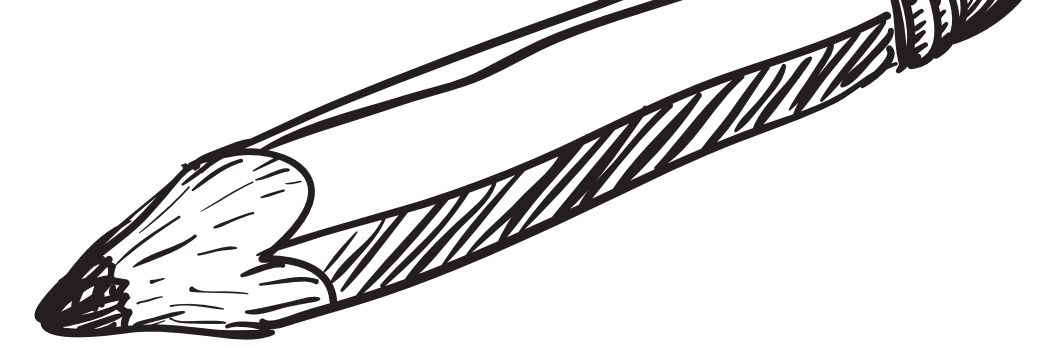


exercise



Something that happened today

Observations

Feelings that came up for me

Needs I might be having

Empty rounded rectangular box for writing 'Something that happened today'.

Empty rounded rectangular box for writing 'Observations'.

Empty rounded rectangular box for writing 'Feelings that came up for me'.

Empty rounded rectangular box for writing 'Needs I might be having'.

Action/connection requests I could have made or could make (Of myself? Someone else?)

Wide empty rounded rectangular box for writing 'Action/connection requests I could have made or could make (Of myself? Someone else?)'.