



Mental Health America of Hawai'i

Personal Mantra:

Mood Playlist:
"Feel the Beats"

Today's Self-Care Tasks:

1. Diaphragmatic Breathing

2. Mood Music Exercise

3. Gratitude Exercise

Notes:



Gratitude is the Attitude

1. Daily:

2. Past 2 Years:

3. Challenge:

Notes:

Lined writing area for mood playlist and gratitude exercises.

