

I Am What I Art by Fadwa Al Qasem

Hello, Creative Souls.

You don't need me to tell you how your mood affects many aspects of your life. What I'm trying to do with this journal is give you a way to not only monitor or track your mood, but reflect on why your mood changes; what triggers you. What thoughts run through your mind when things go your way and when they don't. How external factors and other people impact your mood and mindset.

The objective of this journal is to help you build a better understanding of your reactions and thought processes so that you can better control your mood and mindset, and be a able to direct and design a kinder, more fulfilling life for yourself and those you love.

Fadwa Al Dasem



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INSTRUCTIONS

How to use this journal

This journal is undated so you can start whenever you want.

 Set your intention for the month and acknowledge your emotions over the previous month.

(2) The left hand pages are there for you to journal, scribble, doodle, draw, collage, color; whatever you feel like. Remember, this is your personal space. There are no rules. No wrongs. And no rights.

(3) At the top of every right page, you can fill in details about the day and date.

(4) Tick off any of the 9 suggested mindful activities when and if you complete them.

(5) Fill in the boxes, which are selfexplanatory.

(6) I've made lists of resources for you to use. You'll find the lists on page () in the back of this journal.





ACKNOWLEDGE HOW YOU FELT LAST MONTH AND SET YOUT INTENTION FOR THE NEW MONTH.

HOW I FELT MOST OF THE TIME LAST MONTH

HOW I WANT TO FEEL MOST OF THE TIME THIS MONTH

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TIME START!

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Date: S/M/T/W/T/F/S

- Journalling
- Meditation

- Mindful Eating
 - Went outside



EVENING REFLECTIONS

Expressed Gratitude

Reflected on the day

MORNING REFLECTIONS

Woke up feeling.....

My intention for today

Inspirational quote

THREE THINGS I'M GRATEFUL FOR TODAY

1.

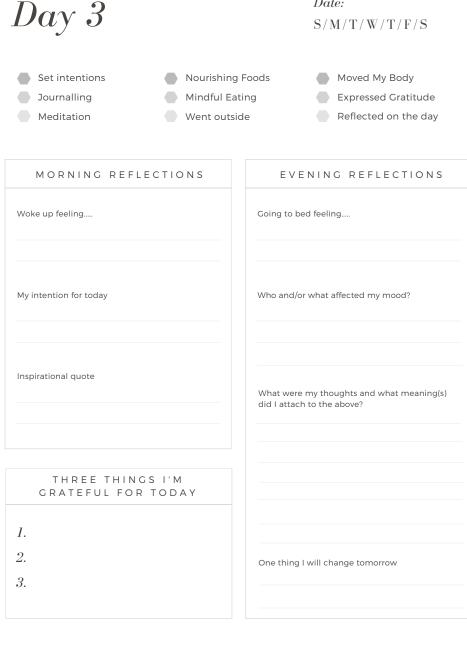
- 2.
- 3.

Who and/or what affected my mood?

Going to bed feeling.....

What were my thoughts and what meaning(s) did I attach to the above?







Date: S/M/T/W/T/F/S

- Journalling
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Set intentions Nourishing Foods Noved My Body

Mindful Eating Went outside

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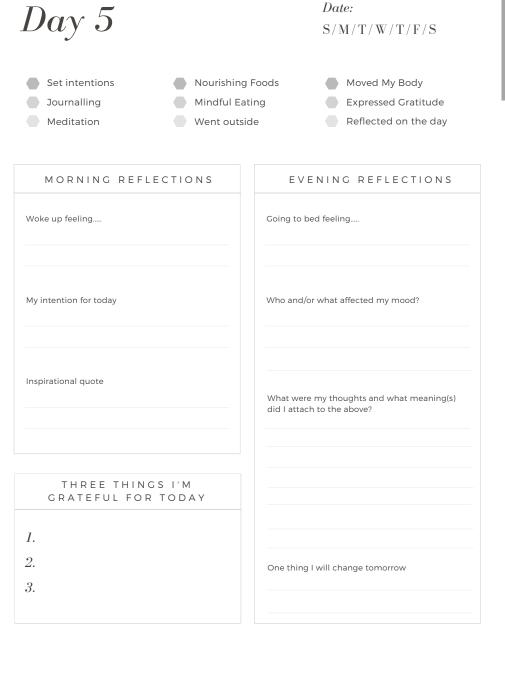
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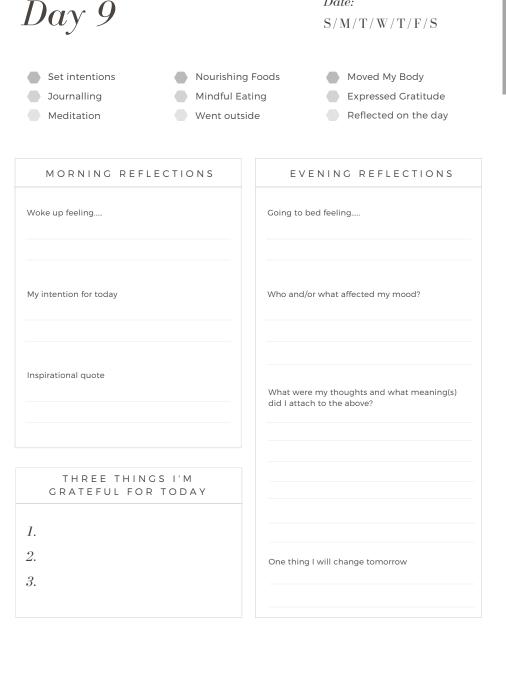
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One thing I will change tomorrow

