

How are you feeling today?



What are you grateful for today?

Take a break today with a deep breathing exercise:

1. Breathe in through your nose and fill your belly with air.
2. Breathe out through your nose.
3. Place one hand on your belly, and one on your chest.
4. Breathe in and feel your belly rise. Your hand on your belly should move more than the hand on your chest.
5. Breathe out and feel your belly fall.
6. Take three more deep, full breaths.

Daily journaling prompts
(pick the one that's speaking to you):

- What's your main goal for the month?
- Who do you need to connect with today?
- What are you grateful for?
- What went really well this week?

Need an extra boost of support?
Try one of these affirmations:

- I am enough just as I am.
- I let go of what I cannot control.
- I choose peace over worry.
- I am strong enough to handle what's happening.
- I am grateful for today.
- I see the good in myself and others.

How can you make this a day you feel good about?

Are you getting enough...

- | | |
|--------------------------------|---|
| <input type="checkbox"/> Rest | <input type="checkbox"/> Fresh Air |
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Fruits/Veggies |
| <input type="checkbox"/> Water | <input type="checkbox"/> Exercise |

How are you sleeping?
A good night's sleep is a critical part of your overall wellness.

