

Self Reflection

Soul Stuff Notes

Things I do when I'm sad

Things I do when I'm bored

Things I'm looking forward to

Instruction

Fill these space with your favorite activities & things to fall back on when you're in a bad mood and having a not-so-good day.

My Favorite

Favorite Movies

- ▶
- ▶
- ▶

Favorite Books

- ▶
- ▶
- ▶

Favorite Games

- ▶
- ▶
- ▶