

# NERVOUS SYSTEM AWARENESS

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON HOW YOU'RE FEELING. THIS IS A FORM OF SELF CARE THAT YOU DESERVE TO GIVE YOURSELF.

**WHAT EMOTIONS ARE PRESENT IN ME TODAY?**

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2

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3

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**WHAT DO I NEED RIGHT NOW TO FEEL MORE REGULATED OR SAFE?**



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**WHAT'S MY BREATHING DOING?**

**HOW DOES MY BODY FEEL RIGHT NOW?**

*Daily Affirmation*

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**NOTES & FREE THOUGHTS**



# GRATITUDE JOURNAL

DATE

M T W T F S S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR. PRIME YOUR BRAIN TO LOOK FOR THE POSITIVES IN EACH DAY.

## TODAY I'M GRATEFUL FOR

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2

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3

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## THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE

*Daily Affirmation*

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NOTES & FREE THOUGHTS

