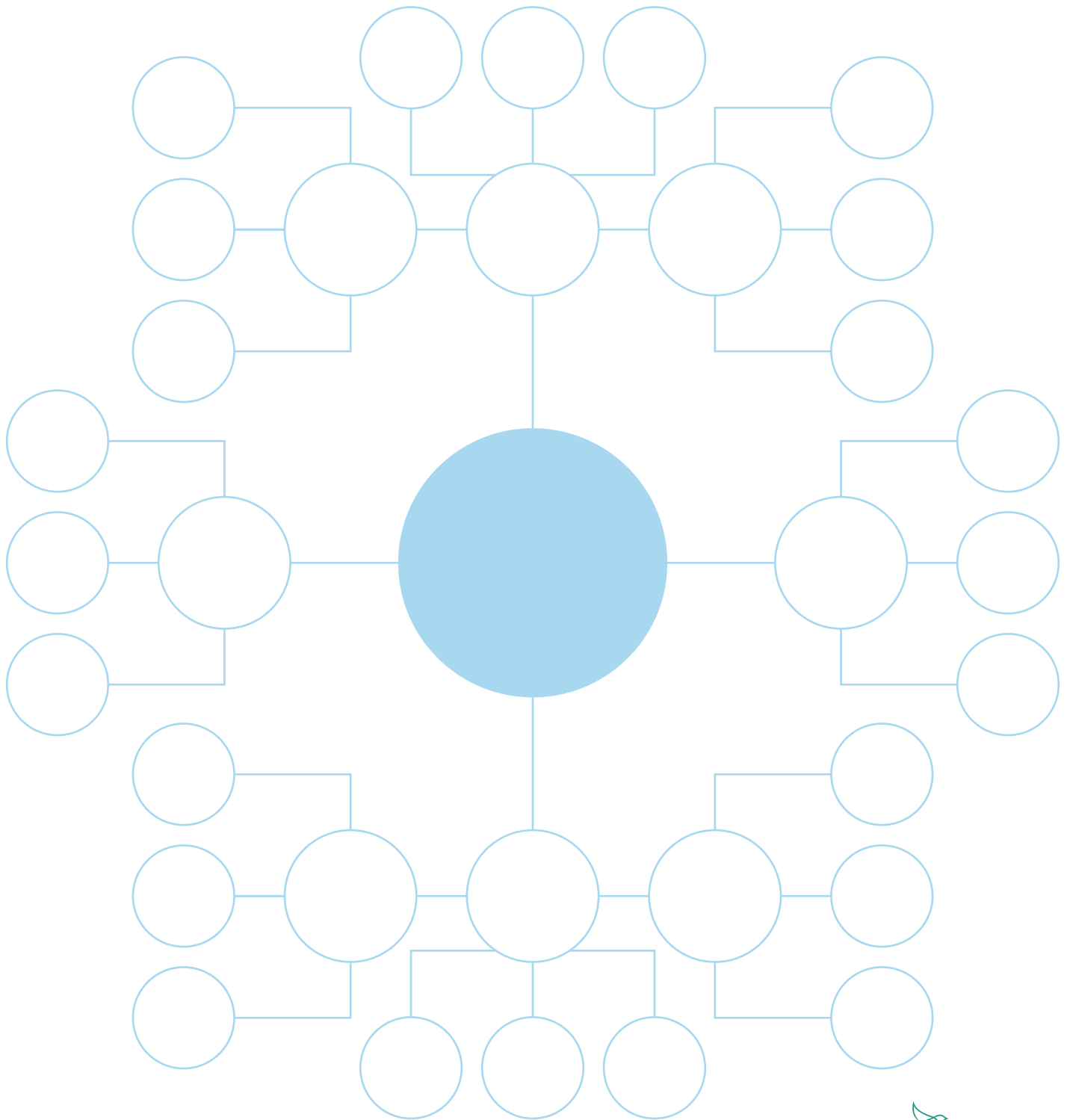


MIND MAP

Instructions: Notice your current thoughts and identify a main theme or topic you are focused on. Take that topic and write it in the larger center circle. Moving outwards from the middle, begin filling the circles with related topics, question, ideas and worries you think of.



MORNING MINDFULNESS

Instructions: Fill out this sheet in the morning to strengthen your brain throughout the day.

