



MONTH:

♥ HABIT ♥

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 24 25 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.

Support. Guidance.
Hope. ♥ ♥

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🌐 www.kaleidoscope-counselingok.com

📍 Serving across Oklahoma with virtual and in-person

Taking care of you is the first step to everything.



NOTES ♥

BE KIND TO YOUR MIND

