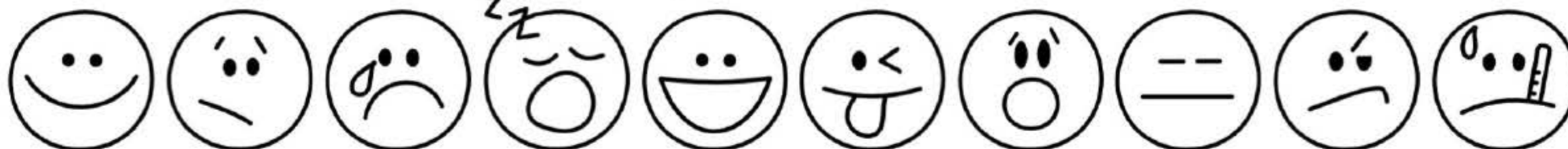


How are you feeling today?

Day 07



content worried sad tired happy silly scared annoyed angry sick

Self-Care Tip:

Take a relaxing shower or bath.

Think About It:

What is something you are afraid of? Why?

Character Trait of the Day:

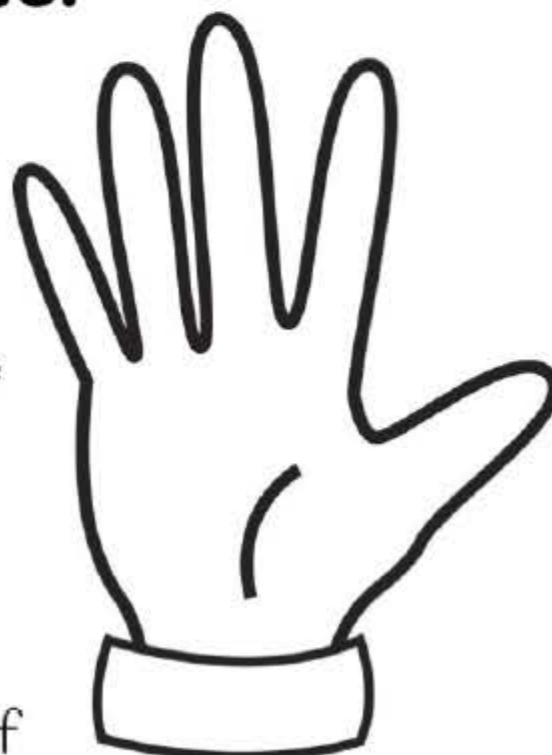
cheerful
cheer · ful (adjective)
a person who is happy and brings cheer to others

How will you be cheerful today?

Try this Mindful Exercise!

Take 5

1. Place your hand in front of you.
2. Begin tracing your fingers.
3. As you go up one finger, breathe in.
4. Breathe out as you trace down that finger.
5. Repeat until you get to the end of your hand.



Draw a picture of someone being cheerful.