



Things that keep me healthy

Drinking water: 8 glasses

Sleeping: 7-9 hours

Proper hygiene/ cleaning

Breathing exercises/ meditation

Art/ Music/ Journaling/ Anger letters

Exercise/ Movement: 30-minutes a day

Healthy eating: _____

Remaining sober and clean

Spending time in nature

Professional Services: counselling,
naturopathy etc.

Education/ Learning

Things I love doing

Hobbies/ Interests: Sports, gaming,
animals, reading, cooking, gardening etc.

My favourite places:

Entertainment: TV, live music, art
exhibition, comedy shows

People who love and care for my transformation