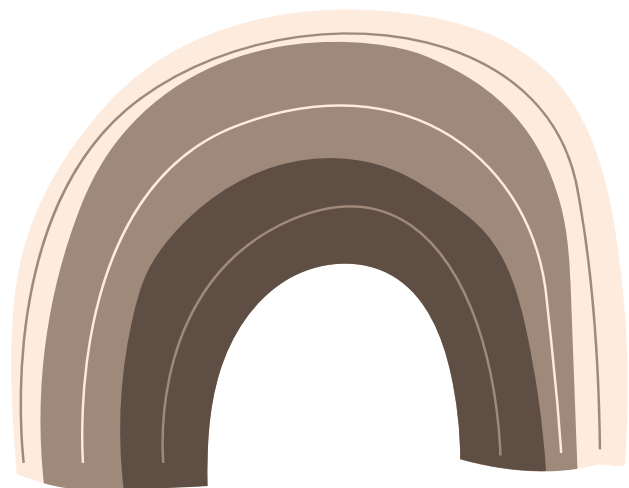
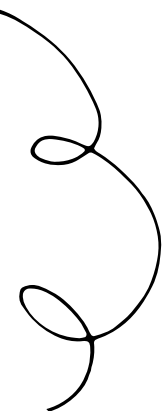
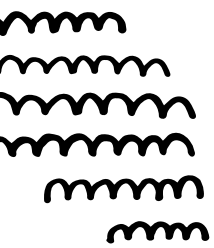
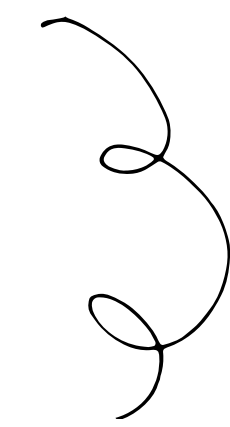
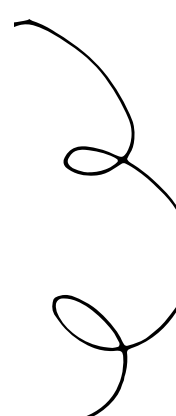
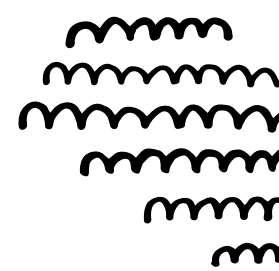
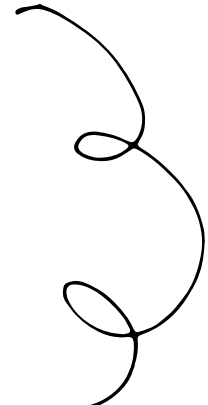
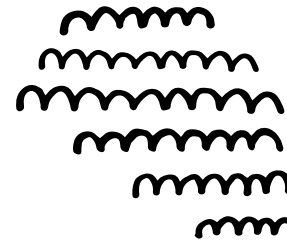




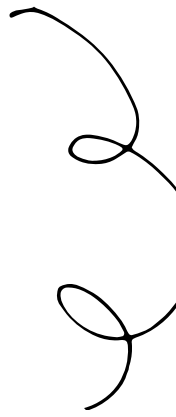
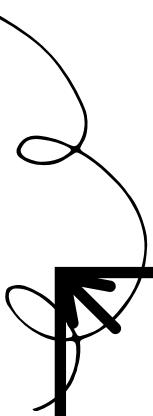
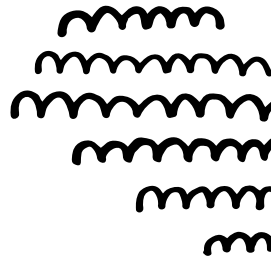
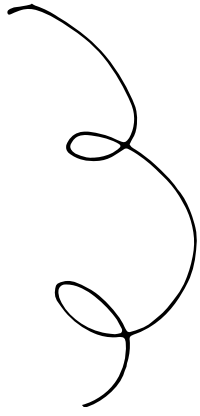
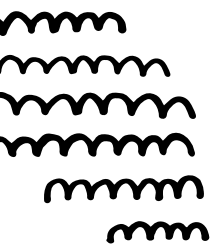
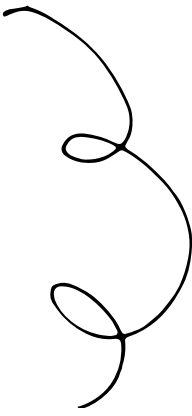
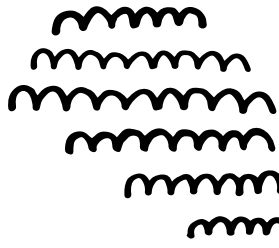
DIARIO
de
CREATIVIDAD
EMOCIONAL



