



Cognit

Wellness Journal

Welcome To Wellness

Use this journal to express yourself and the self-assessment to monitor your wellbeing.

Don't forget to subscribe at www.cognitsa.com.

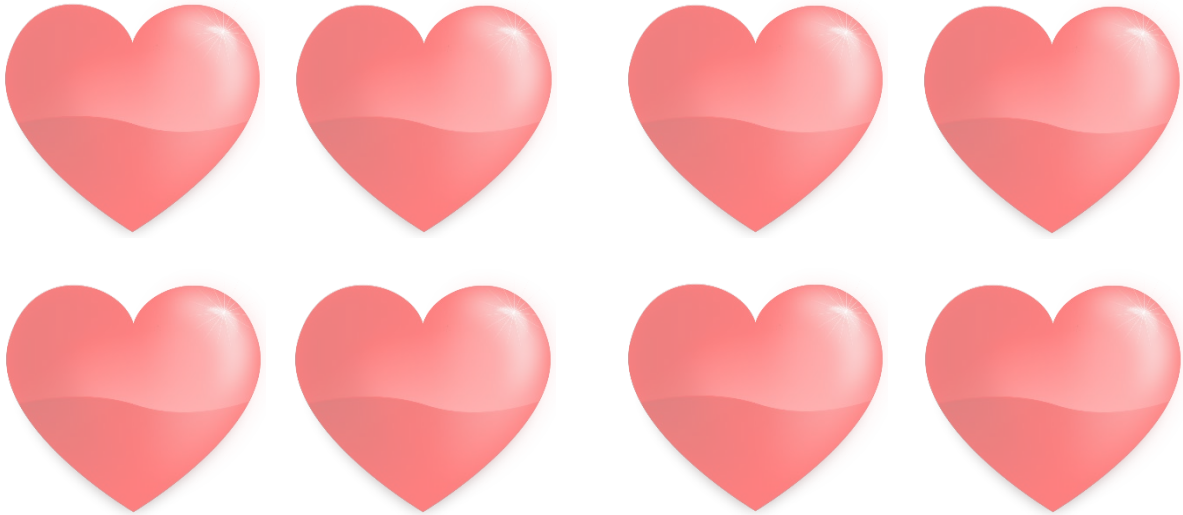
Please send your feedback on what you like and how we can improve to feedback@cognitsa.com

"A Bird Doesn't Sing Because It Has an Answer, It Sings Because It Has a Song"

Author Unknown

Wellness Journal

5. Please list things you like or love about yourself. You can add to the list at any time.



6. Try your skills at Sukdo: Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by black lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.

Sudoku #1

2		5			7			6
4			9	6			2	
				8			4	5
9	8			7	4			
5	7		8		2		6	9
			6	3			5	7
7	5			2				
	6			5	1			2
3			4			5		8

Sudoku #2

		6			5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
	8		2	6		1		
7		6	4				2	

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.
Need a little help use the answers page if you really get stuck.

Wellness Journal

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Uncontrollably High	10

Relaxation	1	Nearly Asleep
	2	Relaxed
	3	Focused
Functional Stress	4	Focused & Active
	5	Functioning Well
	6	Functioning with Effort
Stress Reaction	7	Difficulty Focusing
	8	Driven / Defensive
	9	Over Reacting
Trauma Reaction	10	Out of Control

3. Rate your emotions from 1 to 10

Emotion	None 0	Minimal 1,2,3	Mild 4,5,6	Moderate 7, 8	Extreme 9,10
Frustration					
Pain					
Guilt or Shame					
Fear					
Anger					
Stress					
Anxiety					
Depression					
Difficulty Sleeping					
Financial Concerns					