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FINAL REFLECTIONS



Well done on completing this month's journal. If you want, it's a good idea to start another. But for now, spend some quality time reflecting on your experience. What you have learned about yourself?

Ask open-ended questions: What can I do better next month? What can I do to maintain a calm mindset? What do I need to learn to cope better with the circumstances in my life? What can I do more of? What should I do less of? Remember, this is your private space. Be honest with yourself. Don't be afraid of any shortcomings - we are have them. It's brave to recognize them, and to learn to be resilient. Look back only to see how much better you are doing today.

Falwa Al Dasell



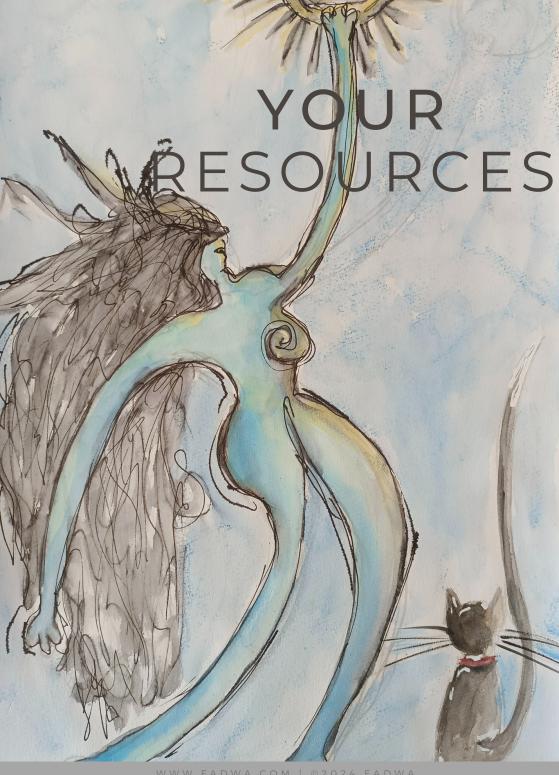
Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE



Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

BODY PHYSICAL	MIND MENTAL
HEART EMOTIONAL	SPIRIT SPIRITUAL
HOME ENVIRONMENTAL	MONEY FINANCIAL
CAREER PROFESSIONAL	PURPOSE PURPOSEFUL



Resources



LIST OF FEELING AND EMOTIONS TO HELP YOU BE SPECIFIC.

Consult this list as needed and use the words that best describe your mood and emotions.



LIST OF COLORS

For the doodle / draw / journal / collage / color pages. Consult this list of colors and use the ones that best describe your state at any given moment.



LIST OF QUOTES

Choose your own quotes. Use the same quote over and over. Or pick and choose from those offered here.



LIST OF THINGS TO DO WHEN FEELING DOWN

A few suggestions. Try them out. Add your own. Whatever works!

Feelings & Emotions

Accurately describe your feelings

• Afraid:

- terrified
- panicked
- frozen
- worried
- scared
- shaky
- nervous
- disturbed
- alarmed
- dreading
- restless
- anxious

• Alive

- playful
- energetic
- wonderful
- funny
- great
- giving
- active
- excited
- enjoying
- optimistic
- courageous
- exhilarated
- liberated

- Angry
 - bitter
- critical
- mean
- sadistic
- spiteful
- hostile
- seething
- furious
- violent
- aggressive
- loud
- sarcastic

• Confused

- lost
- doubtful
- hesitant
- disillusioned
- conflicted
- uncomfortable
- tense
- uneasy
- unsure
- distracted

Depressed

- empty
- desperate
- miserable
- grumpy
- cranky
- down
- moody
- touchy
- no energy
- hopeless
- powerless
- pessimistic

