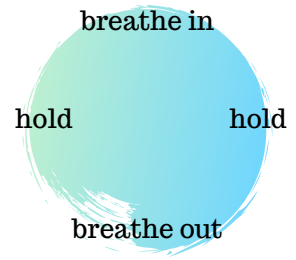


self care worksheet

I release these feelings

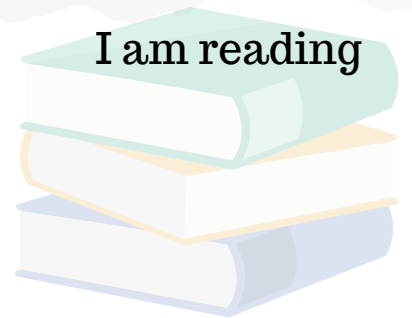


I am happy
I am healthy
I am wealthy
I am loved
I am safe

Today I want to feel



I am grateful for



I am reading