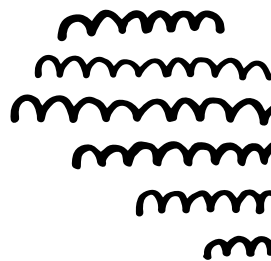
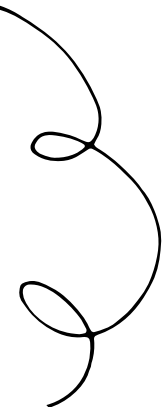
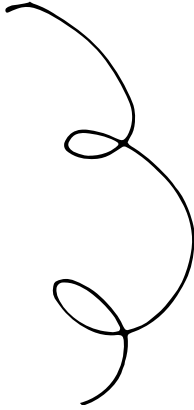
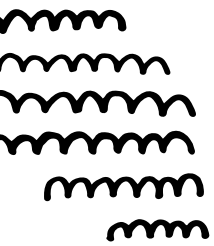
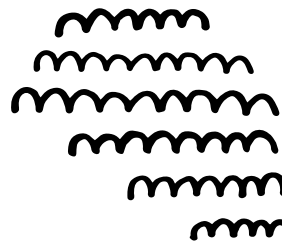
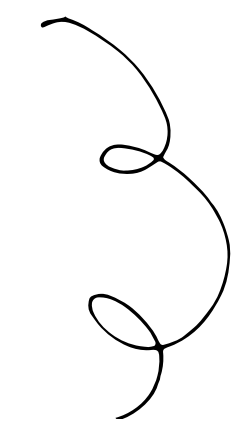
@psico_mporienta



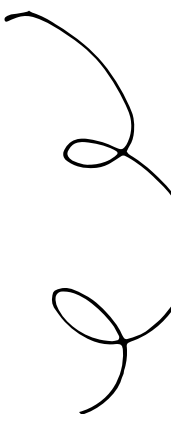
**Pega en esta página con
LETRAS de recortes
de periódicos una frase
con la que te identifiques**

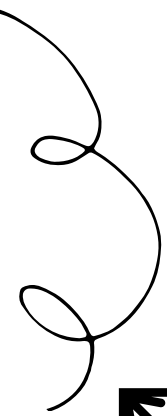
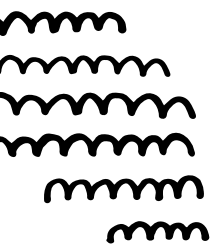
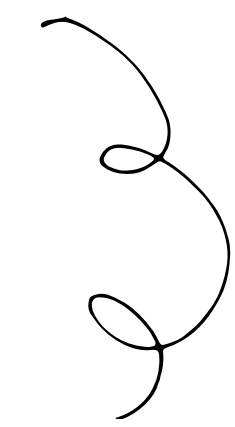
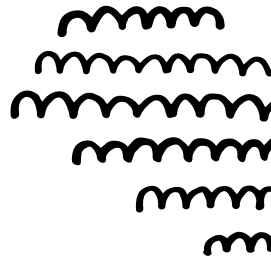
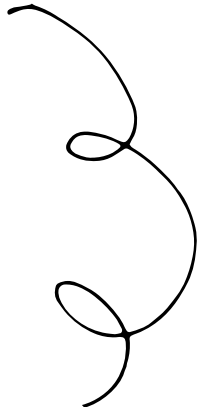
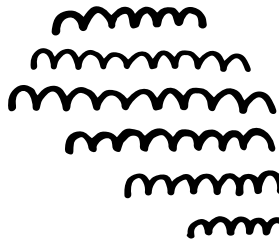


**Escribe en esta página
esos PENSAMIENTOS
PREOCUPACIONES
que te roban tu BIENESTAR,
después, pintamos de negro y gris encima,
hazlos trocitos de papel y monta un COLLAGE
con papel de periódico**