• Нарру

- joyful
- delighted
- ecstatic
- mellow
- sunny
- cheerful
- rapturous
- glad
- thankful
- elated
- lighthearted
- overjoyed

Helpless

- weak
- sick
- pathetic
- trapped
- useless
- inferior
- doomed
- paralyzed
- alone
- overwhelmed
- distressed
- fidgety

• Hurt

- wronged
- suffering
- insulted
- injured
- withdrawn
- distant

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• smothered

rejected

humiliated

offended

invaded

bullied

Feelings & Emotions

Accurately describe your feelings

Strong

- secure
- 0 honest
- reliable
- sure
- certain
- mature
- solid
- confident
- energized
- composed
- dynamic
- stable

Indifferent

- cold
- uncaring 0
- lifeless
- numb
- insensitive
- weary
- bored
- slow
- blank
- o dull
- reserved
- uninterested

• considerate

- Positive
 - inspired
 - brave 0
 - daring 0
 - hopeful 0
 - eager
 - motivated 0
 - adaptable 0
 - upbeat 0
 - creative 0
 - helpful 0
 - resourceful
 - constructive

- Peaceful • calm
 - 0 content
 - serene
 - relaxed
 - pleased 0
 - blessed 0
 - carefree
 - clear 0
 - good 0
 - at ease 0

 - forgiving

- Judgmental
 - serious
 - stony 0
 - tactless 0
 - disgusted
 - frowning
 - stiff 0
 - rude
 - hard
 - bossy 0
 - stern
 - blunt
 - arrogant
- Sad
 - lonely
 - desolate 0
 - unhappy 0
 - fragile 0
 - crying 0
 - 0 sorrowful
 - grieved 0
 - dismayed 0
 - unworthy 0
 - devastated
 - alone
 - 0 sour

• welcoming accepting

0 passionate

- affectionate 0 • tender
- caring 0
- grateful 0
- kind
- patient 0
- humble 0
- gracious
 - compassionate fulfilled
 - warm

- Loving
- free kind 0

Open

- easy
- flowing
- outgoing
- 0
- present
- flexible connected

• friendly

tolerant

• sympathetic



Have fun with these!

Use colors to write and journal with. Use colors to scribble, doodle, draw, color. Rip out pages from old magazines. Use markers, pencils, pens. Whatever you like. Don't judge. Just enjoy the mark-making.

Colors & what they usually represent:

Blue: Feeling Relaxed / Lovable

Turquoise: Feeling Content / At Peace

Green: Feeling Calm / Comfortable

Orange: Daring, bold, adventurous

Purple: Feeling Romantic / Sensual

Red: Having High Energy / Feeling Angry

Yellow: Feeling Creative / Filled with Imagination

Dark yellow: Feeling Unsettled / Surprised

Dark brown: Feeling Restless / Being on edge

Black: Feeling Stressed / Nervous



Use these. Add your own.

Inspirational Quotes

- The trick is to be grateful when your mood is high and graceful when it is low. (Richard Carison)
- Happiness depends upon ourselves. (Aristotle)
- Happiness is not something ready-made. It comes from your own actions. (Dalai Lama)
- It's a helluva start, being able to recognize what makes you happy. (Lucille Ball)
- Most people are about as happy as they make up their minds to be. (Abraham Lincoln)
- Happiness is not a station you arrive at, but a manner of traveling. (Margaret Lee Runbeck)

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Things to do When feeling down

- Listen to music (Spotify playlist)
- Swim
- Soak in warm or hot water
- Go for a walk
- Call a friend
- Sleep
- Nap
- Workout at home, in gym, with friend
- Watch a good movie
- Yoga
- Dance
- Journal stream of consciousness
- Hobby maybe start a new one?
- Knitting or crocheting time to learn?
- Read what your wrote in the grateful boxes
- Look through your achievements list (time to create one!)
- Do something for someone else (donate money, time, volunteer)
- Read a good book

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MEET FADWA

Thank you for letting me into your life.

I am Palestinian-Canadian; a woman, a mother, daughter and wife (39 years), with a gypsy's spirit. I've lived in 6 countries, and traveled to many more. I've learned that we are all creative, we all cry over the same pain, and we can learn to laugh at ourselves and understand other's sense of humor.

Fadwa Al Qasem I live in Calp, Spain WhatsApp: +34 648 242479 Email: f.alqasem@yahoo.com

Learn more at *fadwa.com*

I am a bilingual author - 8 books have my name on them somewhere, and a mixed media artist currently living on the Costa Blanca of Spain.

IG.COM/IAMWHATIART

IAMWHATIART.COM



FADWA.COM

"Lose the wait." Fadwa Al Qasem

