



W O R K B O O K

# Connected Communities: A self-care guidebook

In accompaniment with Revitalized's  
**Connected Communities** recorded video  
series for survivors of intimate partner  
violence

With support from

**Clarington**



**REVITALED**  
REINTEGRATION  
SERVICES





# TABLE OF CONTENTS

- 01 About Connected Communities
- 02 Episode 1: Yoga and Mindful Movement
- 03 Episode 2: Using Music to Spark Emotion
- 04 Episode 3: Healthy Eating and Mindful Nourishment
- 05 Episode 4: Using Art to Express Our Emotions
- 06 Episode 5: The Art of Mindfulness
- 07 Episode 6: Gaining Financial Empowerment
- 08 Episode 7: Building Healthy and Positive Communication Skills

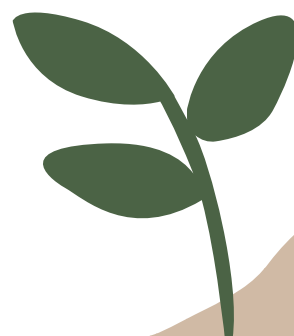


## ABOUT CONNECTED COMMUNITIES

Connected Communities is a dynamic holistic wellness recorded series offered by Revitalized Reintegration Services and funded by the Municipality of Clarington with the intended goal of supporting female survivors of intimate partner violence.

Led by counsellors and lived-experienced experts, Connected Communities aims to help participants begin the journey towards healing by increasing feelings of confidence, autonomy over decisions, awareness of available local support, and ultimately, connection with their community.

During the Connected Communities series, we recorded and uploaded 7 hour long sessions on a variety of topics. These sessions explored different activities that one could do to support themselves through a traumatic experience.



# ABOUT CONNECTED COMMUNITIES

Some of the goals and objectives of Connected Communities are:

- To create safe, positive, and healthy communities by providing the tools and resources to live productively
- To increase awareness of available local support
- To help to build confidence and capacity to navigate resiliency
- To promote healthy living through a holistic lens
- To bring your whole self to a safe space

Our sessions were introduced by Revitalized staff members

and people with lived experience, and the activities were hosted by leaders in Clarington, Durham, and the GTA. In these sessions, holistic growth, wellness, community connection and the power within were encouraged by exploring low to no-cost activities that one could do to foster a strong sense of self, improved mental health, self-care and connection with one's community.



# ABOUT CONNECTED COMMUNITIES

From October to December 2022, we dove into the following activities:

- Week 1 was an engaging restorative yoga session
- For week 2, we grounded ourselves through music and were provided with an exclusive self-assessment tool
- During week 3, we discussed nourishment as a tool for self-care
- For week 4, we looked at how art can be used to express emotions
- Week 5 held space for a discussion on empowerment while we engaged in breathing exercises
- For week 6, we discussed financial empowerment and looked at money management tips\*
- Finally, during week 7, we explored the relationship between trust and communication

All of our Connected Communities videos are available in a [YouTube playlist](#) on Revitalized's YouTube page for your convenience. Click [here](#) to access this playlist at any time.

\*Please note this video will be posted at a later date in Winter 2022/23.

# ABOUT CONNECTED COMMUNITIES

In this booklet, you will find an overview of each week of our Connected Communities series. In each section you will find:

- Three ways that our weekly theme (i.e., yoga, music meditation, etc.) helps with trauma;
- A unique activity to help support your growth and development in this area (i.e., self-care assessment, budgeting and financial empowerment chart, etc.);
- And, a list of resources and services in the area (Clarington-focused) can help you further your development in this area.

It is recommended that you watch the videos in our [Connected Communities YouTube playlist](#) before completing the activities in this booklet so that you can get the full learning experience of this series.