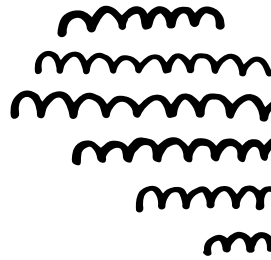
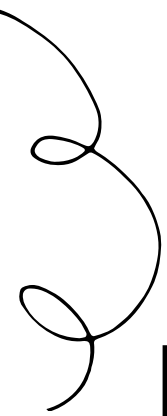
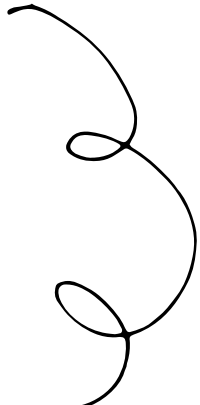
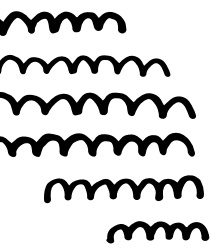
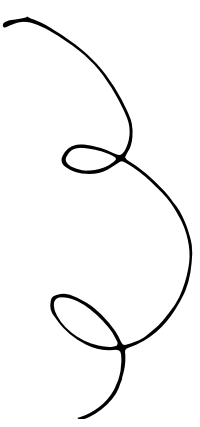
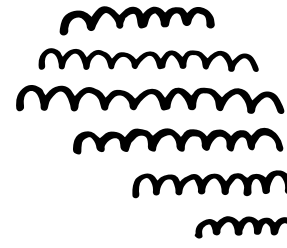


**Dibuja el PERFIL de un envase
grande de cristal, pega dentro del envase
las letras iniciales de recortes de periódicos
de aquellas cosas que AGRADECES en tu vida
y te hacen muy FELIZ; después, crea
una RIMA con ellas**

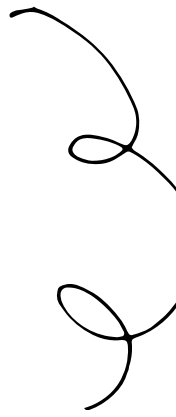


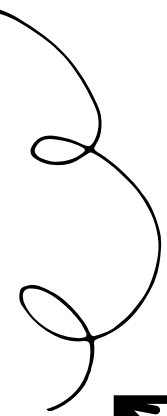
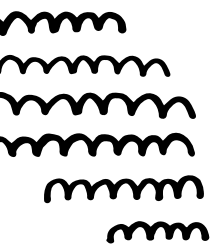
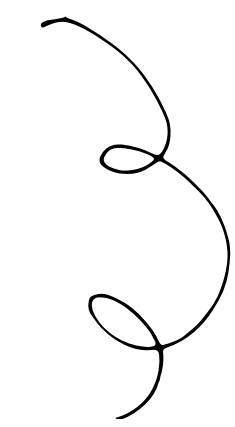
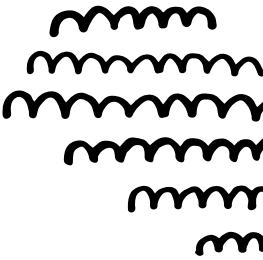
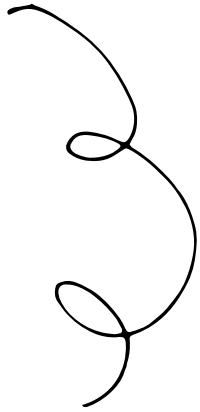
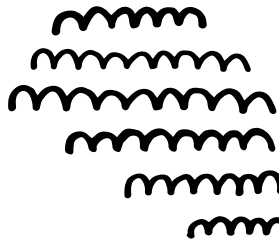


**Pega en esta página varios trozos de
periódicos, después, pinta
con colores, anota encima
5 FORTALEZAS que te definen**

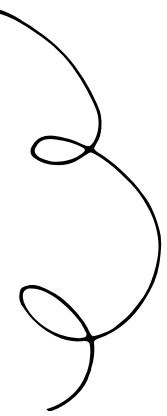
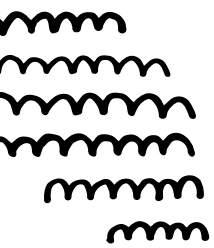
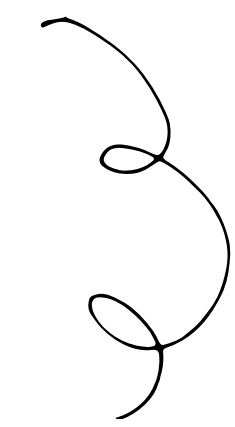
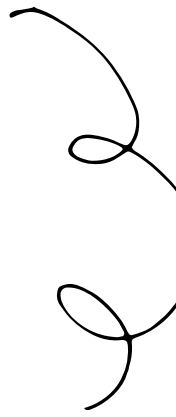
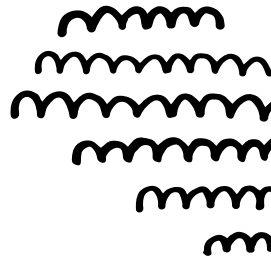
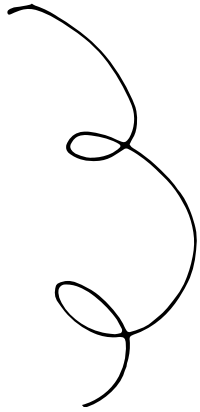
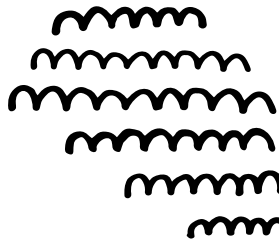


