



# I am a whole person. I matter.

day 1

PHYSICALLY, I feel \_\_\_\_\_

SOCIALLY, I feel \_\_\_\_\_

SPIRITUALLY, I feel \_\_\_\_\_

EMOTIONALLY / MENTALLY, I feel \_\_\_\_\_

day 2

PHYSICALLY, I feel \_\_\_\_\_

SOCIALLY, I feel \_\_\_\_\_

SPIRITUALLY, I feel \_\_\_\_\_

EMOTIONALLY / MENTALLY, I feel \_\_\_\_\_

day 3

PHYSICALLY, I feel \_\_\_\_\_

SOCIALLY, I feel \_\_\_\_\_

SPIRITUALLY, I feel \_\_\_\_\_

EMOTIONALLY / MENTALLY, I feel \_\_\_\_\_

day 4

PHYSICALLY, I feel \_\_\_\_\_  
SOCIALY, I feel \_\_\_\_\_  
SPIRITUALLY, I feel \_\_\_\_\_  
EMOTIONALLY / MENTALLY, I feel \_\_\_\_\_

day 5

PHYSICALLY, I feel \_\_\_\_\_  
SOCIALY, I feel \_\_\_\_\_  
SPIRITUALLY, I feel \_\_\_\_\_  
EMOTIONALLY / MENTALLY, I feel \_\_\_\_\_

day 6

PHYSICALLY, I feel \_\_\_\_\_  
SOCIALY, I feel \_\_\_\_\_  
SPIRITUALLY, I feel \_\_\_\_\_  
EMOTIONALLY / MENTALLY, I feel \_\_\_\_\_

day 7

PHYSICALLY, I feel \_\_\_\_\_  
SOCIALY, I feel \_\_\_\_\_  
SPIRITUALLY, I feel \_\_\_\_\_  
EMOTIONALLY / MENTALLY, I feel \_\_\_\_\_