## EPISODE 1

# Yoga and Mindful Movement

### [WATCH THE EPISODE HERE!](#)

#### How does yoga help with trauma?

- 1.Improves concentration and awareness
- 2.Reduces anxiety and anger, and creates the opportunity to pause and reflect to help regulate your behaviour
- 3.Reduces the impact of exaggerated stress responses (4 F's: fight, flight, freeze or fawn)

#### Yoga tips for beginners

- 1.**Go slow:** Yoga is all about intentional movement, purpose, and fluidity. Take your time, especially if you are a beginner – you do not want to hurt yourself!
- 2.**Focus on your foundation:** “Much like the foundation of a building, your hands and feet form the foundation of your body. Your body depends on having a strong and steady foundation to properly hold the poses. Pay attention to the way your hands and feet are positioned and spread your fingertips and toes to build a firm base of support” (Yoga Basics, 2021).

## EPISODE 1

# Yoga and Mindful Movement

**3. Stay hydrated and energized:** Keep water with you to stay hydrated, and to keep your mind clear and focused on your body. Make sure you have some healthy snacks to refuel you after your session. The best way to take care of your mind is by being intentional about what you put in your body.

**4. Meet your body where your needs are at:** Because yoga is a practice of mindfulness, it is important to know what you want for your body and where you are at the beginning of your journey. By speaking with a yoga studio or yoga teacher, you can get a better understanding of potential steps you can take to achieve your goals, as well as what support is available to help you get there.







# Yoga studios in Clarington

## **Bowmanville Yoga (opens January 1, 2023)**

[bowmanvilleyoga.com/](http://bowmanvilleyoga.com/)

117 Scugog St, Bowmanville, ON L1C 3J3

(905) 960-3322

Bowmanville Yoga and Group Fitness is a loft studio that offers a wide array of classes for every body, at every level. Classes include vinyasa, hatha, pilates, HIIT training, and more.

## **\*Nirmana Yoga Loft**

[nirmanayoga.ca](http://nirmanayoga.ca)

5284 Main St, Orono, ON L0B 1M0

(289) 893-0183

[weareone@nirmanayoga.ca](mailto:weareone@nirmanayoga.ca)

A dynamic yoga studio that aims to provide a safe space for self-discovery. First classes are free and no experience is required to participate.

## **Wellness Path**

[wellnesspath.ca](http://wellnesspath.ca)

103 King Street East, Bowmanville L1C 1N4

(905) 623-9232

[info@wellnesspath.ca](mailto:info@wellnesspath.ca)

Wellness Path is a one-stop-shop for holistic wellness care including yoga, spa treatment, nutrition, acupuncture, aromatherapy, and more. They also have personal development events. Please contact before visiting as COVID-19 has affected their programming.

## **Yoga Jungle**

[yogajungle.ca/](http://yogajungle.ca/)

182 Wellington Street, Bowmanville ON L1C 1W3

(905) 718-3471

Yoga Jungle uses aerial silk yoga to strengthen, restore, and bring back balance in your body. Classes focus on guided meditation and aerial yoga. All skill levels, including beginners, are welcome.

## EPISODE 2

# Using Music to Spark Emotion

[WATCH THE EPISODE HERE!](#)

How does music help with trauma?

1. The healing affects of music can act as a safe structure to bring joy, calm fears, and release tension from our bodies.
2. Music can serve as a tool for grounding, which is a practice that helps to bring us in the present moment and become aware of our bodies and surroundings.
3. Music can help us cope with emotions by bonding sounds and songs to positive moments in our lives.





# Music Questionnaire

PROVIDED BY CREATIVE MINDS MUSIC THERAPY

This questionnaire is reviewed by Kristina Twilt of Creative Minds Music Therapy in our Week 2 session. Use this tool to better understand the role that music plays in your life.

1. What are your earliest positive musical memories? Were they from a children's movie, television show, or group activity? Did you have lullabies that helped put you to sleep or a favourite nursery rhyme you loved to repeat?



2. What are some songs that, when you hear them, you can't help but dance / move your body to?





# Music Questionnaire

PROVIDED BY CREATIVE MINDS MUSIC THERAPY

3. When you're alone in the shower, your car, an empty parking garage or stairwell, what are some songs that you love singing at the top of your lungs, without caring what you sound like?



4. Think back to a point in your life that you experienced loss (a friend, family member, romantic partner, or someone / something that was otherwise impactful). Were there any songs that you listened to during that time?






