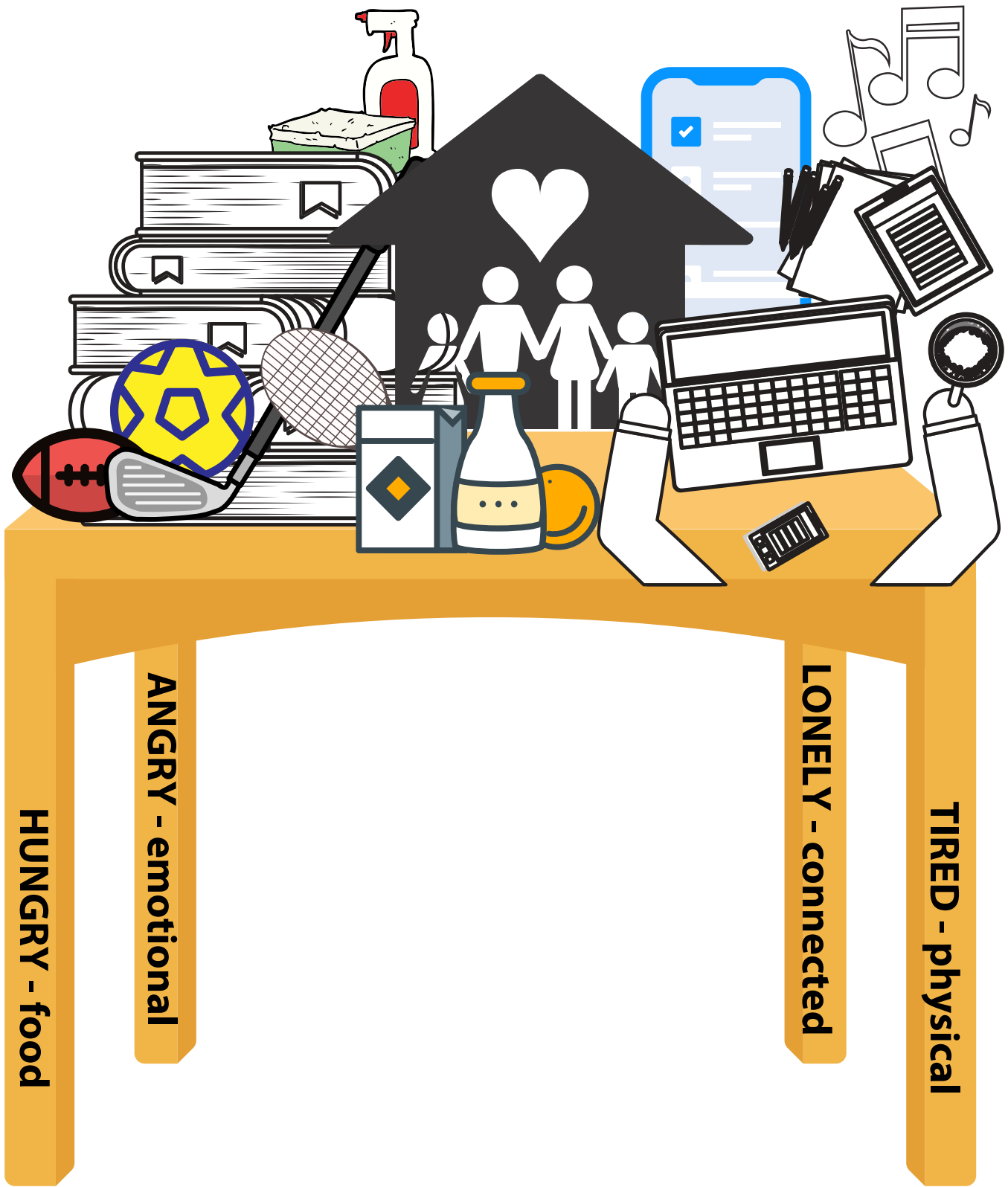




**What does Your storm feel
like to you?**

**On a scale from 1-10 how does
this feel to You?**

1 feeling fine - 10 feeling terrible



Self - Care

What's on Your Table?

THINGS YOU LOVE AND ENJOY WORKSHEET

PEOPLE	PLACES	THINGS

THINGS YOU LOVE AND ENJOY

WORKSHEET

PEOPLE	PLACES	THINGS
Mom	Home	Donuts
Dad	Cabin	Music
Tom	Nature	Candles
Jen	Ocean	Pizza
Matt	Bakery	Puppies

TRIFECTA MOMENTS

Take 3 things you love merge them
together to create a trifecta.

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TRIFECTA MOMENTS

Take 3 things you love merge them
together to create a triffecta.

lake/kids/boating

cooking/wine/jazz
music

reading/favorite
chair/tea

family/popcorn/movie



POSSIBILITIES!

WHAT ARE SOME POSSIBILITIES YOU
WOULD LIKE TO EXPLORE?
NEW AND/OR OLD OPPORTUNITIES REDISCOVERED



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.