4. Please complete your Daily Journal

Wellness Journal

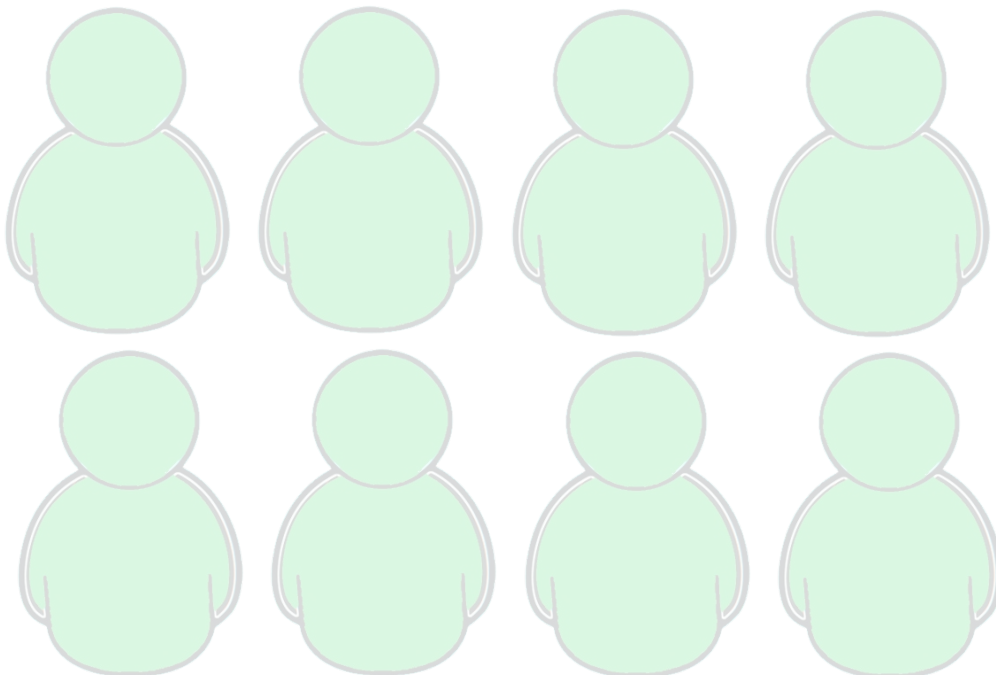
5. Try your skills at a crossword.

Words Search 1

S A C C E P T A N C E W L J J D G K S
E B S D M L M L Y X D Q E N Q N P E L
U P A H W Q L Y V B N X N L R L G T Z
Q R D L T L R K Y Z E L K W L N L B L
I W L B A G B B X T I M D X E N P J M
N Z T G B N N R N F V P O L K B E V Y
H N I M Z X C E E O Q G L T Y D Q S L
C D N N L Z L E R P I A Y B I Q B V S
E P G J S A S S J T H T V Z M O Y M N
T L O R N E Y E S C S Y C M N G N M J
M Z C R V M L F I P Q L S E N M D A T
Y T U D P S E P V G I K K I L V Y M L
Y O T T O I Y S I Q E R N L C F D L T
J N O C L M M E W C Y T I T T A E R T
B M I E L D D U L Z N G A T J Y L R L
S A B D L W Y L D R R I Q R U R M Q L
L G N D J Y Y A N Q R D R X T A P R G
B K N N G N Q V W Y N N Y P B S L T B

Cognit
Wellness
Strengths
Beliefs
Principles
Values
Challenges
Symptoms
Techniques
Strategies
Acceptance
Reflection
Balance
Journal
Emotional
Physical
Social
Spiritual
Life