# Music Questionnaire

PROVIDED BY CREATIVE MINDS MUSIC THERAPY

5. What songs do you know that capture anger? Are there lyrics that describe your anger, or are there instruments and sounds that you feel express anger accurately?



6. Are there any songs that you feel like were written just for you? Something that matches a core value, or that could have been written to accompany a key moment in your life?





# Music Therapists in Clarington and Durham Region

## **\*Creative Minds Music Therapy**

[creativemindsmusictherapy.com/](https://creativemindsmusictherapy.com/)

Provides virtual services for Clarington residents, and in-person offerings in Oshawa and Whitby

(416) 435-9953

[info@creativemindsmusictherapy.com](mailto:info@creativemindsmusictherapy.com)

Offers individual music therapy sessions to support and promote positive mental health. Group sessions are available for young children. Free consultations are available for new clients.

## **New Song Music Therapy**

[newsongmusictherapy.com/](https://newsongmusictherapy.com/)

Serving Ontario: Toronto, Richmond Hill, North York, Vaughan, Newmarket, Oshawa, Pickering, Scarborough, Ajax, Whitby, Mississauga, Brampton, Malton, Oakville, Ottawa, Hamilton, Cambridge, and Kitchener.

(416) 799-0771

New Song Music Therapy offers individual, group, and virtual therapy sessions. They also offer services for palliative care, engagement for Alzheimer's and dementia patients, special group men-only sessions, and more.



## EPISODE 3

# Healthy Eating and Mindful Nourishment

[WATCH THE EPISODE HERE!](#)

How do healthy eating and nutrition help with trauma?

1. Healthy eating is a way to combat the physical impact that stress has on our body. Healthy eating and nutrition is a way to repair healthy tissues that break down when we experience a high amount of stress.
2. Maintaining a healthy diet supports a healthy relationship between you and your body. Rather than being stuck in the past, healthy eating supports trauma recovery by bringing our mind and body back into the present.
3. The mind and body are connected. Feeding your body with good foods will make you feel good, and when you feel good, you are empowered to take on the world!



# Healthy Eats: Rice and Beans

Rice and beans is an easy, staple recipe from cultures all over the world. Because of its simplicity, and the fact that its foundation is vegetarian and vegan friendly, it is a low-budget, delicious, healthy, and filling way to feed yourself or your family.

We've shared a simple way to make this recipe with a few additional tips to spice it up and make it your own.

## **\*Ingredients for a serving of 4:**

- 2 cups of brown rice
- One can of red or black beans
- One can of diced tomatoes
- Two teaspoons of salt
- ½ cup of white onions
- ½ cup of green onions
- ½ cup of bell peppers
- 3 tablespoons of oil

To spice it up:

- One tablespoon of chilli powder, paprika, oregano, and cayenne each
- Two wiener sausages
- ½ a box of liquid broth or a bouillon cube

\*Please note that this recipe is only intended to serve as a guide and that you may personally find that modifying this recipe works best for you.



# Healthy Eats: Rice and Beans

## Instructions:

1. Start by pre-cooking your brown rice. Once cooked set it to the side.
2. Put your oil in a skillet over low to medium heat. Once your skillet is hot, you can toss in your white onions, green onions and peppers. You can also toss in your salt (and seasonings) at this time. Stir the items in the skillet regularly.
3. At this time, you can add water to your skillet. You can substitute the water for broth or add a bouillon cube or added flavour. After this is added, you can toss in your sausage if you choose. If you do add your sausage, wait until it is about  $\frac{3}{4}$  cooked before adding your already-cooked rice. If you do not want to add your sausage, you can add your rice at this time.
4. Simmer your mixture for about 5 minutes before adding your beans and tomatoes. After you add these ingredients, simmer for another 5 minutes or until the liquid has been absorbed into the rice.
5. Garnish with additional ingredients as you like, and enjoy!



# Nutritionists in Clarington and Durham Region

**Mind Matters Psychotherapy & Creative Education**

[mindmatterspsychotherapy.com/](http://mindmatterspsychotherapy.com/)

200 King St E Unit 205, Bowmanville ON L1C 1P3

Mind Matters: Psychotherapy & Creative Education offers person-centred mental health support from diverse practices ranging from psychotherapy to art therapy and holistic nutrition counselling.

