



12
WEEK PROGRAM

Mindful Journaling Techniques

12-Week Wellness Coaching Program

The journey to wellness is a life-long process that includes triumphs and setbacks. Life skills are not a one-stop shop deal; they take unwavering faith in God, commitment, time, practice, and patience.

The Haqq Life 12-Week Program will provide the building blocks to secure the skills you need for health and wellness in your life and religion.

The one major factor in any wellness journey is what tools you have to build and who supports you during your building process. I am not only here for you but also with you through it all. Your journey starts with a discovery call.

Discovery Call:

On this initial call, we will become acquainted with one another. We will clarify our commitments to your overall 12-Week Wellness Plan. You will know what to expect from me and me from you. Together, we will discover your areas of need and set wellness goals to meet over 12 weeks.

Each quarter of your specifically tailored Program (4-week period), we will meet a desired growth milestone. You will be journaling and other action plans in between sessions.

- With my Program, you will receive a one (1) hour weekly scheduled session via Zoom, telephone, or whichever is convenient.
- You will be able to reach me in times of distress as needed in between sessions.
- Guided meditations and visualization exercises to enhance your learning experience.
- A curated library of affirmations, prompts, and exercises for ongoing exploration.
- At the end of the 12 weeks, we will recap on what we've accomplished together.

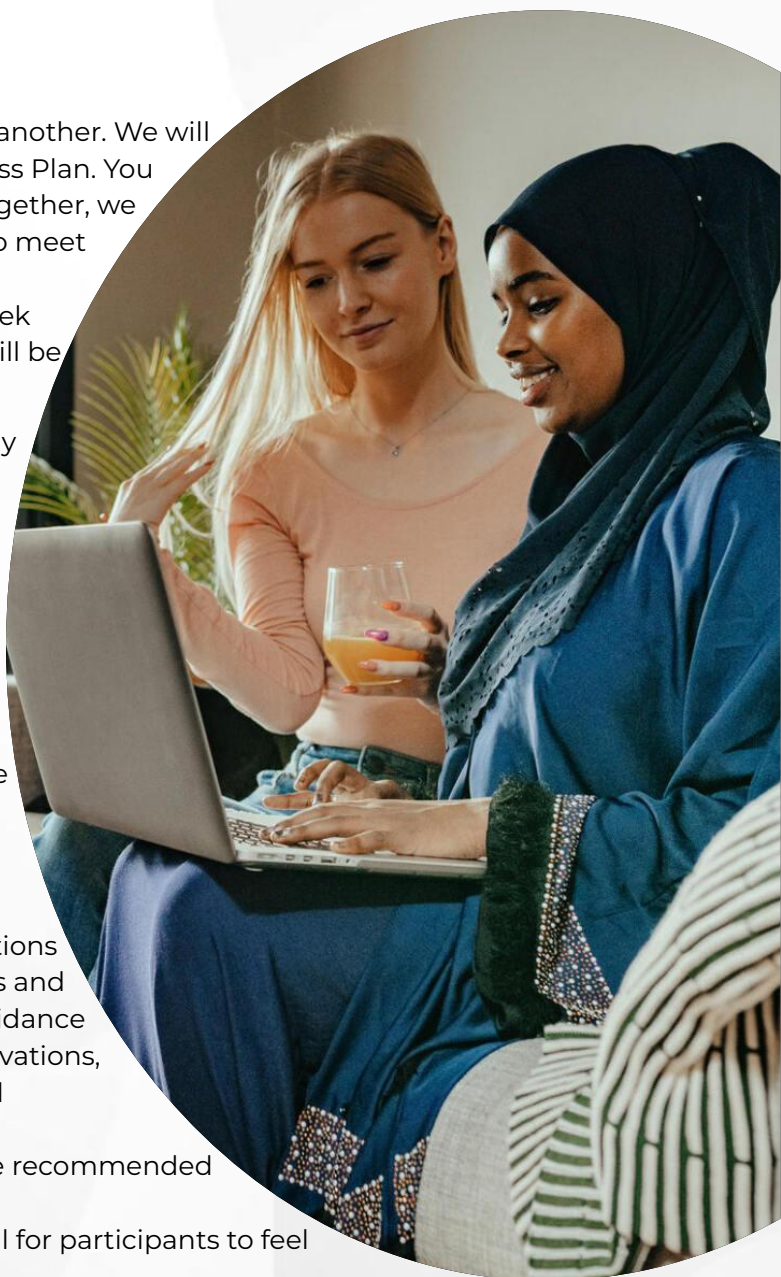
Note

This framework is a flexible guide, and specific interventions and exercises can be adapted based on individual needs and preferences. The core focus is on providing tools and guidance for exploring your inner world, understanding your motivations, and embracing your authentic self with acceptance and self-compassion.

- Collaboration with mental health professionals may be recommended for further support and individual therapy.
- Fostering a safe and non-judgmental space is essential for participants to feel empowered to share their stories and heal.

Mindful Journaling Techniques: A 12-Week Journey to Inner Wisdom and Transformation

Find emotional clarity within the pages. Discover the therapeutic benefits of journaling in this Program. You'll learn techniques to tap into your inner wisdom, process difficult emotions, strengthen self-reflection, and integrate insights into everyday life. This journey trains both your left and right brain for enhanced creativity and mindfulness.





Quarter 1: Laying the Foundation (Weeks 1-4)

Unveiling the Magic of Mindful Journaling:

Discover the benefits and different forms of mindful journaling, finding the perfect fit for your unique needs.

Building a Sacred Space: Create a dedicated journaling haven – a physical or digital space that fosters reflection and inner exploration.

Taming the Inner Critic: Silence self-judgment and embrace imperfection. Learn techniques to overcome resistance and flow into authentic expression.

Planting the Seeds of Awareness: Practice basic mindfulness exercises, integrating awareness of breath, emotions, and physical sensations into your journaling practice.

Quarter 2: Deepening Self-Exploration (Weeks 5-8)

Prompt Power: Explore a variety of journal prompts designed to unlock specific aspects of self-awareness, from uncovering hidden beliefs to processing emotions and setting intentions.

Morning & Evening Rituals: Establish mindful journaling routines, harnessing the power of journaling to start and end your day with clarity and purpose.

Gratitude & Appreciation: Cultivate a grateful heart through journaling practices that focus on the good things in your life, fostering joy and a positive outlook.

Shadow Work & Integration: Shine light on suppressed emotions and hidden aspects of yourself. Learn journaling techniques for acknowledging and integrating your shadow with self-compassion.

Quarter 3: Mastering Your Craft (Weeks 9-12)

Creative Expression on the Page: Unleash your creative potential through journaling techniques like art journaling, mind maps, and collages, deepening your connection to your intuition.

Goal Setting & Manifesting: Use journaling to set achievable goals and manifest your desires. Align your thoughts, words, and actions with your aspirations.

Visualizing Your Future: Tap into the power of visualization through journaling exercises, creating a clear vision for your ideal future and empowering yourself to make it a reality.

Building a Life-Long Practice: Celebrate your progress and develop a personalized journaling routine that sustains your inner exploration and supports your ongoing growth.

Exit Session:

Share your journaling journey, insights, and transformations with the group. Leave feeling empowered to continue using mindful journaling as a powerful tool for self-discovery, well-being, and creating a life you love.

COACHING INVESTMENT

\$2400

FULL PAYMENT OFFER

\$1997

CONTACT



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