

ABC's to Thinking Well & Sleeping Well

Write an adjective or adverb that starts with the letter next to it. The word must be positive in nature & describe who you are or who you want to be! When you find your mind going where it shouldn't, begin repeating this mantra. The adjectives or adverbs may change. That's okay as long as the words remain positive.

A _____

N _____

B _____

O _____

C _____

P _____

D _____

Q _____

E _____

R _____

F _____

S _____

G _____

T _____

H _____

U _____

I _____

V _____

J _____

W _____

K _____

X _____

L _____

Y _____

M _____

Z _____