

One thing that brings me joy right now is ...



"THIS VERY MOMENT IS THE PERFECT TEACHER."
-Pema Chodron

These are some ways that I am taking care of myself...

TODAY: _____

THIS WEEK: _____

THIS MONTH: _____

JOY

CARE

BE HERE NOW

"REMEMBER WHO YOU ARE, WHAT YOU BELIEVE ABOUT THE WORLD, & THEN RISKS BE DAMNED, LEAD FROM THAT PLACE..."
-Jerry Colona

What are some small ways that I can nurture & give back to our planet?

1. _____
2. _____
3. _____

"TO LOVE A PLACE IS NOT ENOUGH. WE MUST FIND WAYS TO HEAL IT."
-Robin Wall Kimmerer

GROWTH

To support my own personal growth right now, I am reading or listening to:

What are some values & beliefs that matter to me above all else at this moment?

VALUES

Do my actions each day align with these inner values?

"WHAT WE PAY ATTENTION TO GROWS."
-adrienne maree brown