6. Please list things you are good at, one in each figure below.
You can add to the list at any time.



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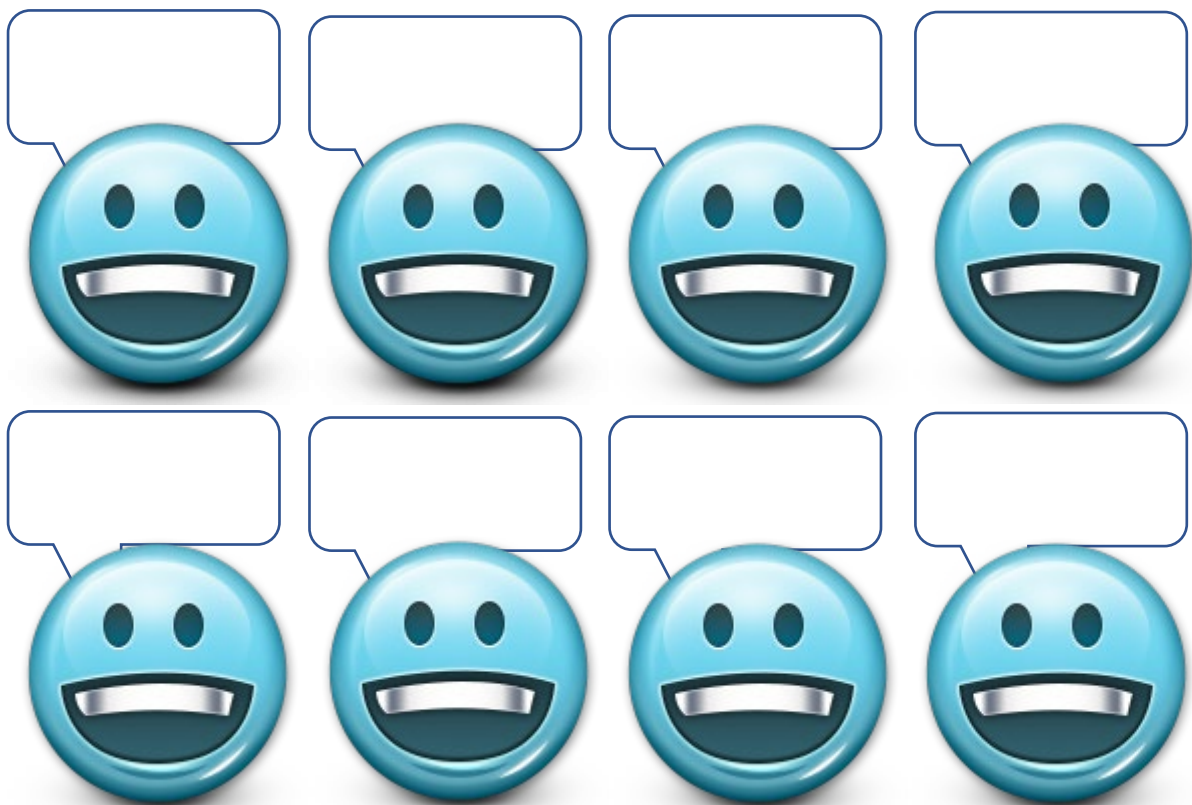
4. Please complete your Daily Journal

Wellness Journal

5. Try your skills at drawing or doodling: Draw anything that comes to mind.



6. Create simple "I" boundry statements to protect yourself. Eg. "I will not be treated that way", "I do not like your bahavior.", "I will decide what is best for me.",etc...



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Wellness Journal

5. Try your skills at a smiling.

- Make a smile and hold it for 3 secs.



- How did that feel?

- Smile at someone else, a genuine smile.
- How did that feel?

- Try to smile more often?
- How does it feel to smile?

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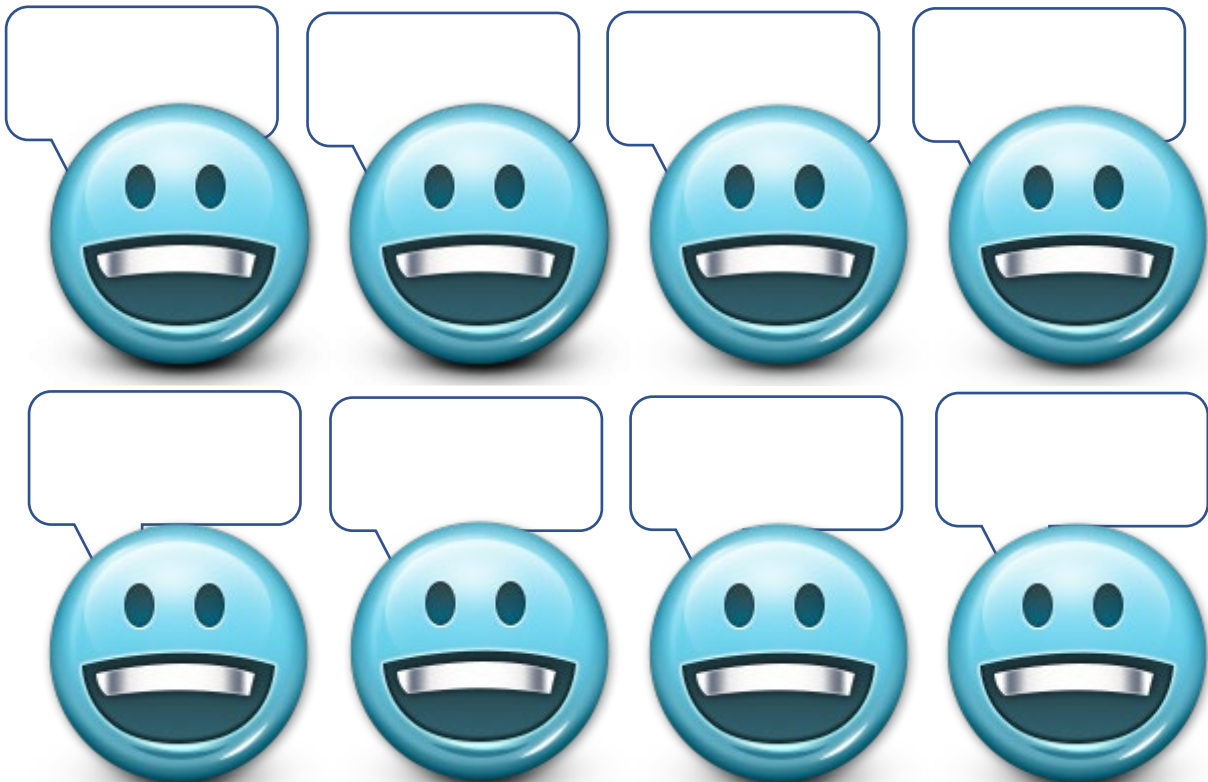


