

HOW AM I DOING TODAY...?

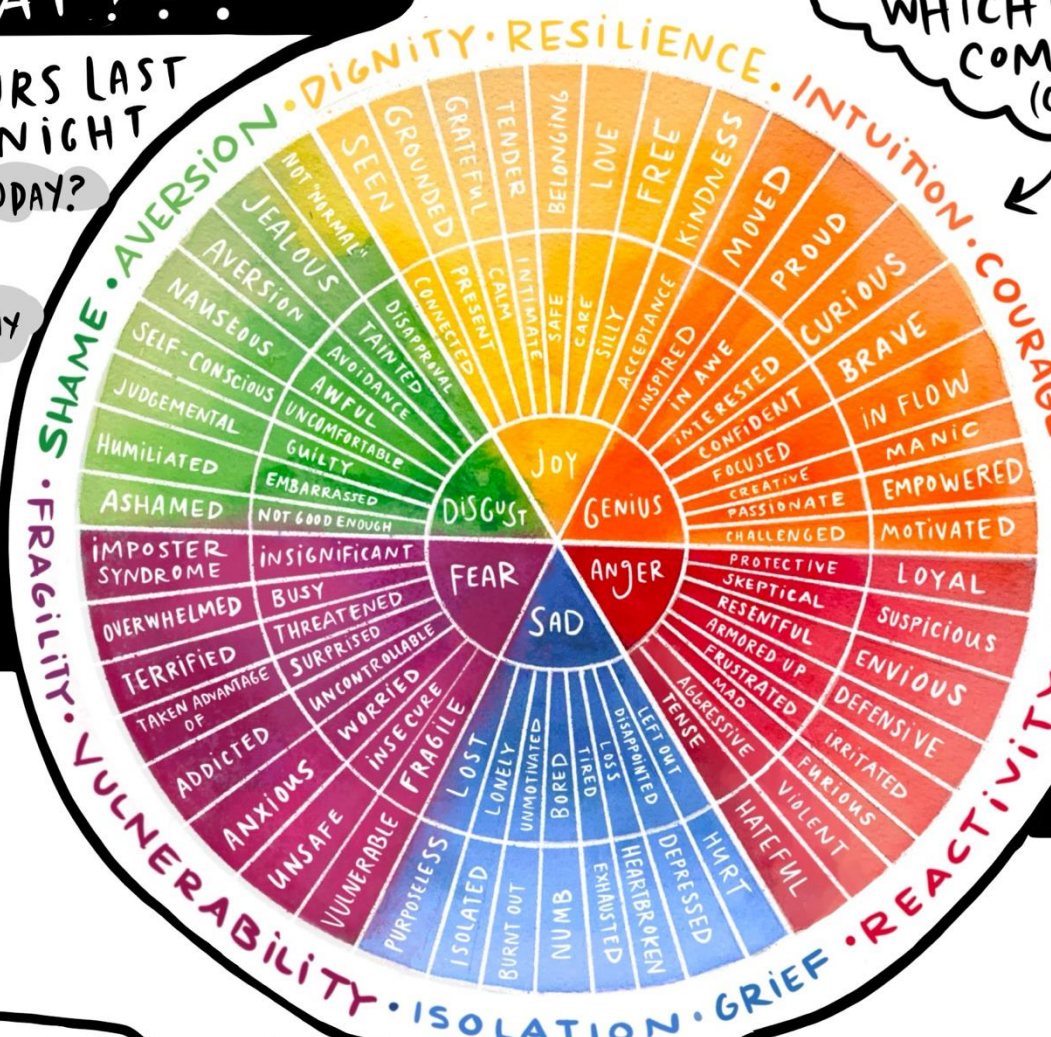
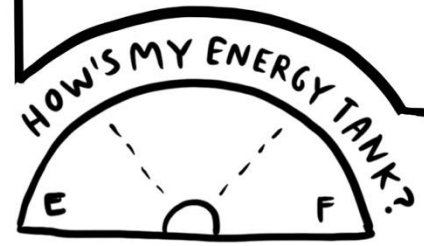
WHERE AM I AT???

Zzz... i SLEPT _____ HOURS LAST NIGHT

WHAT HAVE I EATEN/DRANK TODAY?

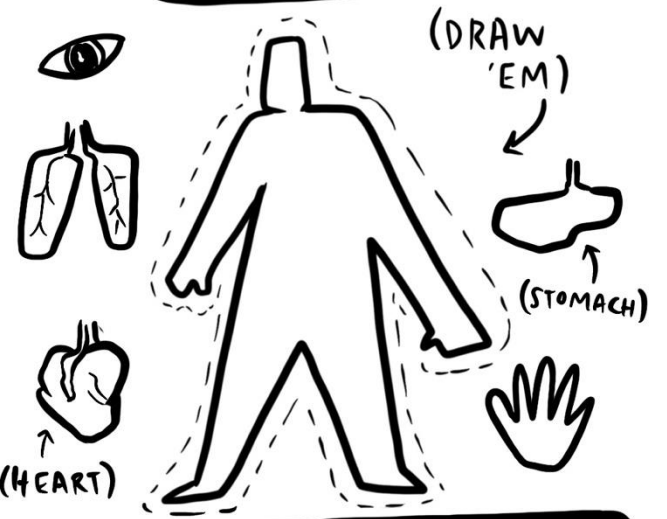
HAVE I GONE OUTSIDE? ... MOVED MY BODY?

TAKE A NICE BREATH ♡
WHAT'S GOING ON IN MY WORLD?



WHICH EMOTIONS ARE COMING UP FOR ME? (CIRCLE 'EM)

WHERE DO I NOTICE THEM IN & AROUND MY BODY?



WHAT IS MY BODY TELLING ME?
WHAT DO I NEED & HOW CAN I CARE FOR MYSELF TODAY?

← IS MY CHECK ENGINE LIGHT ON?