

The Body-Mind-Soul Solution: Healing Emotional Pain through Exercise

JOURNAL ENTRY FORM

Name-

Date-

Type of Workout-

Length of Workout-

Music Selection-

Issue- Please circle one (the same one for each workout) Healing Stuck Grief, Healing from the Death of a Loved on, Healing the Teenager Within, Healing the Anger that Hurts those you Love, Healing the Ancestors Anguish, other _____.

Emotional Pain Question:

Journal notes after workout: