

Healing & Joy Through Journaling

A 6-Week Guided Journey of Self-Discovery, Creativity & Emotional Renewal

Are you ready to reconnect with yourself, release emotional heaviness, and rediscover joy? Join Dr. Marifé “Dr. M” Méndez for a powerful guided healing experience combining journaling therapy, mindfulness, breathwork, crystals, and creative expression. This course is designed to help you gently process emotions, build inner safety, and cultivate joy—one week at a time.

What You Will Experience Across 6 Weeks

WEEK	FOCUS AREA
Week 1	Embracing Your Healing Journey
Week 2	Finding Joy in Everyday Moments
Week 3	Navigating Emotions with Kindness
Week 4	Nature's Healing Power
Week 5	Creative Expression as a Healing Tool
Week 6	Celebrating Progress & Setting Intentions

What's Included

• Weekly guided journaling prompts • Breathwork & grounding exercises • Crystal recommendations for healing • Mantras & affirmations • Creative expression activities • Printable PDF workbook • Completion certificate • Supportive healing community space (optional)

Who This Course Is Perfect For

• Anyone going through transition, grief, or emotional overwhelm • Women seeking intentional self-care • Creative souls wanting deeper expression • Spiritual seekers wanting structure and support • Anyone ready to heal gently, without pressure

Join the Journey

Your healing matters. Your joy matters. Reserve your spot today and begin a journey back to yourself. **Enrollment Now Open – Limited Spots!**

Visit: www.marifemendez.com or contact Dr. M directly.