Dibuja con recortes de periódicos una casa.
En el tejado anota 3 hábitos inadecuados
En las ventanas anota 2 miedos
En la puerta anota un sueño

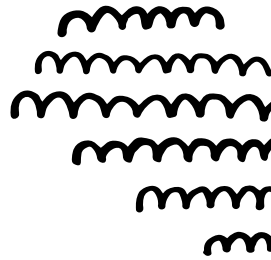
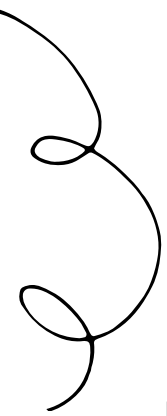
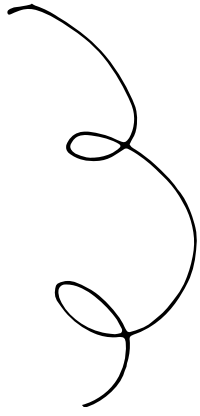
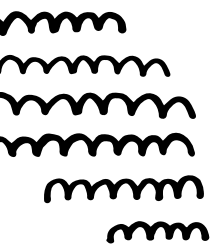
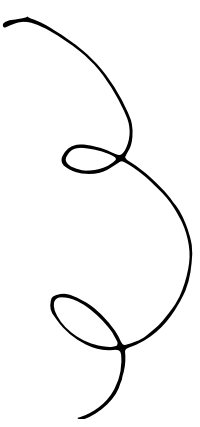
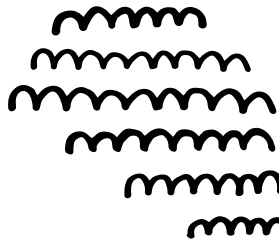




**Dibuja un CORAZÓN,
divide en 4 porciones,
en cada porción anota
4 palabras bonitas que te han dicho**



**Rellena esta hoja de círculos.
Después, dentro de 5 círculos
anota los nombres de 5 personas
relevantes en tu vida**



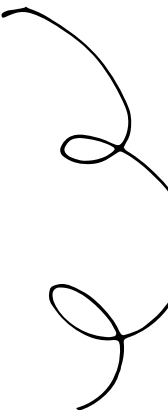
Dibuja muchas MANOS.

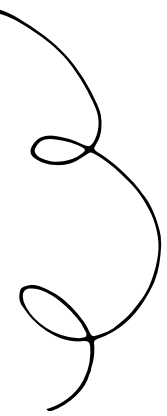
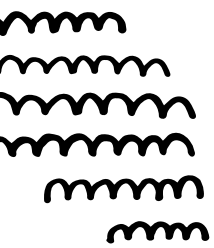
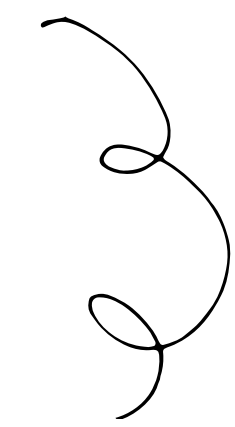
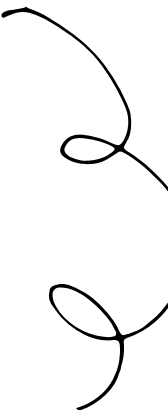
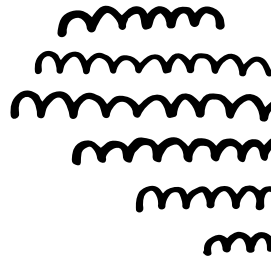
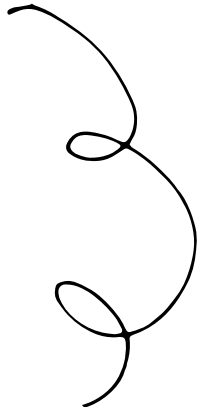
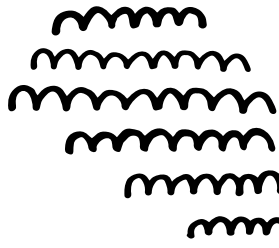
Elige una de ellas,

