

SMALL STEPS BRIGHTER DAYS

SAME
BIG FEELINGS
BRIGHT IDEAS
DIFFERENT PATHS

You've got this.
Small steps can make a big difference.

THINGS I CAN TRY THIS WEEK:

- ☐  Be kinder to myself
- ☐  Try one new strategy
- ☐  Move my body
- ☐  Get outside
- ☐  Talk to someone I trust
- ☐  Take a break from social media
- ☐  Celebrate a small win
- ☐  Remember progress not perfection

I AM ENOUGH JUST AS I AM

Progress, not perfection.



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REAL SUPPORT
PRACTICAL TOOLS
A BRIGHTER TOMORROW