

ASPEN ☺

① what is cool about you?

what are you good at doing?

what do you love creating?

② Actions for my feelings -

- tapping - rainbow fingers.
- breathing - who energy is it?
- nature

Noticing what
SENSATIONS come up.



*What can you control?

boat meditation

- you are the boat
- waves are what is happening around you. - (everything will pass)

③ in the past what have you done to help yourself FEEL calm again? ☺