**\*Nirman Yoga Loft**

[nirmanayoga.ca](http://nirmanayoga.ca)

5284 Main St, Orono ON L0B 1M0

(289) 893-0183

[weareone@nirmanayoga.ca](mailto:weareone@nirmanayoga.ca)

A dynamic yoga studio that aims to provide a safe space for self-discovery. First classes are free and no experience is required to participate.

**Rhonda Armour, Fitness and Nutrition Coach**

[rhondaarmourcoaching.com/](http://rhondaarmourcoaching.com/)

2688 Concession Rd 7, Bowmanville ON

(289) 356-2411

[rhondaarmour@rogers.com](mailto:rhondaarmour@rogers.com)

Rhonda's website describes her greatest desire to "empower women and restore that flame of confidence, competence, and control". Offering free consultations for nutrition and life coaching, Rhonda aims to help clients "develop habits, and strategies to implement those habits, that are meaningful and easily fit into your unique lifestyle."

**Wellness Path**

[wellnesspath.ca](http://wellnesspath.ca)

103 King Street East, Bowmanville L1C 1N4

905-623-9232

[info@wellnesspath.ca](mailto:info@wellnesspath.ca)

Wellness Path is a one-stop-shop for holistic wellness care including yoga, spa treatment, nutrition, acupuncture, aromatherapy, and more. They also have personal development events. Please get in touch with them before visiting as COVID-19 has affected their programming.

## EPISODE 4

# Using Art to Express Our Emotions

[WATCH THE EPISODE HERE!](#)

**How does art help with trauma?**

1. Visual art can help to develop emotional resilience through storytelling, which can also enhance social skills
2. Art can be a way to reduce conflict and distress by providing an outlet to express oneself
3. Art can support the development of a strong sense of self-esteem and self-awareness through personal connection and skill development.

### **Anxiety colouring page activity**

On the following pages, you will find an anxiety colouring page. We welcome you to print this next page, grab your favourite colouring pencils and colour this sheet.





# Anxiety Coloring Page Questionnaire

While you are colouring, we encourage you to answer the following questions. Feel free to jot down your answers in the space below.

How does coloring help you to regulate your emotions?



