

2021

WELLNESS PLANNER

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JAN

Set ambitious but attainable yearly goals

FEB

Find the self-care routine that works for you

MAR

Practice single-tasking

APR

Document and celebrate small wins

MAY

Cut negative self-talk

JUN

Learn to say "No"

JUL

Document and celebrate small wins

AUG

Fuel your body with wholesome food

SEP

Find your passion and work on it

OCT

Take regular days off social media

NOV

Engage in mood-lifting exercises

DEC

Review your change and growth

Ideas Wellness Planner

Paul Berger



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fathers simply do not tend to talk about with people in their lives Unlike other fatherhood curricula Amazing Dads addresses a breadth of topics empowering men to discuss issues like family of origin sexuality how punishment can turn into abuse self care and how toxic messages in the culture can hinder parent child relationships Each session incorporates grounding and breathing exercises in addition to activities exercises and experiential opportunities that allow participants to connect with the material on a meaningful level By the end of this course fathers will have gained the increased self awareness needed to enhance their relationships with their children and other family members Lead fathers through a curriculum of targeted lessons focused on how male socialization affects their parenting Guide participants through exercises for developing relational communication and conflict resolution skills Connect with dads on a meaningful level by creating a safe space for discussions of trauma and other difficult subjects Explain important parenting concepts using examples hands on activities and more This curriculum is excellent for use in parenting groups behavioral health treatment programs addiction treatment programs and other community based programs serving fathers Dads of all backgrounds with kids of all ages will benefit from the wisdom in Amazing Dads Fatherhood Curriculum

Journal Your Way to Riches Callisto Momesso, 2025-05-04

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Remaking Relapse Prevention with Sex Offenders D. Richard Laws, Stephen M. Hudson, Tony Ward, 2000-04-19 This book is a rich source of information on the application of relapse prevention with sex offenders It presents readers promising directions for change and areas that need revision based on new research findings and the integration of emerging theoretical models that show considerable promise in this field The material in this book should help us construct a better safer vehicle for the treatment of sex offenders in the new millennium from the Foreword by G Alan Marlatt University of Washington It is estimated that relapse prevention methods are employed in more than 90% of all North American sex offender treatment programs of which there are more than 2 000 Comparable statistics are true in most industrialized countries around the world Over the last decade a great deal has been learned about the treatment of sexual offenders and particularly about relapse prevention This sourcebook provides clinicians with the most current practical information about working with sex offenders to prevent relapse It reflects the advances and insights of the past decade since the publication of Relapse Prevention with Sex Offenders focusing on the major reconceptualizations revisions and innovations that will chart treatment programs for the first decade of the new millennium *Unlocking the Potential of OpenAI's ChatGPT* DAVID YAO, Have you heard of OpenAI s ChatGPT but have no idea what it is or how to use it Look no further This book provides a comprehensive introduction to this revolutionary language model In this book the author takes you through the history of ChatGPT and its capabilities as well as its practical applications in fields such as customer service content creation and data

analysis You'll also learn how ChatGPT works and what sets it apart from other language models But that's not all the book also provides hands on examples and tutorials to help you put your newfound knowledge into practice The author will also address the limitations of the model and provide tips on how to achieve optimal results Whether you're a data scientist business owner or student this book is a must read for anyone looking to understand and utilize the power of ChatGPT With its comprehensive understanding of ChatGPT and its potential to transform the way we work and learn this book is sure to be a valuable resource So why wait Get your hands on a copy today and let OpenAI's ChatGPT work for you

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