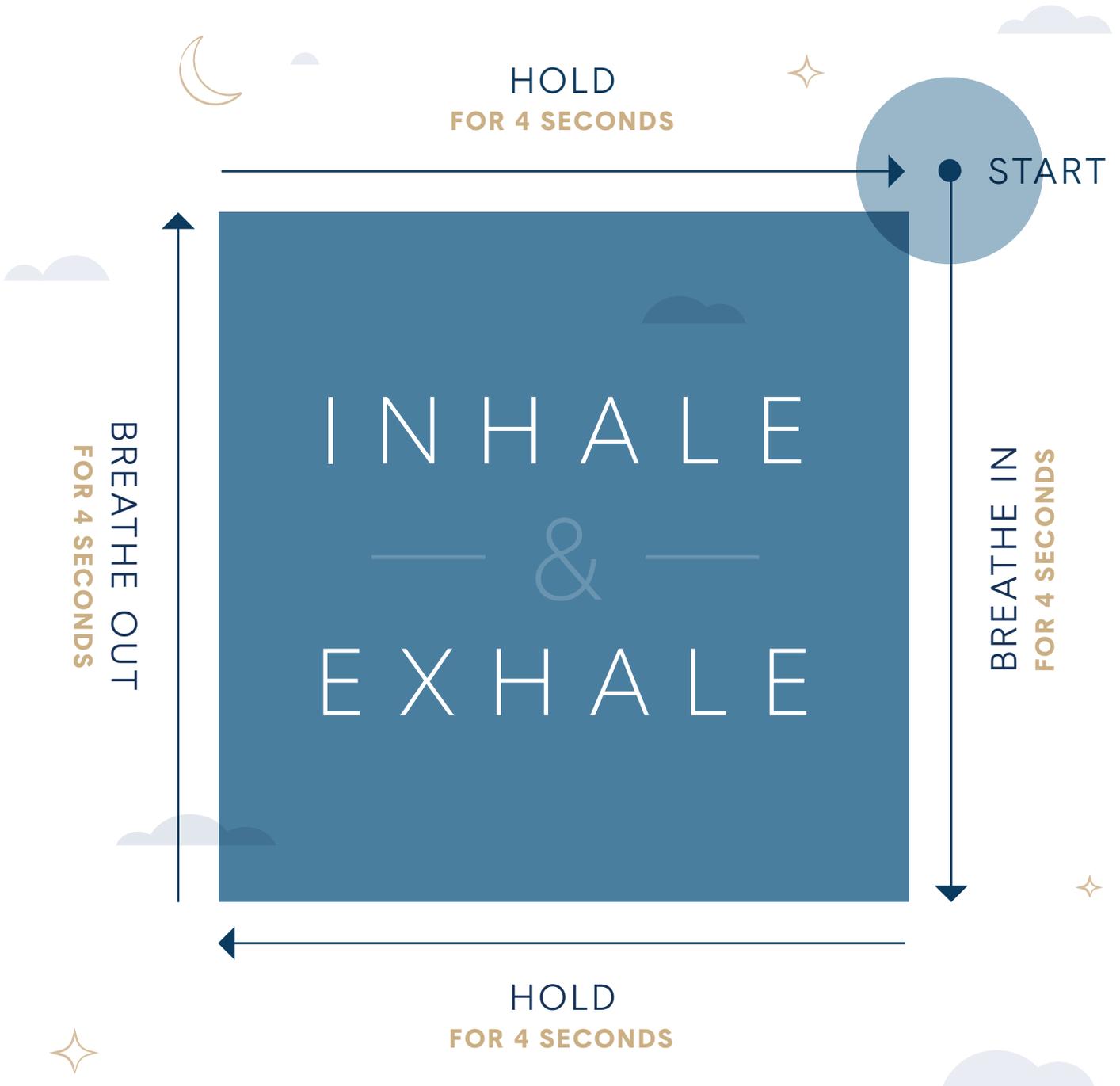


# BOX BREATHING

Follow the arrows and prompts around the square, using your finger to trace the perimeter. Repeat as desired in 1-3 minute intervals.



# 5 SENSES REFLECTION

Take 10 minutes to visualize and record all the details of a recent positive memory.



SIGHT

Large empty rectangular box for recording details related to sight.



SOUND

Empty rectangular box for recording details related to sound.



SMELL

Empty rectangular box for recording details related to smell.



TOUCH

Empty rectangular box for recording details related to touch.



TASTE

Empty rectangular box for recording details related to taste.

# GRATITUDE MAPPING

Take 10 minutes to write down what you're grateful for in every area of your life.