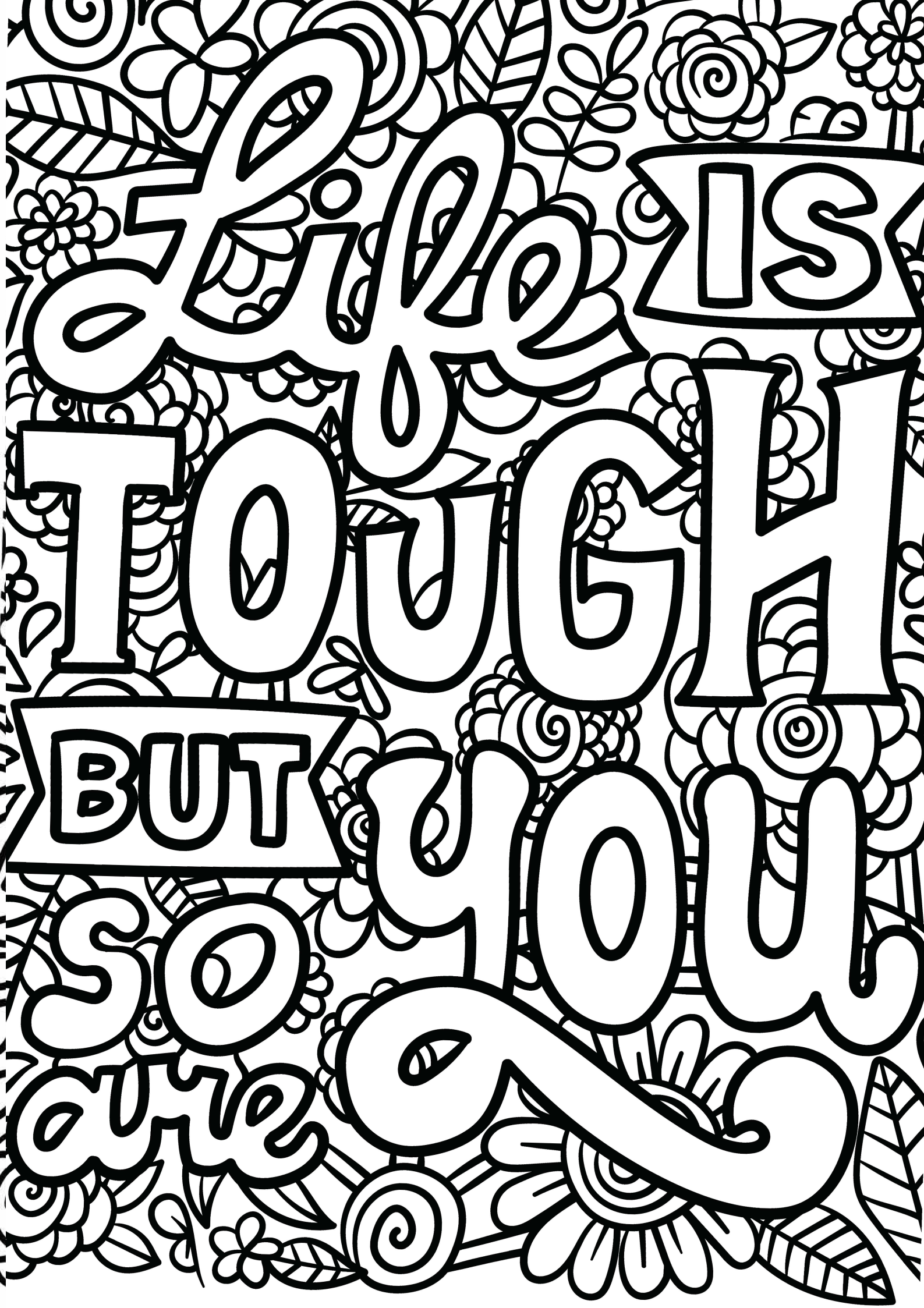
What colors did you use to color this page, and why?



What are some other visual arts activities that you would like to try?







Life IS  
TOUGH  
BUT YOU  
are



# Art Therapists in Clarington and the GTA

## **A Gift of Art**

[agiftof-art.com](http://agiftof-art.com)

187 King Ave E., Newcastle L1B 1H4

905-987-2264

[gallery@agiftof-art.com](mailto:gallery@agiftof-art.com)

A Gift of Art is an art gallery, a gift shop, and a teaching facility for local artists and residents. In-person and Zoom sessions are available.

## **Full Circle Art Therapy**

<https://fullcircleatc.com/>

658 Danforth Ave Suite 303, Toronto ON M4J 5B9

(647) 234-4274

Full Circle Art Therapy is an art therapy center in Toronto that offers a wide range of art therapy support services including individual, child and youth, group art therapy, and art therapy workshops. Free consultations are available.

## **Mind Matters Psychotherapy & Creative Education**

[mindmatterspsychotherapy.com/](http://mindmatterspsychotherapy.com/)

200 King St E Unit 205, Bowmanville ON L1C 1P3

Mind Matters Psychotherapy & Creative Education offers person-centred mental health support from diverse practices ranging from psychotherapy to art therapy and holistic nutrition counselling.

## EPISODE 5

# The Art of Mindfulness

[WATCH THE EPISODE HERE!](#)

How do mindfulness and grounding techniques help with trauma?

1. Grounding techniques help to manage emotions such as distress, anger, or anxiety.
2. Grounding techniques encourage mindfulness by turning a person's mind away from thoughts, memories, or worries, toward the present.
3. Grounding techniques can help to increase feelings of safety, which will help to support the beginning of the healing process through skills development.

### 5-4-3-2-1 Grounding Technique

The 5-4-3-2-1 technique can help you to ground yourself using each one of your 5 senses. In this activity, you are encouraged to intentionally take in the details of your surroundings. Actively seek out things that you may not normally recognize on a regular basis, such as unique sounds, scents, and textures. This activity can be done at any point in time when you would like to refocus on the present.



