

# Know Thy Self

## Soul Care

### Instruction

Fill these space with your favorite activities & things to fall back on when you're in a bad mood and having a not-so-good day.

### My favorite

#### Favorite Movies

- ▶ .....
- ▶ .....
- ▶ .....

#### Favorite Books

- ▶ .....
- ▶ .....
- ▶ .....

#### Favorite Games

- ▶ .....
- ▶ .....
- ▶ .....

### THINGS TO DO WHEN I'M SAD

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- .....
- .....

### THINGS I DO WHEN I'M BORED

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- .....
- .....

### THIS YEAR I'M LOOKING FORWARD TO