5. Try your skills at a being assertive: Someone who is assertive behaves confidently and is not frightened to respectfully say what they want or believe.

Look at a situation that bothers you.

Title 1-5 words	
What are the facts?	
How did you feel?	
How it effected you?	
Your affirmative statement.	
How did it feel to be assertive?	

6. Create simple assesertive statements you will use when you need to be assertive. They are simple statements susch as "NO", "YES", "I don't agree", "I don't like that", etc. You can add more statements anytime.



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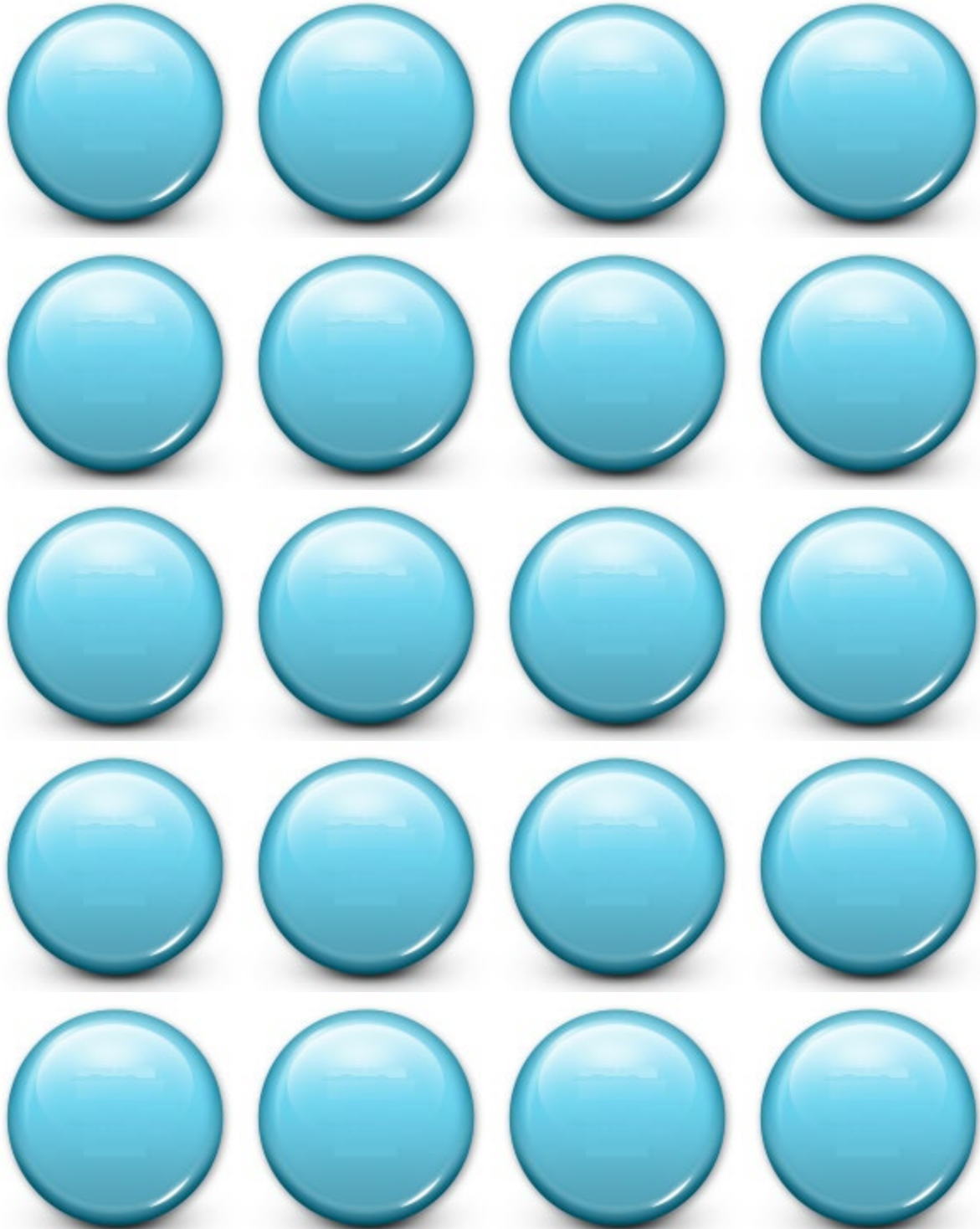
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5. Try your skills at creating your own emoticons. Give them an expression and a name.



