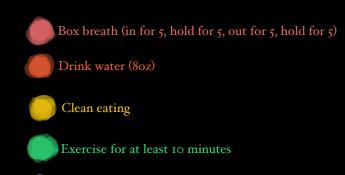
## Mental Heath Check In

- How am I feeling today (hungry, tired, angry, thirsty, lonely)
- Have I been properly taking care or myself today
- I'm going to continue taking care of myself
- Have I been thinking any negative thoughts today?
- Have I been productive today?



Home organization or cleaning

