



A Licensed Clinical Social Worker, Certified Energy Healer, Certified Sound Healer, & Certified Holistic Therapist

It's me, Tanika Barber, otherwise known as The Energy Healer. Why the Energy Healer you ask, well it's simple... I'm protective of my personal energy and boundaries and have a passion to help others develop a practice to protect theirs as well. I am the founder of Respect My InnerG. Yes... ENERGY that is your InnerG [GANGSTA]. I work to have you tap back into you and your inner G, whatever that looks like. It can be tapping into your sense of calm, happiness, or social energy.

SELF-CARE

INTENTIONS

TODAY I AM GRATEFUL FOR	
WATER	

CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE
NIGHT SELF-CARE

SMART

GOALS

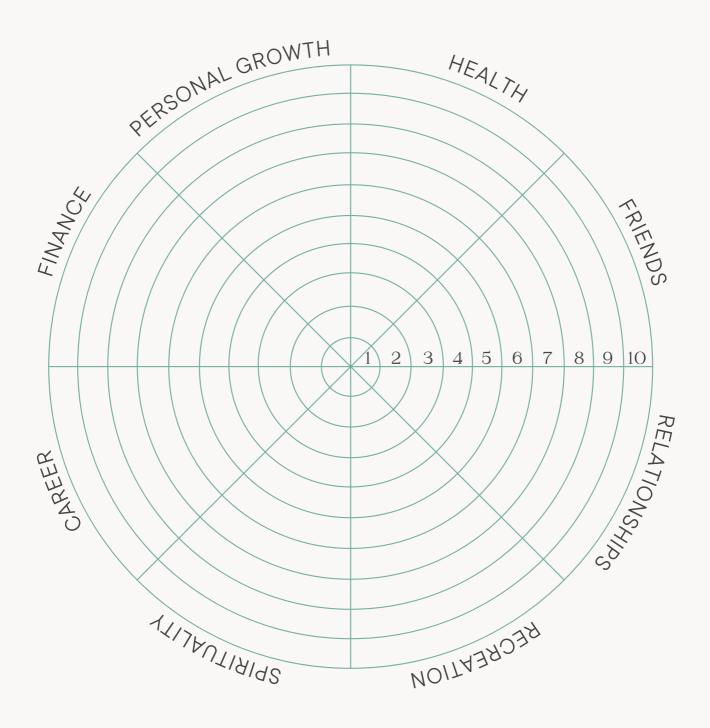
WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	SPECIFIC WHAT DO I WANT TO ACCOMPLISH?	
M	MEASURABLE HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
А	ACHIEVABLE HOW CAN THE GOAL BE ACCOMPLISHED?	
R	REALISTIC DOES THIS SEEM WORTHWHILE?	
Т	TIME BOUND WHEN CAN I ACCOMPLISH THIS GOAL?	

WHEEL OF

LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



UNDERSTANDING

GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION. USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

