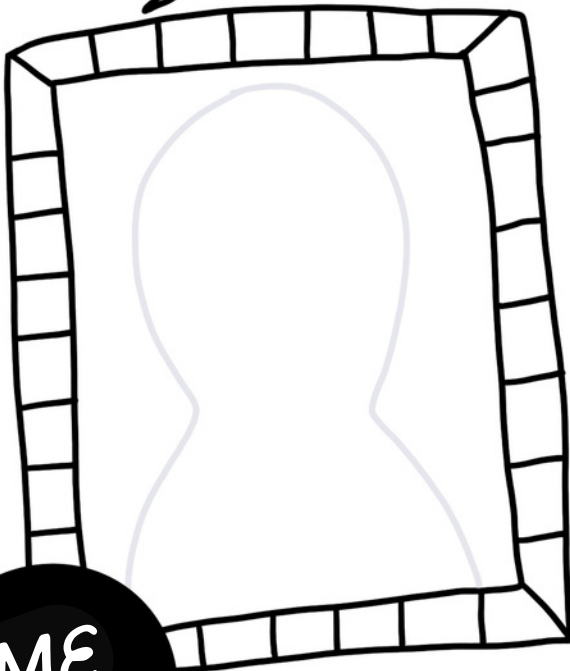


THINGS THAT MATTER TO ME



ME →

MY VOICE
MATTERS



THINGS THAT HELP MY MENTAL HEALTH

" The bravest thing you can do
is be kind to yourself
when you feel you deserve it the least. "

DONNA ASHWORTH



WORKSHEET BY STACIE SWIFT

3 THINGS I AM GRATEFUL FOR...

1

2

3

TAKE A MINDFUL MOMENT TO COLOUR IN ↓

