| Little JOYS JOURNAL               |                                     |       | L        | <b>2</b> C | O     |       | <b>⋄ ⋄ ⋄</b> |
|-----------------------------------|-------------------------------------|-------|----------|------------|-------|-------|--------------|
| LITTLE PLEASURES:                 |                                     | i++ o | tine :   | lo ma      | ko to | marra | W            |
| 3                                 | Little tips to make tomorrow better |       |          |            |       |       |              |
| Little Moments spent with loved o | nes: <                              | *     | <b>シ</b> | • •        |       |       | •            |
|                                   | •                                   | • •   | • •      | • •        | • •   | • •   | •            |
| SELF CARE CHECKLIST               | •                                   | • •   | • •      | • •        | • •   | • •   | •            |
|                                   | M                                   | Т     | W        | Т          | F     | S     | S            |
| Take a bubble bath                |                                     |       |          |            |       |       |              |
| Talk to a friend                  |                                     |       |          |            |       |       |              |
| Get a good nigh'ts sleep          |                                     |       |          |            |       |       |              |
| Listen to music                   |                                     |       |          |            |       |       |              |
| Give thanks                       |                                     |       |          |            |       |       |              |