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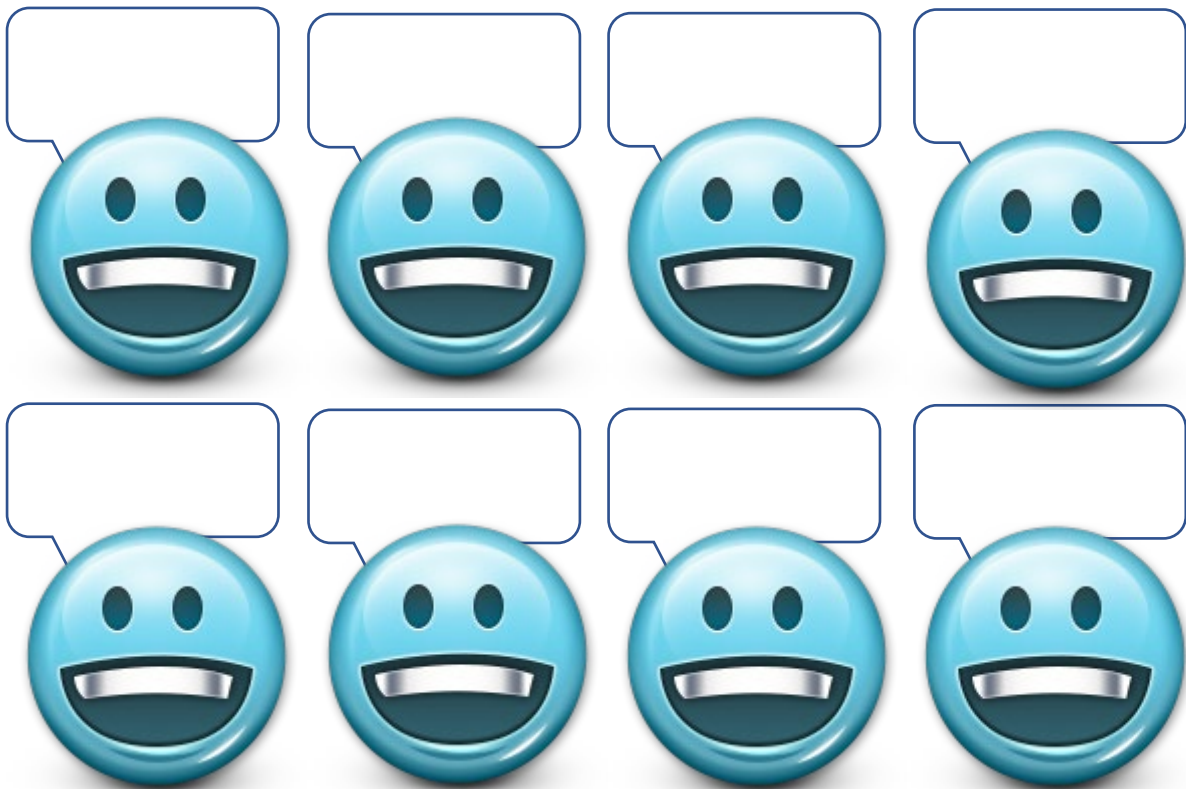
Wellness Journal

5. Try your skills at being self-less.
Help someone without expectation
of getting anything in return.



Who did you do something for?	
What did you do? ?	
How did it feel?	
How has it effected you?	
Will you do more for others in the future ?	

6. What are things you can do without an expectation of getting anything in return?
This simplest things you can do is to smile at others, say something nice, be polite,
etc..



