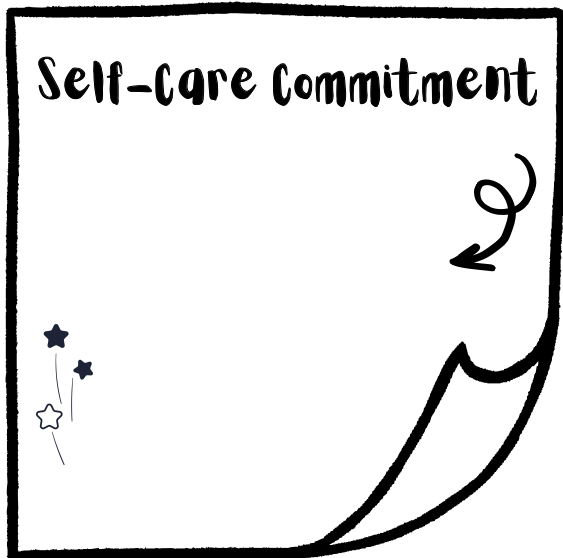


😊 Positive Mood Placemat

Self-Care Commitment



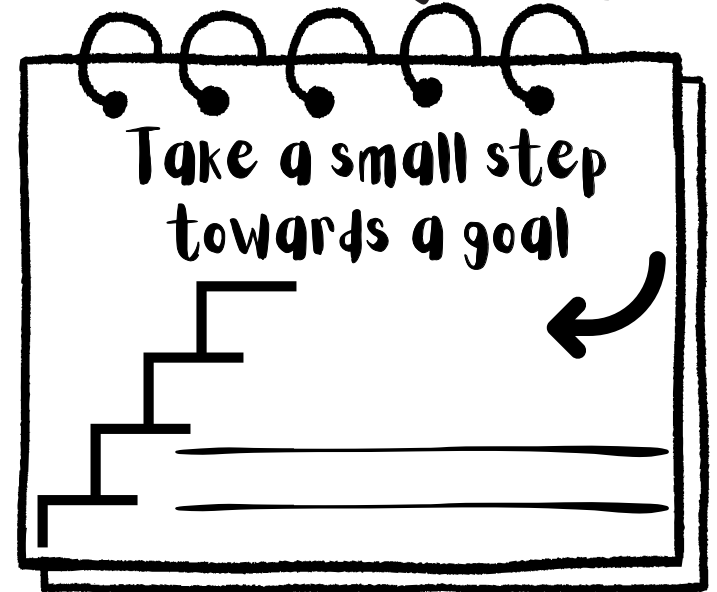
What will you do today to take care of your mind and body?

○ ☆ ○ ◇ ○

Three things that can make you smile today

- _____
- _____
- _____

Take a small step towards a goal



Write down the step you will take today.

I'm grateful for...



Acceptance Meditation

6 minute meditation

Make a connection



Who will you connect with today?
Write their name in the circle.

