

Cared for Journaling

GRATITUDE & REFLECTION

One thing that makes you
feel calm

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One thing that makes you
feel confident

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One thing that makes you
feel healthy

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One thing that makes you
feel energized

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One thing that makes you
feel supported

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One thing that makes you
feel connected

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One thing that makes you feel strong

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One thing that makes you feel free

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

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One simple thing that you could do to
make another one of those things above
happen

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One simple thing that you could do to
make another one of those things above
happen

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From your list of 3 simple things, one you
can do today

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