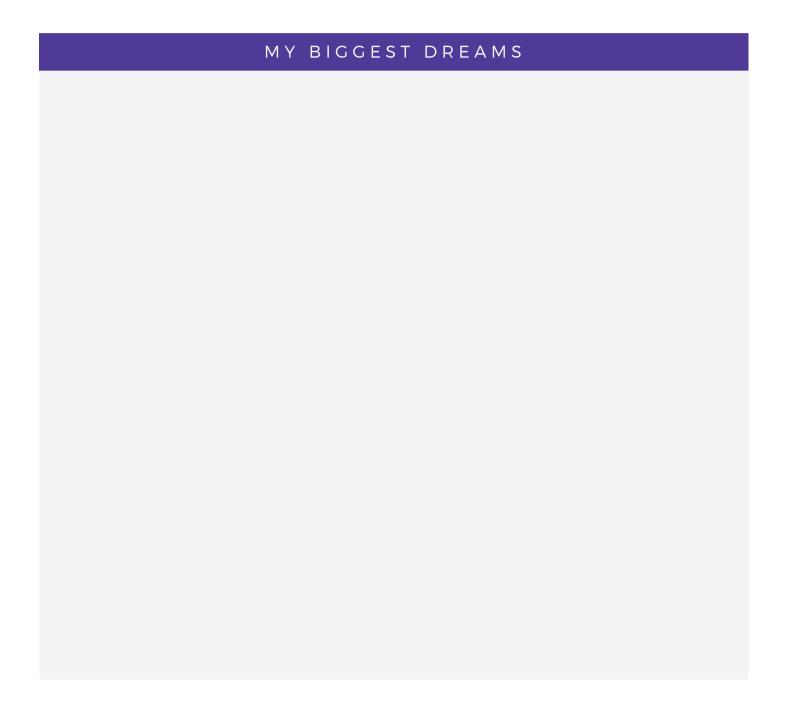
Write down 5 things you are proud of accomplishing in the past week.



Name a challenge you have overcome and how it made you grow.



Write down a goal you would like to start working toward.



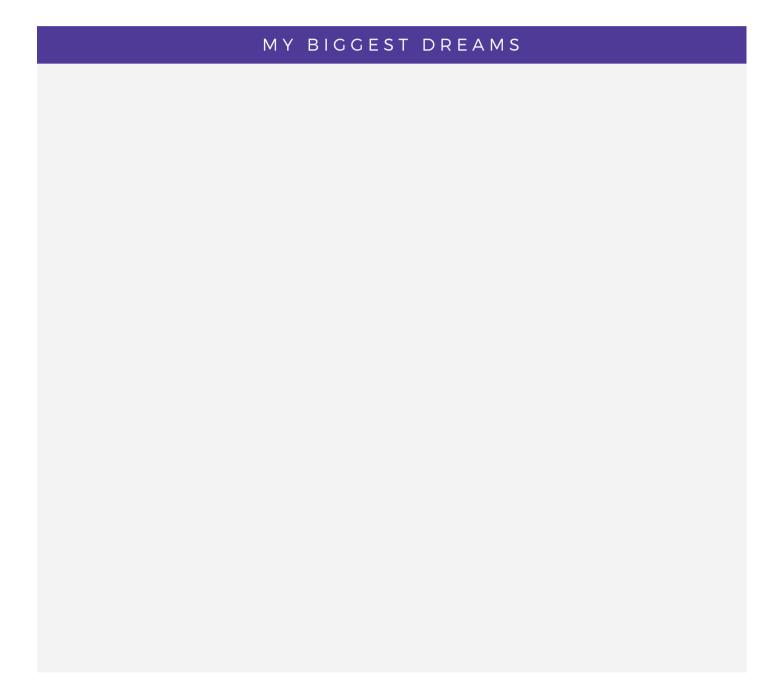
What are 5 things that have happened to you in your life that were difficult but that you are grateful for now.

MY BIGGEST DREAMS

Write about 4 childhood memories that have stayed with you throughout your life.



Write about what types of thoughts keep you up at night.



Write out what healthy habits you can add to your daily routine.





#### Schedule Your Appointment Today!



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Hi, I'm Pamela Francken, M.A., LPC, CAADC. I am a Licensed Clinical Therapist and the owner of Unlimited Recovery. I hold a Master's Degree in Professional Counseling and I have CAADC certification in Substance Use Disorder treatment.

I have been working as a substance abuse counselor for the past 5 years along with clients with mental health issues. I help people find ways to help themselves navigate through issues they are experiencing in life. I help them to discover their own strengths and learn skills that will guide them to healthier decisions.



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