# 5-4-3-2-1 Grounding Exercise



## FIVE

What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



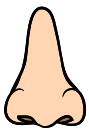
## FOUR

What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



## THREE

What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



## TWO

What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



## ONE

What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

Adapted from Woody Schuldt, LMHC, Therapist Aid (2022).



# Mental health supports in Clarington and Durham Region

## **Community Care Durham – COPE Mental Health Program**

[communitycaredurham.on.ca/services/cope/](https://communitycaredurham.on.ca/services/cope/)

2440 Hwy 2 Unit #1, Bowmanville, ON L1C 0K6

(905) 623-2261

[clarington@communitycaredurham.on.ca](mailto:clarington@communitycaredurham.on.ca)

Providing a wide range of support programs and services for individuals 16 and up, including mental health programs. Through their COPE Program, they offer support groups and workshops, and independent wellness care services.

## **Women's Multicultural Resource and Counselling Center**

[wmrcc.org/](https://wmrcc.org/)

Please call ahead before visiting the office

905-427-7849

Crisis Line: 1-877- 454-4035

[info@wmrcc.org](mailto:info@wmrcc.org)

Women's Multicultural Resource and Counselling Center is an organization that provides free person-centred counselling to support women of all ages and their families. They are notably recognized for supporting those from diverse backgrounds, with the goal of combatting violence and helping survivors to rebuild their lives.

## **Wellness Path**

[wellnesspath.ca](https://wellnesspath.ca)

103 King Street East, Bowmanville, L1C 1N4

(905) 623-9232

[info@wellnesspath.ca](mailto:info@wellnesspath.ca)

Wellness Path is a one-stop-shop for holistic wellness care including yoga, spa treatment, nutrition, acupuncture, aromatherapy, and more. They also have personal development events. Please contact them before visiting as COVID-19 has affected their programming.

## EPISODE 6

# Gaining Financial Empowerment

[WATCH THE EPISODE HERE!\\*](#)

[WATCH OUR FINANCIAL LITERACY WEBINAR HERE!](#)

**How does financial empowerment support personal growth?**

1. Financial empowerment promotes financial capability, which can help individuals to make more informed financial decisions.
2. Financial empowerment helps individuals to avoid financial risk.
3. Financial empowerment reduces poverty by improving financial security

### **50-30-20 budget**

The 50/30/20 budget is a budgeting tool that divides your paycheck into 3 categories.

- 50% of your paycheck goes to your needs
- 30% of your paycheck goes towards your wants
- 20% of your paycheck goes towards your savings

\*Please note this video will be posted at a later date in Winter 2022/23.



## EPISODE 6

# Gaining Financial Empowerment

Let's look at an example!

If every two weeks, you get a paycheck of \$1000 dollars, you could divide it like this:

- \$500 goes towards your needs such as rent, groceries, and bus fare
- \$300 goes towards your weekly dinners at your favourite restaurant, your upcoming birthday party, and summer vacation.
  - \$200 goes into a savings account for emergencies such as unexpected hospital visits, medication, and retirement.

Use the template on the following page to map out your budget and how much you would like to invest in your essential items.



# 50-30-20 Budget Template

Jot down your budget items in the spaces below

Monthly Income:

50%  
NEEDS

30%  
WANTS

20%  
SAVINGS

# Budgeting Tips

Sampled from ABC Life Literacy (2022), here are some tips to help you create your dream budget.

1. **Track your income.** The first step is to identify your monthly income. Be sure to count all sources of income, which may include employment income, allowances or disability payments. Write down your total income for the month at the top of your budget.

2. **Track your expenses.** The next step is to outline all the expenses that you have each month, including rent, food, gas or transportation, clothing, etc.

Tip: look through the past three months of bank statements to see what you've been spending your money on. This will help to track your common expenses.

Be sure to also budget or set aside money for entertainment and activities that you like to do. Try to be as honest as possible with yourself and set aside money for things that you truly spent on.

3. **Balance your budget.** "Subtract your expenses from your income to see if your budget balances. If your expenses are less than your income, you've successfully created an effective budget! However, if your expenses are higher than your income, you need to find ways to cut back on expenses."



