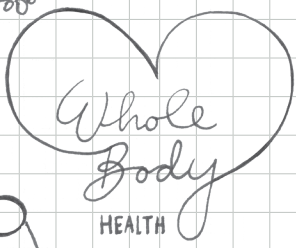


Accountability + mentorship  
(people)



Healthy boundaries

Fill in the person  
with words, pictures,  
and sentences.

Fill each circle with a  
different pattern or color.  
For each circle, write  
down an affirmation or  
something you're grateful  
for. When stretching or  
focusing on movement  
in real life, pay attention  
to those joints and speak  
those words.

Ways I can exercise

Ways I can "self-care"

