

MY RESILIENT LIFE

What are my greatest fears about the arthritis? How have they crippled me? How can I face them and let them go? _____

What beliefs do I still hold from my childhood about myself and the world that are keeping from feeling good on the inside? What patterns of thinking no longer serve me? _____

How can I feel good from the inside out? _____

What is my purpose for being here, the meaning of my life? What gifts do I bring to the world and how can I use them to be of service? _____

What affirmations or intentions can I use to move my life forward in a positive direction?

Can I accept the present and intend the future? _____

How can I get in touch with my spirit? _____

Am I in survival mode? If so, how can I forgive myself? What strengths will I use to get myself out of it? _____

Who is in my village? (Friends, family, massage therapists, doctors, osteopaths, healers, etc.)

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Use this space to write, draw, or anything else you can think of to show yourself your resilient life.