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Wellness Journal

6. Try your skills at selfcare

Do something nice for yourself.



What are going to do for yourself?

When are you going to to it?

How did you feel when you did it?

Wellness Journal

Answers

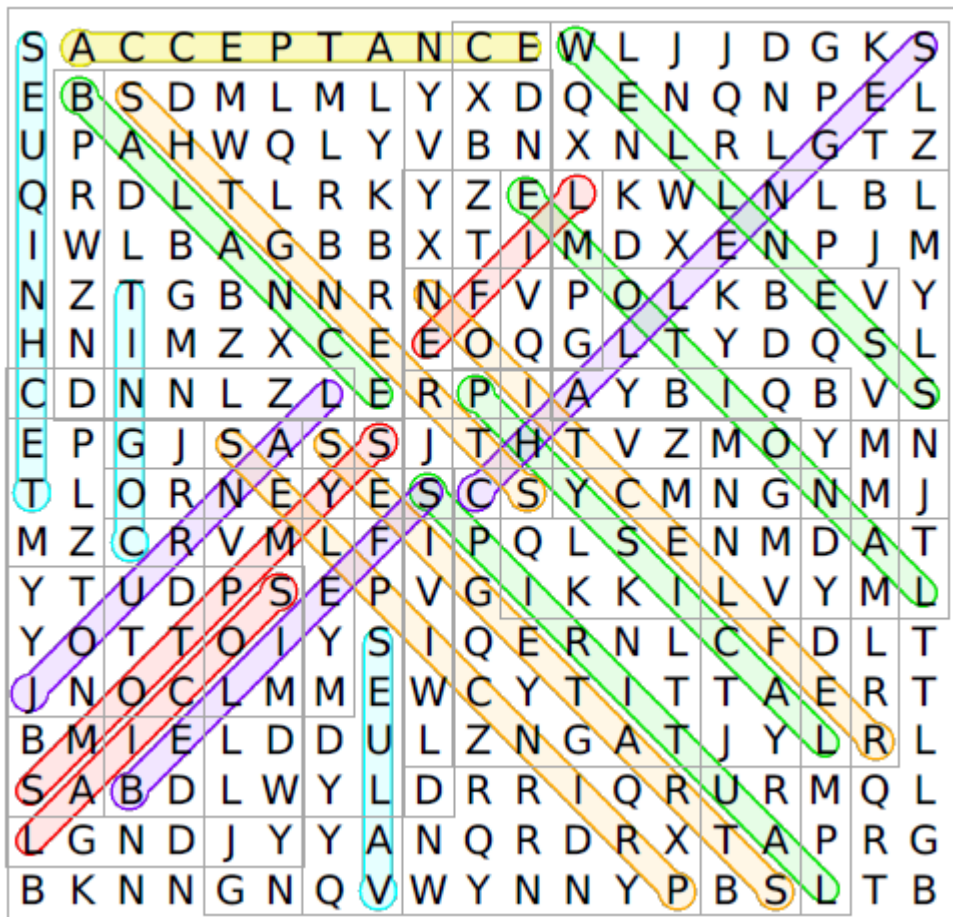
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4	1	8	9	6	5	7	2	3
6	9	7	2	8	3	1	4	5
9	8	6	5	7	4	2	3	1
5	7	3	8	1	2	4	6	9
1	4	2	6	3	9	8	5	7
7	5	9	3	2	8	6	1	4
8	6	4	7	5	1	3	9	2
3	2	1	4	9	6	5	7	8

Sudoku #2

3	6	9	1	8	5	7	4	2
2	5	4	7	9	6	8	1	3
8	7	1	3	4	2	9	5	6
5	4	2	6	7	1	3	9	8
6	3	8	9	5	4	2	7	1
1	9	7	8	2	3	4	6	5
4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

Word Search 1



Wellness Journal

Cognit Wellness

Congratulations, you are on your road to wellness.

Our mind defines our reality. Our mind can distort and lie to us, telling us things that aren't true based on irrational beliefs that formed long ago. It is time to free ourselves and take control. It will be a challenge. Once we clear away the lies and false beliefs we have adopted, we will see ourselves.

Cognit wellness is a way of life, a way to embrace and love our imperfections. There is more Cognit content online. Visit us at www.cognitsa.com

This free workbook is dedicated to the memory of our late co-founder John Ip whose compassion and dedication to others continues to inspire us..