

# Mr. Gumball Daily Check-In

Turn the Heart Handle... Feel the Calm.

## Gratitude Gumballs

What are 3 things I'm thankful for today?

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## What's in My Head?

What thoughts or feelings do I notice?

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## Let It Go

What don't I need to hold onto right now?

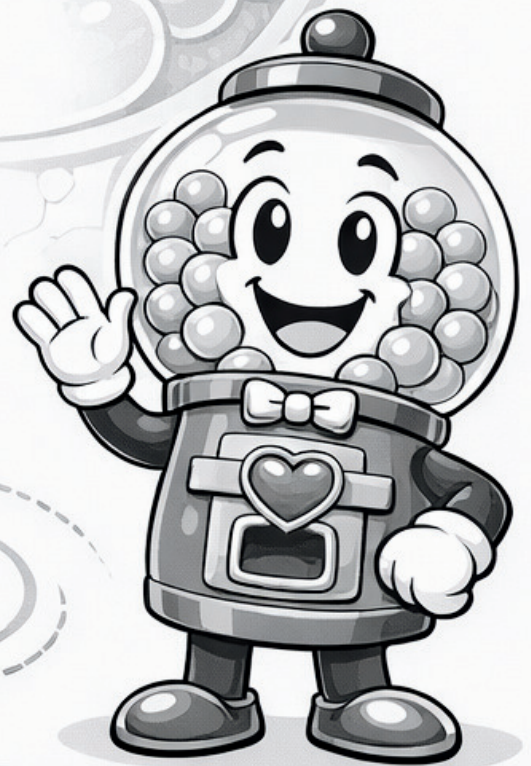
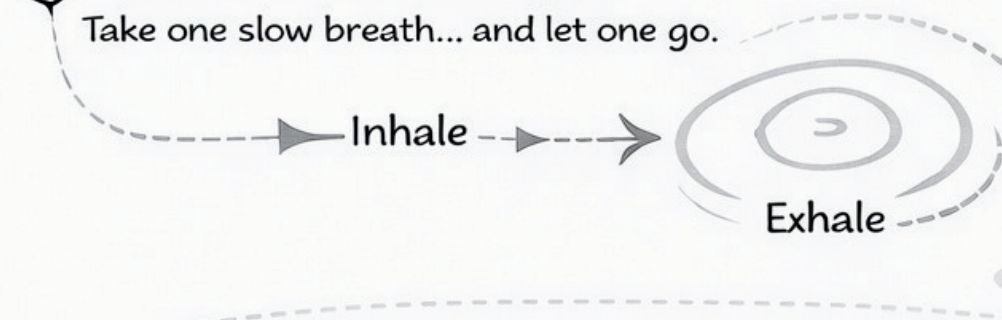
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## Turn the Heart Handle

Take one slow breath... and let one go.



My thoughts are not in charge of me. I can notice them, feel them, and let them go.