

Thinking

Already Do

1) _____

2) _____

New Beginnings

1) _____

2) _____

Social Activities

Already Do

1) _____

2) _____

New Beginnings

1) _____

2) _____

Pleasant Activities

Already Do

1) _____

2) _____

New Beginnings

1) _____

2) _____



Healthy
Me!

Exercise

Already Do

1) _____

2) _____

New Beginnings

1) _____

2) _____

Relaxation

Already Do

1) _____

2) _____

New Beginnings

1) _____

2) _____

Self-Care

Already Do

1) _____

2) _____

New Beginnings

1) _____

2) _____

Social Supports

Already Do

1) _____

2) _____

New Beginnings

1) _____

2) _____

Goals

Already Do

1) _____

2) _____

New Beginnings

1) _____

2) _____