

I'm Healing

THE WORKBOOK



by PerCilla Zeno



*“ Being mindful of your needs
means loving yourself enough
to effect a positive change.”*

– PerCilla Zeno, The Healing Partner



INTRODUCTION

WELCOME to the **I AM** Healing workbook which is designed to take you through the journey of your healing, wellness, and recovery. This 7-part blueprint offers practical for people who may have fallen into the cracks of society.

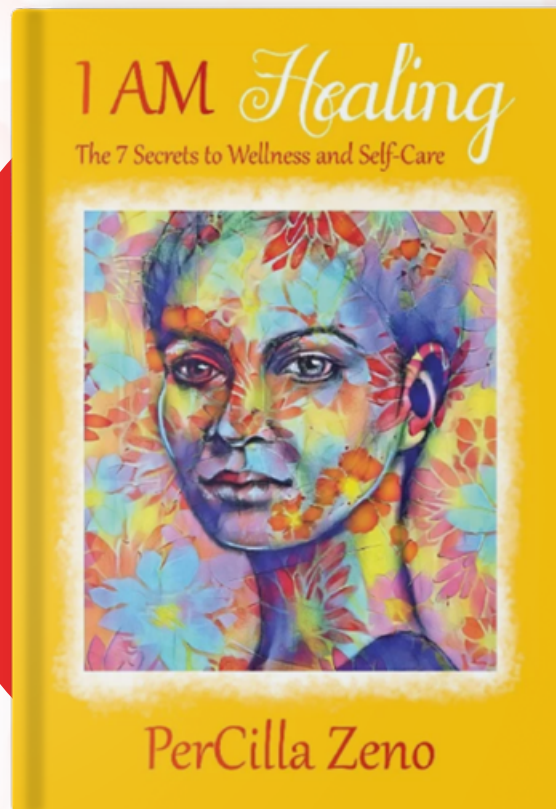
Many people today suffer trauma from getting out of jail, from living in transitional homes, from personal battles with addiction, and mental health. This workbook will take you through the **8 domains of wellness** to achieve optimal wellness, reduce stress, and ensure positive interactions.



GOT YOUR BOOK READY?

Before we proceed, you should have your copy of *I AM Healing - 7 Secrets to Wellness and Self-Care* close by. If you don't have one yet, you can order the e-book or hardcover versions of the book here (<https://www.percillazeno.com/shop>)

We will continually refer to concepts explained in the book so you should get your copy before we get started.





YOU DESERVE HEALING, WELLNESS, AND RECOVERY

The journey begins with a conscious decision to want to be better, to let go of stress and anxiety. This will help you become more mindful of your self- healing and self-care needs. The good news is that it IS possible to adapt the principles in this workbook to create positive change in your life.

We will be going through the 8 domains of wellness to bring harmony into your Human Energy Field (HEF). This is because true well-being is made up of 8 mutually interdependent dimensions:

- ▶ The physical
- ▶ The emotional
- ▶ The spiritual
- ▶ The financial
- ▶ The intellectual
- ▶ The social
- ▶ The occupational
- ▶ The environmental

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality of life. Wellness matters. Wellness matters because everything we do and every emotion we feel relates to our well-being.

In turn, our well-being directly affects our actions and emotions. This is an ongoing circle we all experience differently. It is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness, and ensure positive interactions.



LESSON 1

TAKE CARE OF YOURSELF

It is easy to believe you can do everything by yourself. Sure, it feels good to keep working, keep on pushing on to stay ahead of the race, and change things for the better. However, it is important to remember to take care of yourself on this journey to attaining your goal.

Percilla shares her personal experience during a distressing time in her life. It took a genuine nervous breakdown for her to realize that it is impossible to be perfect and strong at all times.