## workbook Dream-Making for Dream-Making for the QTBIPOC Soul

by Fearless Femme 100

www.fearlessfemme100.com

### ABOUT US

Fearless Femme 100 is a movement of extraordinary QTIBIPoC femmes to find their power. We are creating a legacy of infinite self love through mental wellbeing, holistic wellness, arts, and activism for our community.

We began as a COVID-19 response mental health service project called, "FREE QTBIPOC Mental Health Counseling."

Fearless Femme 100 is a community group of BIPoC Trans femmes GNC/NB folks, and Cis women centering Trans/Queer Black and Indigenous experiences with peer centered mental health counseling.

We have served 500+ QTBIPoC across the USA and internationally and have offered support groups and mental health events to 450+ QTPoC who've registered.



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## MY WORKBOOK

Name:		
Pronouns:		
Date		
Dure:		
Email:		
Date:		

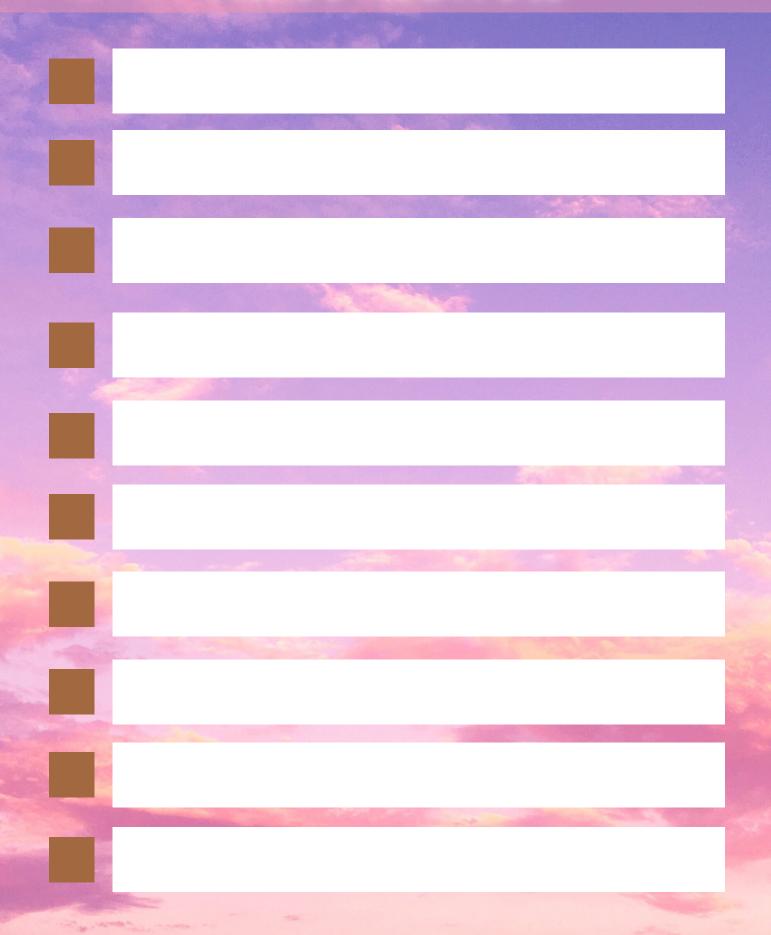
Phone Number:	
Social Media:	
Where do I come from?	
How do I identify myself? Have I shift	red in the ways I identify?
What are my passions?	
What are my values?	

#### PHASE 1: REFLECTION & INTENTION

Relax. Breathe. Take a moment to pause. This is the time to let whatever comes to flow without constraint or second guessing. Trust that you intuitively know what topics you need to reflect on.

Step 1: Ask yourself what happened this month that challenged me?				
Step 2: Ask yourself what caught r	ne by surprise this month?			
Step 3: The biggest lesson I	Step 4: What did I accomplish i	n		
learned in the past 30 day that helped me grow was?	the past 30 days that I'm most proud of?			

# LIST YOUR GOALS FOR NEXT MONTH



your values?
Step 7: How do you feel in yor body on a day to day?
Check All That Apply To You :
<ul> <li>I desire more time for rest, reflect, and stillness in my life</li> <li>I intend to be more compassionate, tender, and gentle with myself</li> </ul>
I willing and ready to extend graciousness to parts of me that overcoming toxicity, hardship, in addition to lack.
Step 8: Reflecting on everything you wrote, what patterns do you notice in your behaviors and desires?

#### PHASE 2: EMPOWERMENT

Remember your strength and the unique energy you bring to this world when envisioning the future you desire. You've made it this far for a reason. Take time to reflect on what empowers you.

Where does your power come from? What does it look and feel like to you?				
You are powerful. You are worthy of love, respect, and success. How would you remind yourself of this when needed?				
Three Self-Affirmations that help you feel safe, grounded, and/or empowered:				
1.				
2.				
3.				

#### SELF-LOVE ACTIVITY

Self-love is the reflection of your soul's contentment. Draw heart below. This is your map. Fill your heart with everything you love about yourself. Draw a circle outside your heart. Section the circle into different areas of wellness (spiritual, emotional, romantic, health, etc) Which areas need more attention? Color in those parts of the circle.

Use this page or do your sketch on your own piece of paper!

#### Coping Skills Word Matching Puzzle

Drag a line to the term that correctly matches the definitions of the coping skills to try in 2021. If using the digital version, you can put the correct letter (A) in the corresponding circle!

## Terms Definitions

- Problem focused coping
  - Emotion focused coping
- Pet therapy
- Breath work
- Aroma therapy
- Progressive Muscle Relaxtion

- A. Guided interaction between a person and a trained animal
- B. Breathing exercises or techniques
- C. Taking care of your feelings
- D. Holistic healing treatment that utilizing natural plant extracts
- E. A method that helps relieve that tension
- F. Improving your performance

#### THANK YOU!

Thank you so much for following us along in this journey! We hope this workbook and all of the other resources, workshops, and programs impacts you in beneficial and meaningful ways.

Your continued support means so much to us!

Help us to provide FREE mental health services for marginalized trans/queer Black, Indigenous, and People of Color for 6-12 months by donating to our Queer BIPoC Mental Health Counseling Fund!

Visit https://www.fearlessfemme100.com/phase-2-fundraiser for more information.

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