



be kind

inhale exhale

call a friend

PRAYER

HAPPINESS

YOU ARE

MUSIC

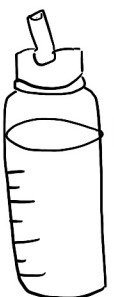
incredible

TAKE A DEEP BREATH

PRACTICE SELF CARE



Smile



drink water



CREATE

treat yo self



SNACK



z z z



sleep

you are doing a really good job



GO FOR A WALK



READ

clean



VIT. D

≡ you are special ≡

you are literally the SPIRIT daughter of HEAVENLY PARENTS & nothing can separate you from their love and the love of your SAVIOR

WRITE A STATEMENT ABOUT WHO YOU ARE IN THE EYES OF OUR HEAVENLY PARENTS: I AM

self reflection
LIST 5 THINGS THAT
MAKE YOU special:

- 1.
- 2.
- 3.
- 4.
- 5.

CONSIDER SETTING A GOAL FOR THE NEXT YEAR, CHOOSE SOMETHING THAT RELATES TO WHO YOU ARE AND NOT HOW YOU LOOK: _____

i feel peaceful when: _____

there is only one like you in the whole world. There's never been anyone exactly like you before ♥♥♥♥♥

What are 5 of my strengths:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

SUGAR SCRUB RECIPE

Base:

*1 c white sugar, brown sugar, or salt
1/2 c olive oil, melted coconut oil, or other oil*

Optional Mix-ins:

*1 tsp extract (such as vanilla or peppermint)
5-10 drops of essential oil
Food coloring*

Mason jar or other covered container