

Mirror Affirmations

Look into a mirror and say these to yourself.

♥ I am loved.

♥ I am important.

♥ I am kind.

♥ I am smart.

♥ I believe in myself.

♥ I am brave.



♥ I am amazing just the way I am. ♥



Draw How You Feel Today

How do you feel in this moment?



☐ Happy



☐ Calm



☐ Sad



☐ Angry



☐ Scared

What helps
you feel better?



☐ Confused



Hugs



Music.



Playtime



Nature



Breath



Gentle Self-Reflection Prompts

Pause and gently reflect on your caring journey

♥ Today, I felt loved when...

♥ Today, I would like to validate myself for...

♥ Tomorrow, I will ask for support with...



I am doing my best,
with the resources
I have now. ♥ ✨



EMOTION OCEAN

Color the waves and circle how you feel today.