# Financial empowerment education and support in Clarington and the GTA

## **ABC Life Literacy – Money Matters**

[abclifeliteracy.ca/financial-literacy/](http://abclifeliteracy.ca/financial-literacy/)

ABC Life Literacy provides financial literacy support for adult learners. Their programs, which are available online for free, break down difficult financial concepts and explain them in easy-to-understand ways.

## **Municipality of Clarington – Financial Assistance Programs**

[clarington.net/en/recreation-and-tourism/financial-assistance.aspx](http://clarington.net/en/recreation-and-tourism/financial-assistance.aspx)

40 Temperance Street, Bowmanville L1C 3A6

(905) 623-5728 ext. 2590

The Fee Assistance Program provides a \$300 credit per person toward Community Services registered activities, memberships or 10-ticket passes. Also, Durham Region Social Services offers Clarington residents in the Ontario Works program the opportunity to participate in recreation activities. Call 905-623-5728 ext. 2590 to find out if you are eligible for either of these programs.

## **Woodgreen Community Services**

[woodgreen.org/services/financial-empowerment](http://woodgreen.org/services/financial-empowerment)

815 Danforth Ave #100, Toronto ON M4J 1L2

(416) 645-6000

“WoodGreen Financial Empowerment Services offer workshops, one-on-one counselling and support for low-income individuals and families experiencing financial challenges. [They] provide free tax clinics, budgeting workshops, debt management and other resources designed to improve financial literacy and money management skills and help clients reach their financial goals”

## EPISODE 7

# Building Healthy and Positive Communication Skills

[WATCH THE EPISODE HERE!](#)

How does communication support personal growth and development?

1. Positive communication skills help to develop purposeful and meaningful relationships.
2. Strong communication skills help to express themselves in healthy ways
3. Healthy communication skills set the foundation for increased self-esteem and confidence.

### The 4F's

Often when people experience trauma, they can react in one of four ways:

- Fight: confront the threat with anger, rage, or aggression
- Flight: run away, experience anxiety, or panic
- Freeze: shut down the threat through numbing or distractions
- Fawn: appease the threat by agreeing





# Healthy Communication Tips

These trauma reactions can cause us to lose our identity and trust in ourselves, which can ultimately affect the way we communicate with ourselves and others. One of the best ways to build your communication skills is to build trust with yourself. We can do this by:

## ONE

**Reconnect with yourself:**  
Take baby steps to understand yourself better.

Ideas: watch a movie, go out to dinner by yourself, OR take a self care space day at home

## TWO

**Practice self-compassion:**  
Remember that everyone makes mistakes.

Tip: when things don't go your way, talk to yourself as you would talk to a friend who is feeling the way you're feeling.

## THREE

**Set reasonable goals:**  
Need a guide? Try SMART goals!

S: Specific  
M: Measurable  
A: Achievable  
R: Relevant  
T: Time-Bound

## FOUR

**Master a skill:** See and believe in your capabilities

Think: What is something that you always wanted to do?





# Mental health supports in Clarington and Durham Region

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[communitycaredurham.on.ca/services/cope/](https://communitycaredurham.on.ca/services/cope/)

2440 Hwy 2 Unit #1, Bowmanville ON L1C 0K6

(905) 623-2261

[clarington@communitycaredurham.on.ca](mailto:clarington@communitycaredurham.on.ca)

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# Self-care Plan

## GOALS FOR MY MIND

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## GOALS FOR MY BODY

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

GOOD RULES &  
HABITS I WANT  
TO LIVE BY

- MIND

**Mental health**  
Mindfulness and  
self knowledge

**Soul**  
Stimulation and  
fulfillment

- BODY

**Self-care**  
Basic hygiene and  
body care

**Improvement**  
Exercise, sleep  
and healthy food

# Notes

The background features a light beige base with several abstract shapes. A large, dark purple shape is in the top left corner. A green shape is in the top right corner. A light green shape is in the middle right. A dark purple shape is in the bottom left corner. A green spiral line is in the bottom left corner. A light green shape is in the middle right. A dark purple shape is in the bottom right corner.