

I'm Having a Rainy Day Checklist

MY NAME IS AND I AM:

I AM GRATEFUL FOR:

**THINGS THAT CAN HELP ME
FEEL BETTER RIGHT NOW:**

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-
-

AFFIRMATION:



A large, empty, rounded rectangular box with a blue border, intended for writing an affirmation.

REMEMBER THINGS WILL ALWAYS EVENTUALLY GET BETTER!!!

Quality Time:



Acts of Service:



Words of Affirmation:

BE
YOURSELF



Gifts:



Touch:



My self-love languages

