



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)!	☐