

Begin

TO HEAL

DATE: / /

ITS TIME TO UNLEARN THE THINGS I
LEARNED FROM WOUNDED PEOPLE.

TODAY I FEEL....

TOP PRIORITY OR GOAL:

SELF-CARE FOCUS:

What will help me recharge and stay connected to myself?

MINDFUL HABIT TO BUILD:

What habits am I starting or building on this week?

SUPPORT I NEED:

What kind of help or space do I need to stay on track?
