

CREATE
YOUR
OWN

Joy

MY FAVORITE WAY TO RELAX IS...



I AM GRATEFUL FOR...



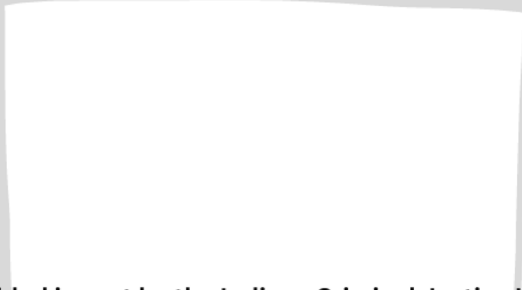
5 ways
TO PRACTICE
self-love

COLOR THE PAGE AND DRAW OR
WRITE IN THE PROMPT BOXES.

ACTIVITIES I LOVE TO DO...



MY GOALS ARE...



PEOPLE WHO SUPPORT ME...

