



DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
 SELF CARE Did something just for me ♥																															
 SLEEP Got 7-9 hours of sleep ♥																															
 HYDRATION Drank enough water ♥																															
 MOVEMENT Got my body moving ♥																															
 MEDICATION Took my medication ♥																															
 JOURNALING Wrote my thoughts ♥																															
 CONNECTING Connected with someone I love ♥																															
 MINDFULNESS Took time to be present ♥																															
 GETTING OUTSIDE Spent time outside ♥																															

**KALEIDOSCOPE COUNSELING**

You don't have to do it alone. ♥

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 (580) 768-1634

 mirandabowman1@outlook.com

 www.kaleidoscopecounselingok.com

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NOTES 

Be Kind to Your Mind