en cada dedo debes

anotar

1error y 1aprendizaje



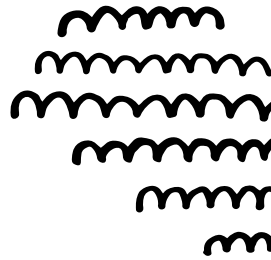
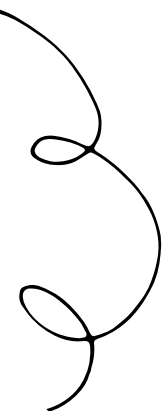
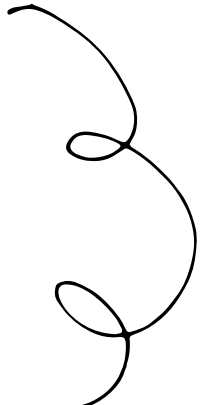
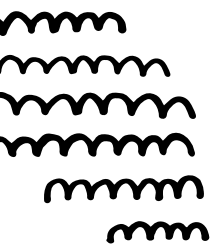
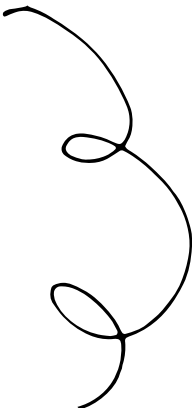
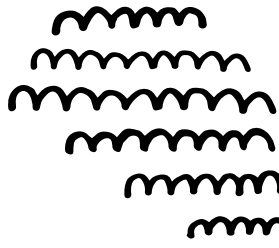


Dibuja una FLOR con 5 pétalos.

En cada pétalo

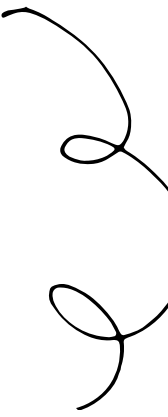
escribe aquellas

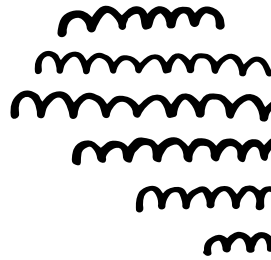
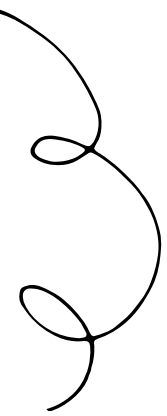
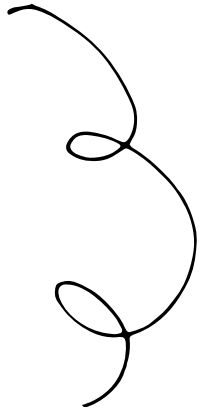
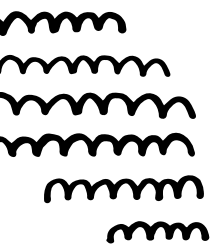
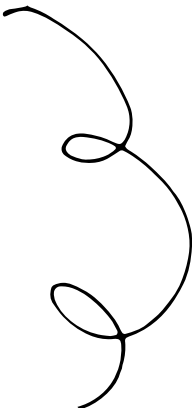
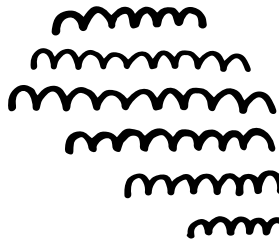
cosas que te dan PAZ



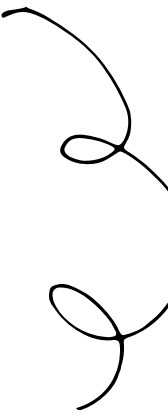
Rellena esta hoja de PECES.

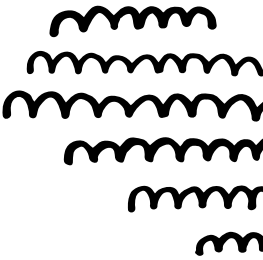
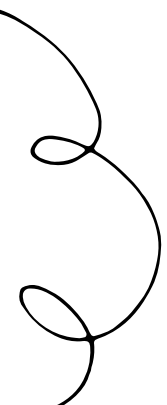
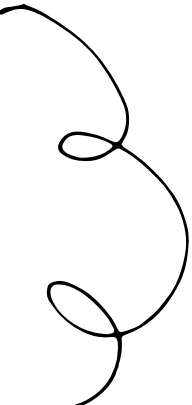
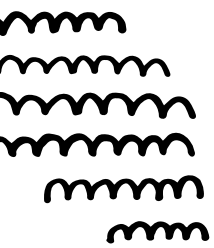
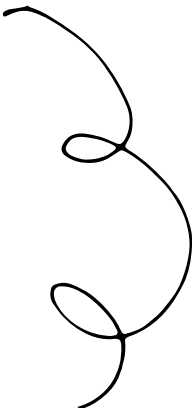
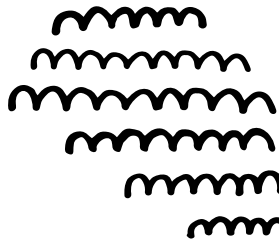
**En el fondo del MAR dibuja un tesoro
y dentro de él, 3 cosas de las que te sientes
ORGULLOSO**





