

Gathering Momentum and Daily Self Love

The following two sheets are based on making an individual think about current events and their feelings in that moment in time. Both sheets have 'doodle spaces'. This is to help focus the brain to the activity. Sometimes it can be hard to keep focus on an activity and by mindfully colouring, doodling and drawing your brain focuses on the question and task in hand making it easier to find answers in oneself.

Gathering Momentum can be completed more than once, but it is recommended that you allow time between each completion to allow time to see what has changed.

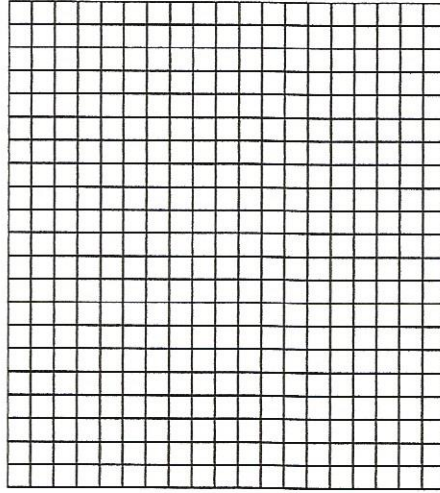
Daily Self Love can be carried out regularly, allowing your young people to explore their feelings but also track their feelings week by week.

I recommend encouraging each individual in your group to find their own space to work in so that their answers are true to them not influenced by others.

★ Gathering Momentum ★

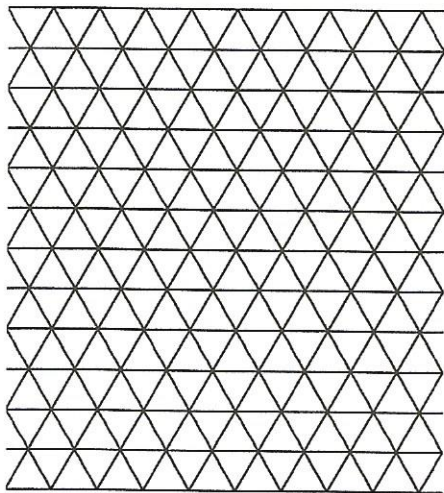
10 things I am grateful for:

- 01. _____
- 02. _____
- 03. _____
- 04. _____
- 05. _____
- 06. _____
- 07. _____
- 08. _____
- 09. _____
- 10. _____



Wouldn't it be nice if _____

Today I intend to _____



5 things I love:

- 01. _____
- 02. _____
- 03. _____
- 04. _____
- 05. _____

Today's affirmations:

3 things I'm excited about:

- 01. _____
- 02. _____
- 03. _____

4 things inspiring me today:

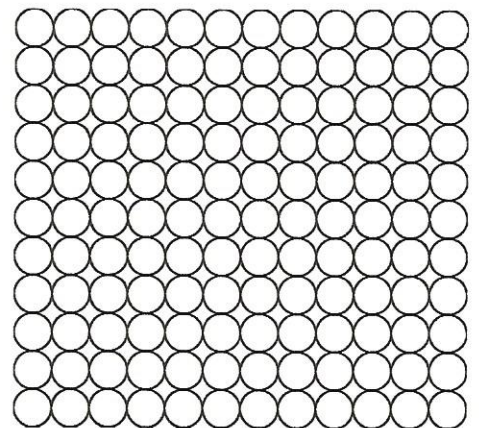
- 01. _____
- 02. _____
- 03. _____
- 04. _____

Interview with myself:

Q: _____

A: _____

Advice from my higher self:



★ Daily Self Love ★

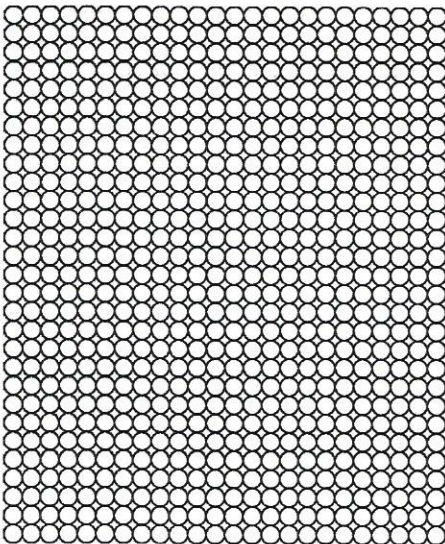
10 things I'm grateful for:

- 01. _____
- 02. _____
- 03. _____
- 04. _____
- 05. _____
- 06. _____
- 07. _____
- 08. _____
- 09. _____
- 10. _____

What I Want

10 things I love about myself:

- 01. _____
- 02. _____
- 03. _____
- 04. _____
- 05. _____
- 06. _____
- 07. _____
- 08. _____
- 09. _____
- 10. _____



3 new things I'd like to try:

- 01. _____
- 02. _____
- 03. _____

2 favors to do for myself today:

- 01. _____
- 02. _____

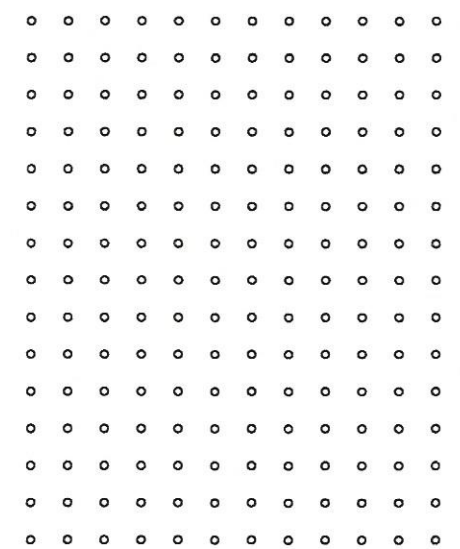
2 new things I learned recently:

- 01. _____
- 02. _____

3 feelings I want to practice today:

- 01. _____
- 02. _____
- 03. _____

A compliment to myself:



Thoughts I want to think about myself:

I love _____

(your full name)