
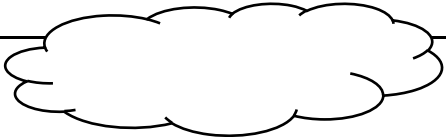
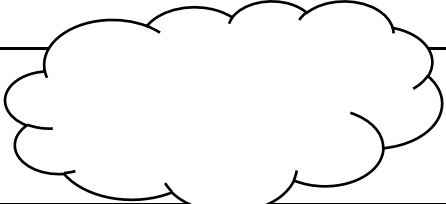


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|--|--|
| <b>How do I feel today?</b> ☺  |  |
| make a doodle face.  |  |
| <b>Three Signs of Gratitude Just for today.</b>  |  |
|   |  |
| Yesterday I enjoyed.   |  |
| What can I do differently today?   |  |
| My Word for today is    ◦    ◦    ◦        |  |
| <b>Body Nourishment</b>  | <b>Hydration</b> How much water am I having?         |
| Fruit  |  |
| Vegetables   |  |
| Snacks   |  |
| The food I enjoyed the most, because?  |  |
| <b>Body Movement and Nurture</b>   |  |
| How will I move and exercise today?  |  |
| <b>Soul</b>  | Meditate, Journal, Learn, Read, Music, Smile, Dance. |
| What will I do to honour myself?   |  |
| The best thing that happened today was.  |  |
| Tomorrow I will feel....    ◦    ◦    ◦  |  |