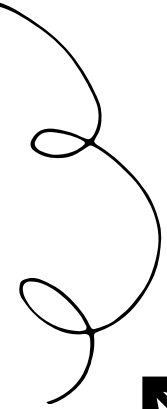
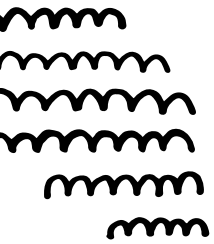
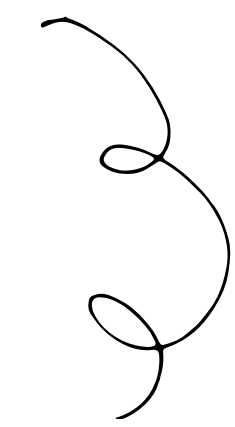
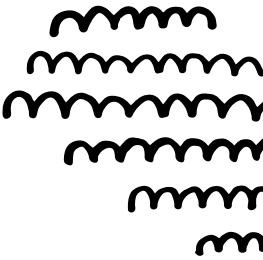
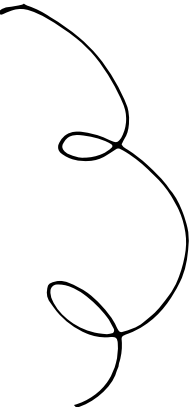
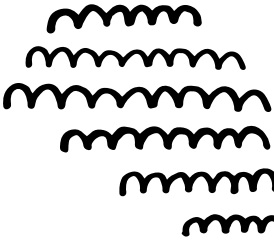
**Llena esta hoja de
GARABATOS; después, escribe encima
3 cosas que te hacen perder los NERVIOS**



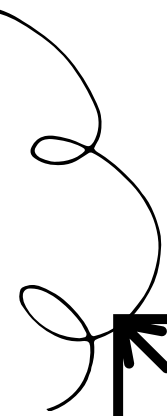
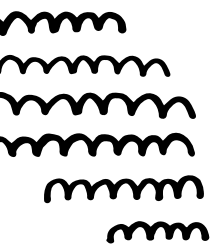
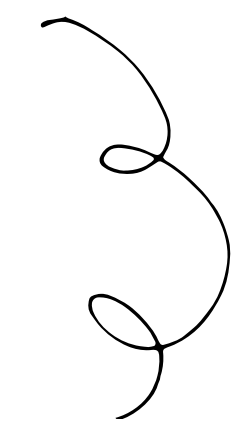
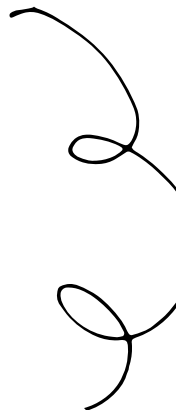
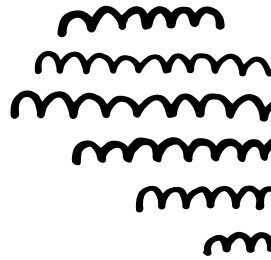
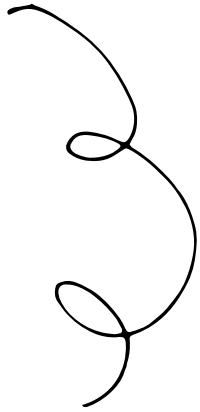
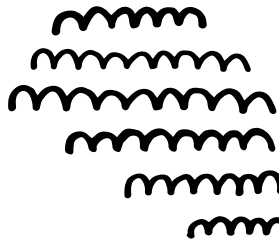


