

cared for

one thing that makes
you feel calm:

one thing that makes
you feel confident:

one thing that makes
you feel healthy:

one thing that makes
you feel energized:

one thing that makes
you feel supported:

one thing that makes
you feel connected:

one thing that makes you feel strong:

one thing that makes you feel free:

one simple thing you could do to make
one of those things above happen:

one simple thing you could do to make
another one of those things happen:

one simple thing you could do to make
another one of those things happen:

from your list of three simple things,
one you can do today:

date:

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