

THE ALIGNED PROFESSIONAL (TAP) JOURNAL

FOUNDATIONS OF ALIGNMENT



NOTES

[illegible]

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?

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

3. 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.



SOUND JOURNEY

THE ALIGNED PROFESSIONAL

*Building Therapeutic Alliances
For
Stronger Connections*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

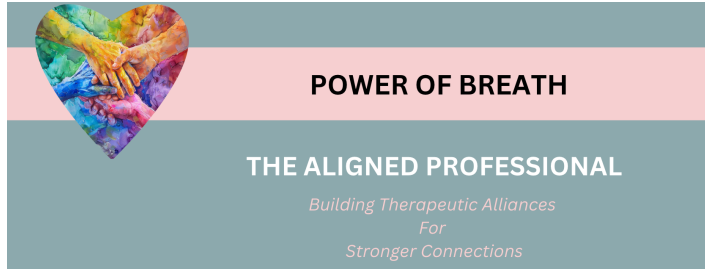
POINTS TO PONDER. Write or draw your responses. Consider adding detail you will find beneficial upon later reflection. Bullet points and words may suffice.

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

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

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

STRATEGIES FOR REGULATION: POWER OF BREATH



NOTES

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

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

3. Reflect on how your breathing experience impacts your mood and energy.

WRAP UP
FURTHER CONNECTIONS FOR MOVING FORWARD



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

What feelings/emotions does the challenge bring up?

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?

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.

FURTHER YOUR INTROSPECTION

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


HOW CONFIDENT ARE IN USING THESE STRATEGIES?



0 5 10

Not at all Somewhat Very

HOW LIKELY ARE YOU TO USE THESE STRATEGIES?



0 5 10

Not at all Somewhat Very

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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](#)
- **Email:**
 - Debrabattistellaot@creativeconceptsot.com
 - Heidi.alignOT@gmail.com
- [The Aligned Professional Extended Program](#)
- [AlignOT website](#)
- [Creative Concepts In Occupational Therapy LLC website](#)