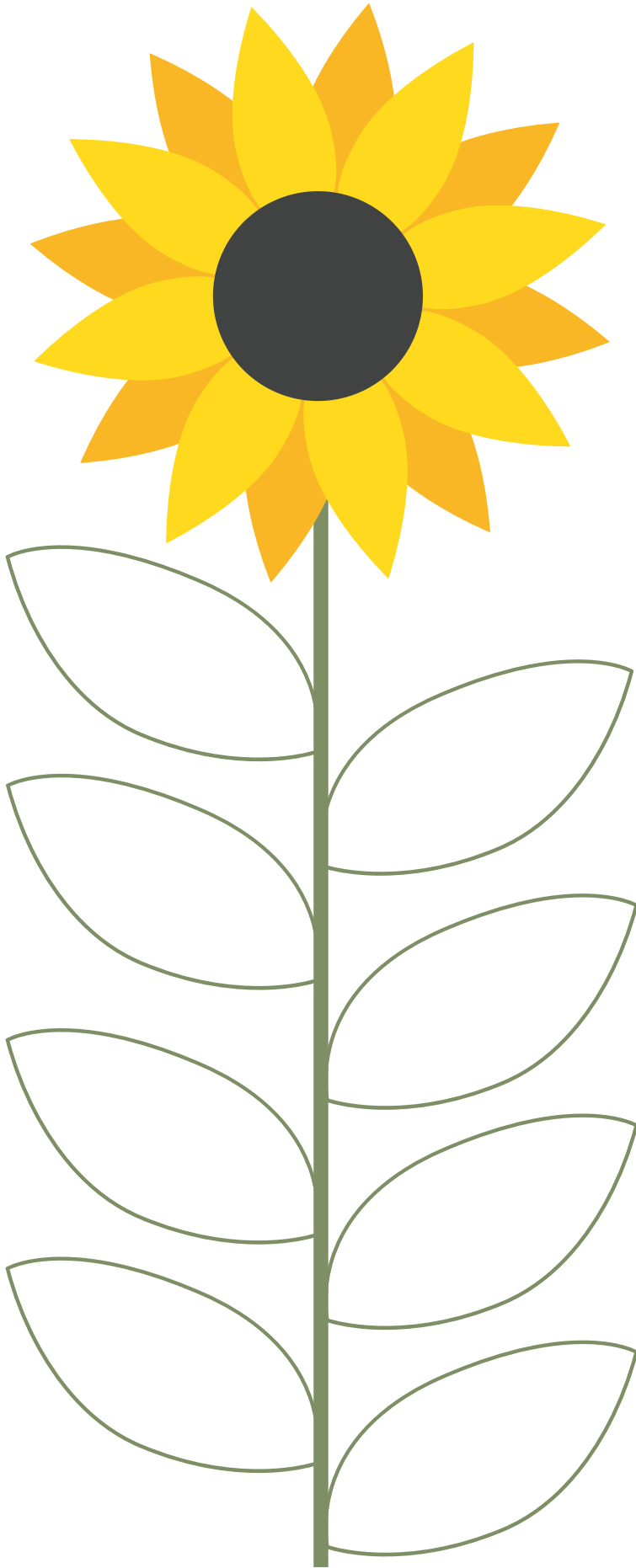


WELLNESS WORKSHEET



Think of your wellness like a flower. Use the leaves to list activities that will help you grow and stay healthy and happy!

I am grateful for...


☆ _____

☆ _____

☆ _____

☆ _____

☆ _____

 When I'm upset, I can feel better by...

If I need help, I can ask...
