

A decorative illustration in the top right corner featuring stylized green stems, leaves, and small pink and white flowers.

Take inventory of my \_\_\_\_\_ and \_\_\_\_\_.

Help our \_\_\_\_\_reframe our thought if it's not serving us well..

I. have a \_\_\_\_\_.

Not all up to \_\_\_\_\_.

**K.** now yourself and be \_\_\_\_\_ to yourself.

**Notes:**