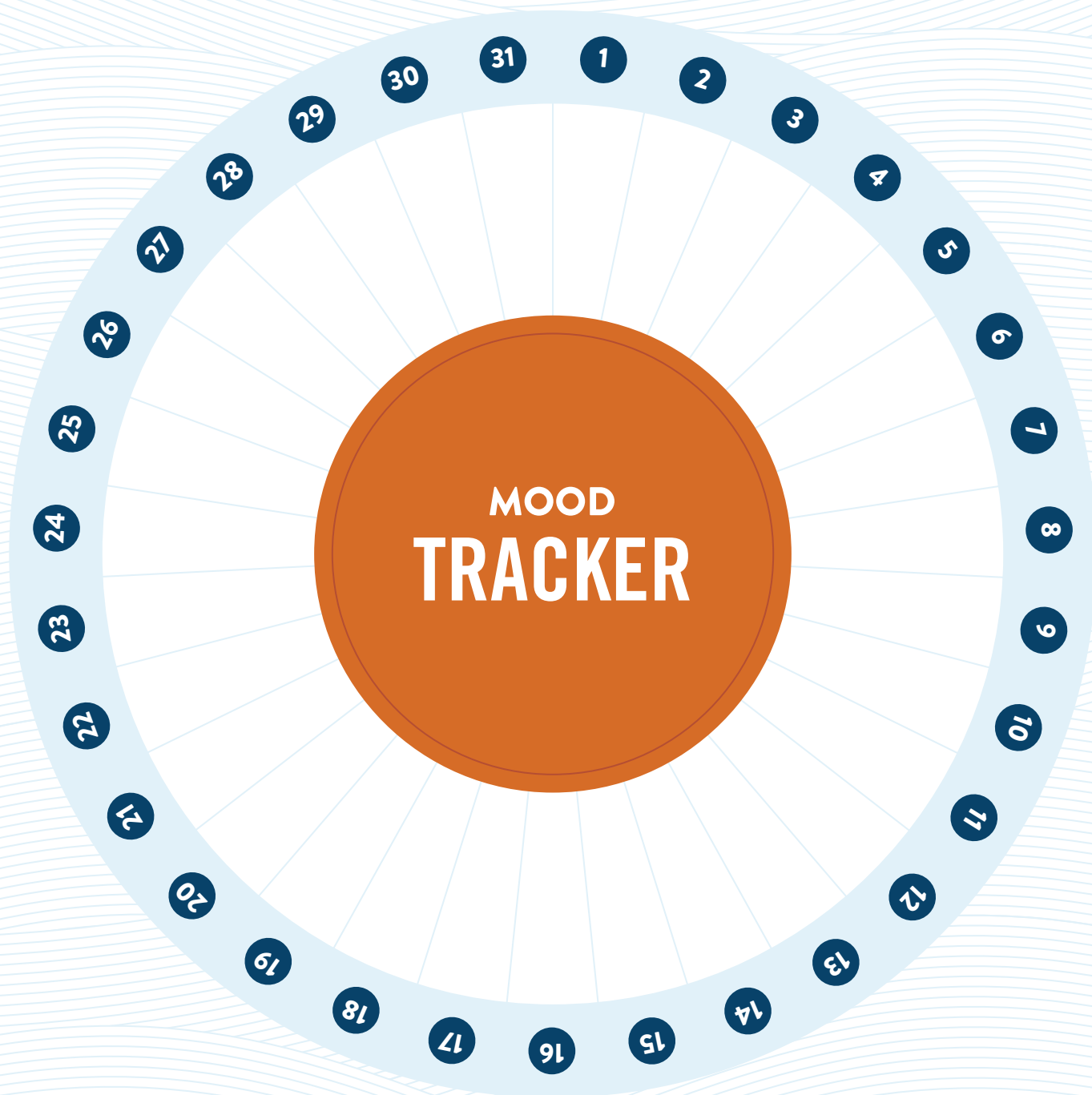
DATE:

GOALS FOR THE DAY:

I AM THANKFUL FOR:

**ONE THING I WILL DO FOR
MYSELF TODAY IS:**

**THE WORD THAT DESCRIBES
MY MOOD IS:**



Instructions: Use colored pencils or markers to fill in the circles in the key at the bottom of the page. Fill the days of the month with the color corresponding to your dominant mood that day.



Happy



Relaxed



Lonely



Angry



Anxious



Tired