**Dibuja un arco iris con sus 7 colores,
y anota en cada color esas 7 cualidades que
son imprescindibles para Ti**

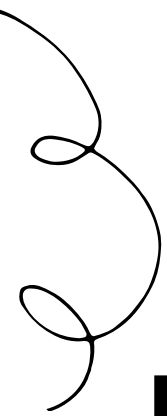
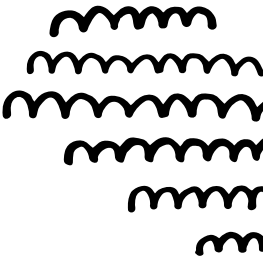
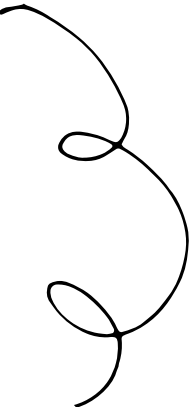
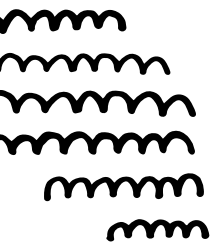
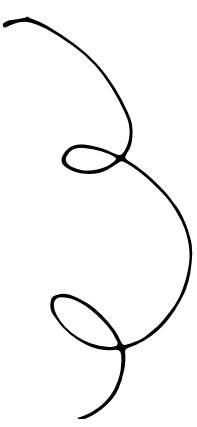
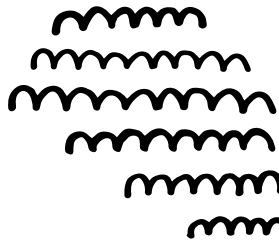




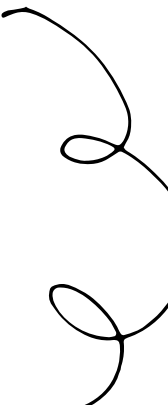
**Rellena esta hoja de LETRAS,
después, elige 5 letras; con cada inicial
elabora tu receta de la FELICIDAD**

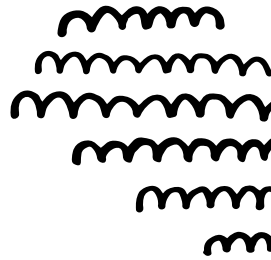
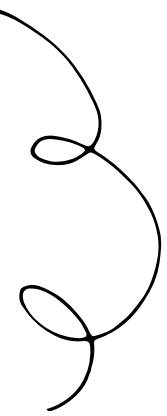
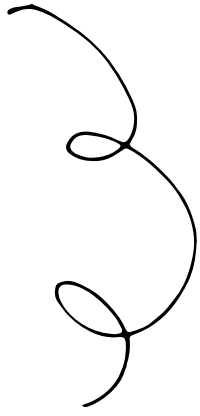
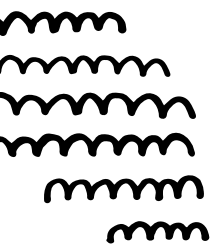
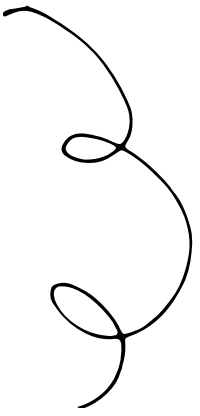
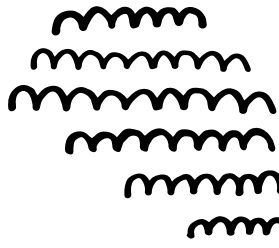


**Dibuja un mapa. En el centro del
mapa escribe tu mayor SUEÑO, alrededor, otros
5 sueños que desees cumplir dentro de 5 años.
Después, fuera del mapa, 5 sueños que
alcanzaras cuando tengas 30 años**

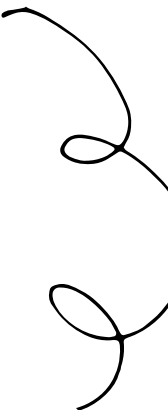


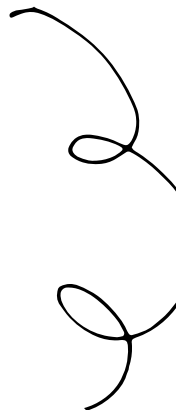
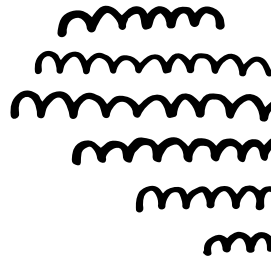
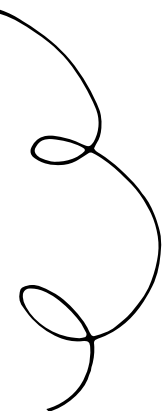
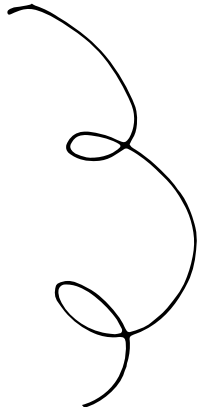
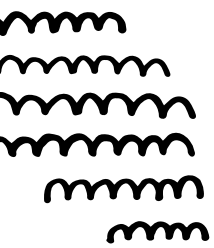
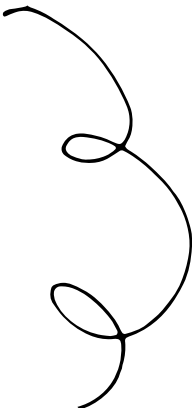
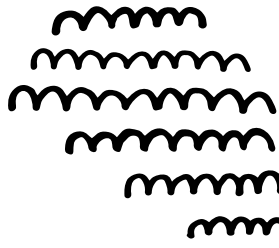
Decora esta página con rayas de diferentes colores. Después, escribe encima la última carta que te gustaría dejar escrita el último día de tu vida



