



MENTAL MINDFULNESS

BY MENTAL HEALTH MEETS HIP-HOP

HOW DID I FEEL TODAY:

IDENTIFY 8 EMOTIONS YOU FELT TODAY. PUT A
CHECKMARK BY ANY CURRENT EMOTION.

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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THINGS TO DO:

DOCUMENT STUDIO SESSIONS,
REHEARSAL TIMES PLUS MORE

TURN YOUR EMOTIONS INTO RHYMES:

ADD THE 8 EMOTIONS YOU LISTED TO RHYMES - 8BARS
ONLY SLOT