

ALCHEMY

FOR THE WOUNDED HEALER

DO'S

1 BE PATIENT

2 SEEK THERAPY

3 DO YOUR BEST

4 GROUND YOURSELF

5 STAY CURIOUS

6 HAVE FUN

7 TRUST THE PROCESS

8 MAKE MISTAKES

9 MAKE IT YOUR OWN

DONT'S

1 REPLACE THERAPY

2 SKIP SELF-CARE

3 RUSH THE PROCESS

4 USE HEALING TO
AVOID DISCOMFORT

5 SELF-CRITICIZE

6 PRESSURE YOURSELF

7 COMPARE TO OTHERS

8 ISOLATE

9 RESTRICT HAPPINESS