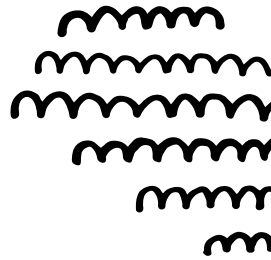
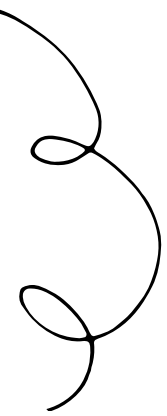
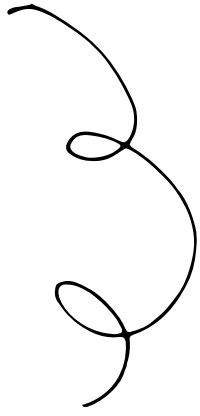
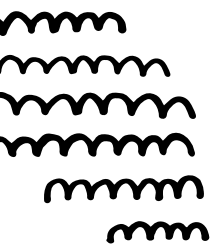
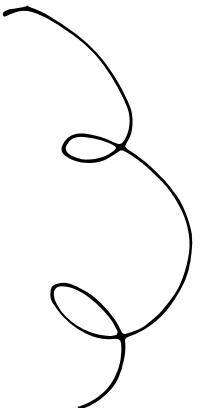
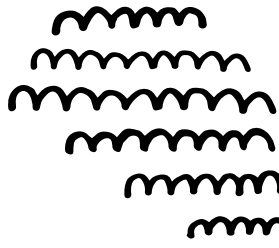


**Estas en una isla, vas a pasar un año,
dibuja 10 cosas
IMPRESINDIBLES que te llevarias**

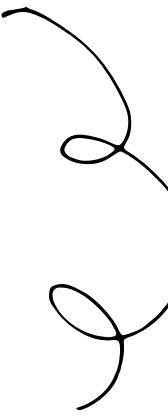


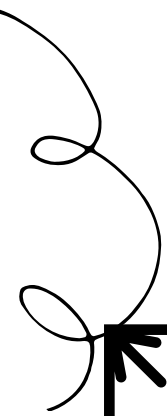
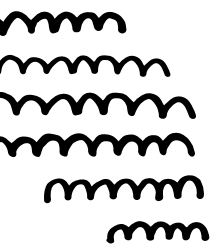
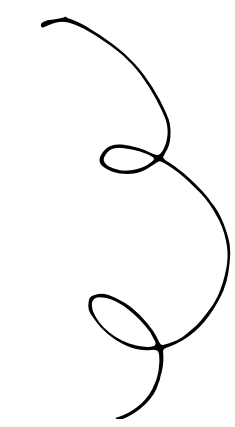
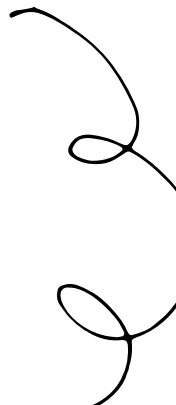
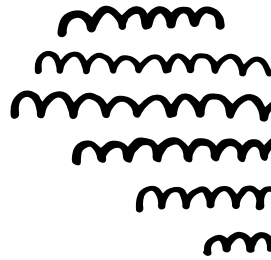
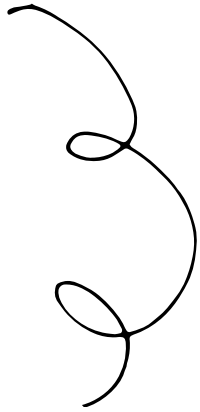
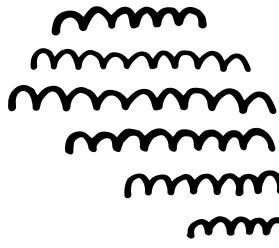


Colorea de negro esta página.
Anota en letras blancas tu momento más
OSCURO



**Dibuja 5 animales; después, anota que
cualidad
te gustaría tener de cada uno**





Dibuja una estrella, una nube, un sol y una montaña.

**La estrella será tu meta para este año,
la nube lo que vas a sacrificar para
alcanzarla, el sol tus puntos fuertes y la
montaña esos obstáculos que encontrarás**