


| Day | I can: | I did: |
|---|---|---|
| 1 | take 10 full, deep breaths before going to sleep | ☐ |
| 2 | visualise a hopeful story about my life throughout the day | ☐ |
| 3 | remember that loving others isn't just a feeling; it's a choice | ☐ |
| 4 | use my words to speak positively, or remain silent when it's beneficial | ☐ |
| 5 | consider 3 things I'm thankful for & offer 3 simple acts of kindness | ☐ |
| 6 | be more present with the people who matter most | ☐ |
| 7 | walk in nature without a device and have an early night (if possible)! | ☐ |

Visit Take7SimpleSteps.com to continue