**THE ALIGNED PROFESSIONAL (TAP) JOURNAL**

**FOUNDATIONS OF ALIGNMENT**

**A close-up of a logo

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**NOTES**

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**POINTS TO PONDER.** Write or draw your responses. Consider adding detail you will find beneficial upon later reflection. Bullet points and words may suffice.

**1. What is one item, detail or insight from the module that resonates with your current state of being or level of understanding?**

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**2. What is one new item, detail or insight from the module that you might continue to investigate?**

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1. **Reflect on how your understanding of mood, energy levels, and Maslow's hierarchy of needs affects your approach to work, client interactions, and managing your personal well-being.**

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**STRATEGIES FOR REGULATION: SOUND JOURNEY**

**A blue and pink rectangular object with text

Description automatically generated**

**NOTES**

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**POINTS TO PONDER.** Write or draw your responses. Consider adding detail you will find beneficial upon later reflection. Bullet points and words may suffice.

**1. What is one item, detail or insight from the modules that resonates with your current state of being or level of understanding?**

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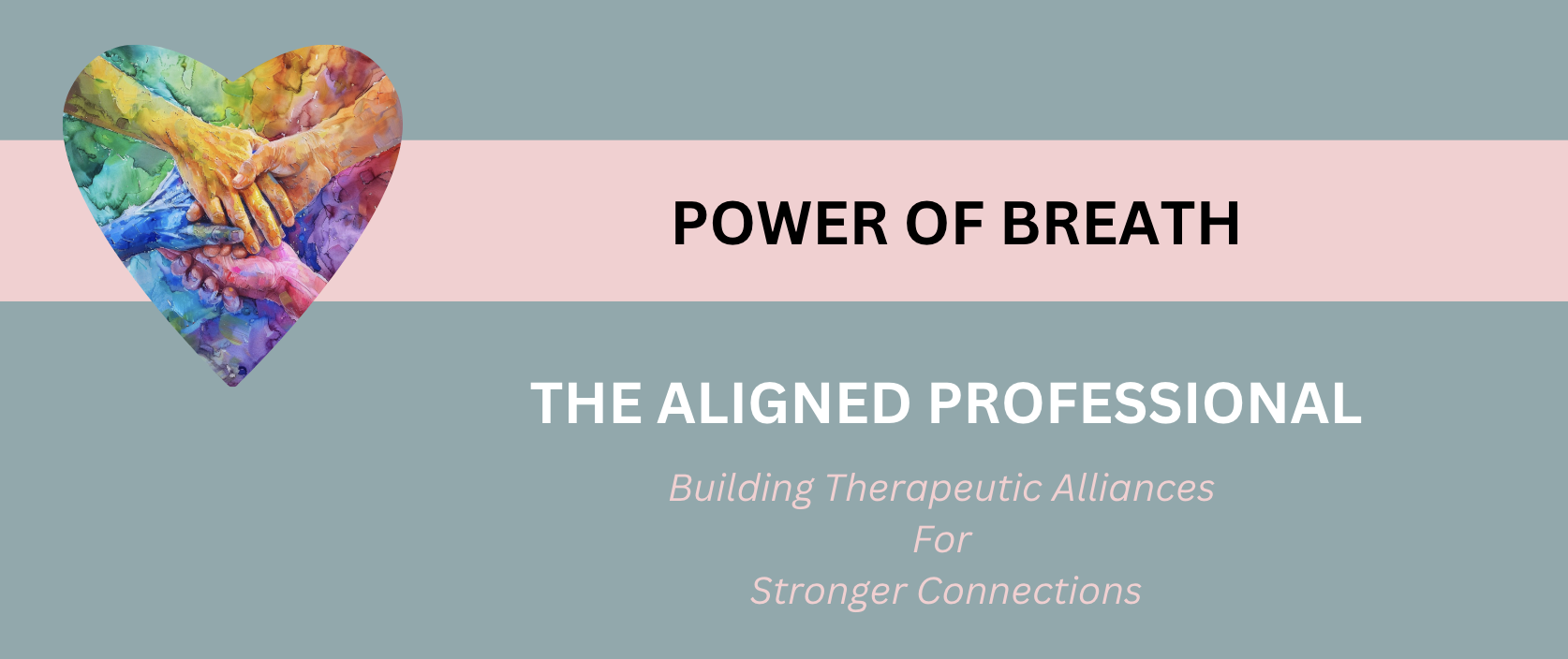
**2. What is one new item, detail or insight from the modules that you might continue to investigate?**

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1. **Reflect on how your sound journey experience impacts your mood and energy.**

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**STRATEGIES FOR REGULATION: POWER OF BREATH**

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**NOTES**

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**2. What is one new item, detail or insight from the module that you might continue to investigate?**

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1. **Reflect on how your breathing experience impacts your mood and energy.**

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**WRAP UP**

**FURTHER CONNECTIONS FOR MOVING FORWARD**

**A close-up of a blue and pink rectangle

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**Have you encountered any new ideas or perspectives that challenge your previous understanding? Identify here:**

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**What feelings/emotions does the challenge bring up?**

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**Think about strategies that are working well. What can you do to further increase your knowledge and/or practice? How will continued exploration impact your approach to work, client interactions, and managing your personal well-being?**

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**Is there a strategy that isn't working for you? Are you open to momentarily pausing it to try other strategies that may be more effective? If yes, what strategy will you replace it with?** Hint: creating a plan for integration will increase your success.

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**FURTHER YOUR INTROSPECTION**

**Which activity or lesson has helped you understand the material the most?**

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**How is the learned information from this course relevant to your professional practice/career? Explain.**

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**Where is your present level of confidence for moving forward in application to your work? Is it a 7 or better?**

**A close-up of a diagram

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**What, if any, additional supports will be beneficial to you?**

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***Congratulations on your perseverance and efforts to improve your well-being and make a more positive impact on your professional circle!***

**Connection & Support**

* [**The Aligned Professional Facebook Group**](http://www.facebook.com/groups/516926117422271/)
* **Email:**
  + **Debrabattistellaot@creativeconceptsot.com**
  + **Heidi.alignOT@gmail.com**
* [**The Aligned Professional Extended Program**](https://www.creativeconceptsot.com/resource-hub/the-aligned-professional)
* [**AlignOT website**](https://www.alignot.com/)
* [**Creative Concepts In Occupational Therapy LLC website**](https://www.creativeconceptsot.com/home)