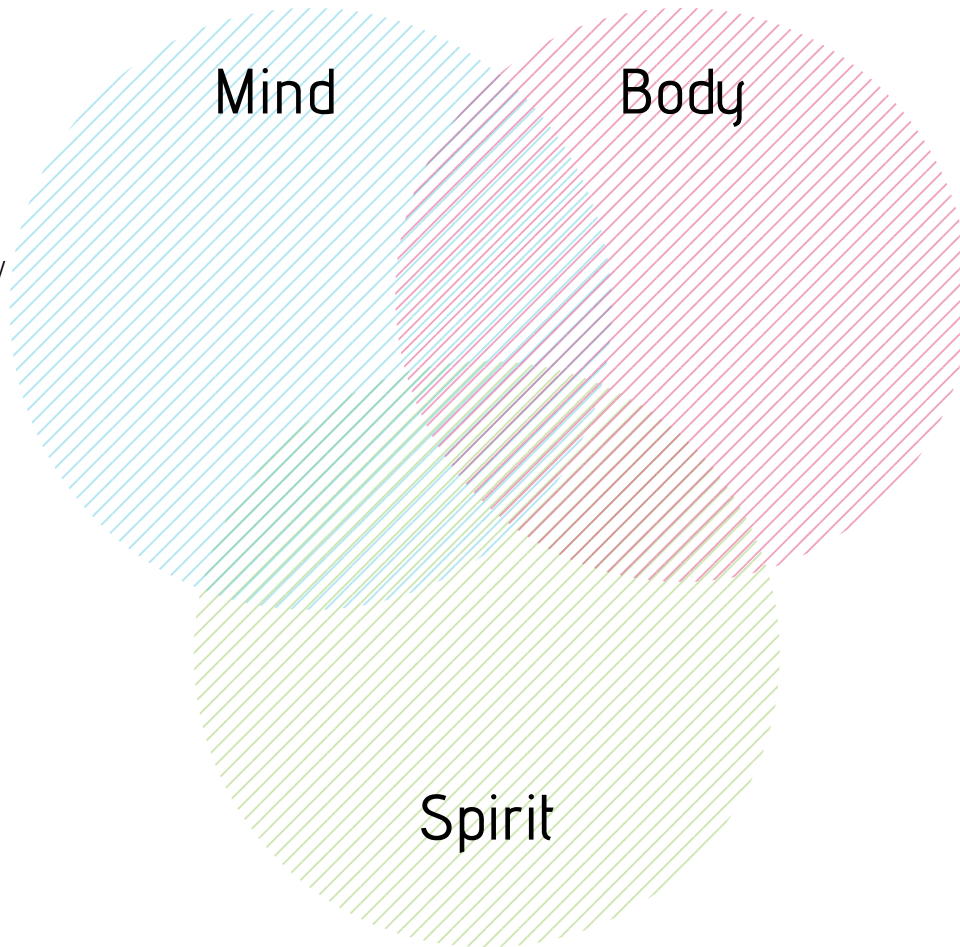


# Mind, Body, & Spirit

How do you support each area? Fill out the circles below.

**EXAMPLES:**

- Meditation
- Journaling/Reading
- Learn Something New
- Inspiring Others
- Positive Affirmations



**EXAMPLES:**

- Just Breathe
- Drink More Water
- Massage
- Exercise
- Less Refined Sugar
- In Bed by 10:30pm

**EXAMPLES:**

- |                  |               |
|------------------|---------------|
| Listen to Music  | Love More     |
| Less Electronics | Have More Fun |
| Draw             | Laugh More    |
| Sing Out Loud    | Smile More    |

**Week Reflections:**

What was great about this week? What do I want to do differently?