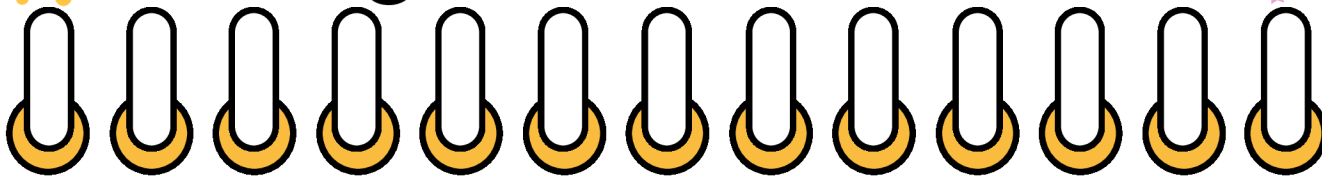




A Month of Magical Mindfulness



Month: _____

Week: _____

Daily Self-Care

S M T W T F S

take 3 deep breaths



Say 1 thing you're grateful for



Give a compliment to someone



Spend time outside



Stretch, dance, or exercise



Practice meditation



Draw about a happy moment



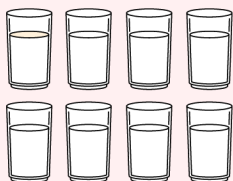
Give yourself a hug



How did I feel today?



Did I drink
enough
water?



Reflections & Thoughts

