

Date: _____

'But I don't want to go among mad people,' said Alice.
'Oh, you can't help that,' said the cat. 'We're all mad here.'

Lewis Carroll

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|-------------|--------------|-----------|
| ■ Courage | ■ Fear | ■ Hungry |
| ■ Honest | ■ Theft | ■ Angry |
| ■ Forgiving | ■ Resentment | ■ Lonely |
| ■ Humble | ■ Pride | ■ Tired |
| ■ Kind | ■ Self-pity | ■ Selfish |

Get Into Action

What can I do differently? What amends are due?



Positive Affirmations

What action or ability encourages and motivates you?



Gratitude List

What am I grateful for? What miracles or gifts do you see?



Prayers

What do I need? Who needs help? What can I give thanks for?


