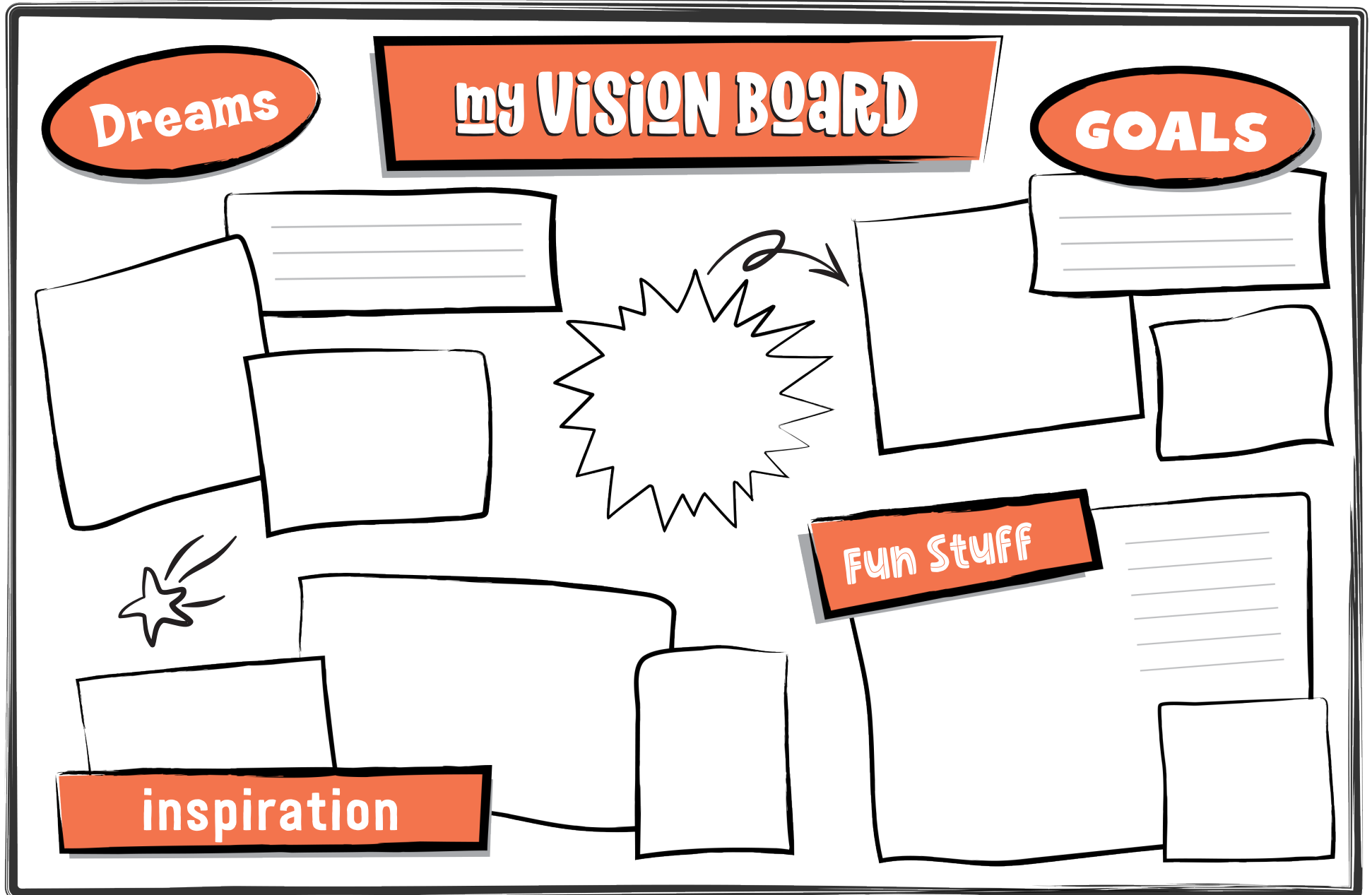


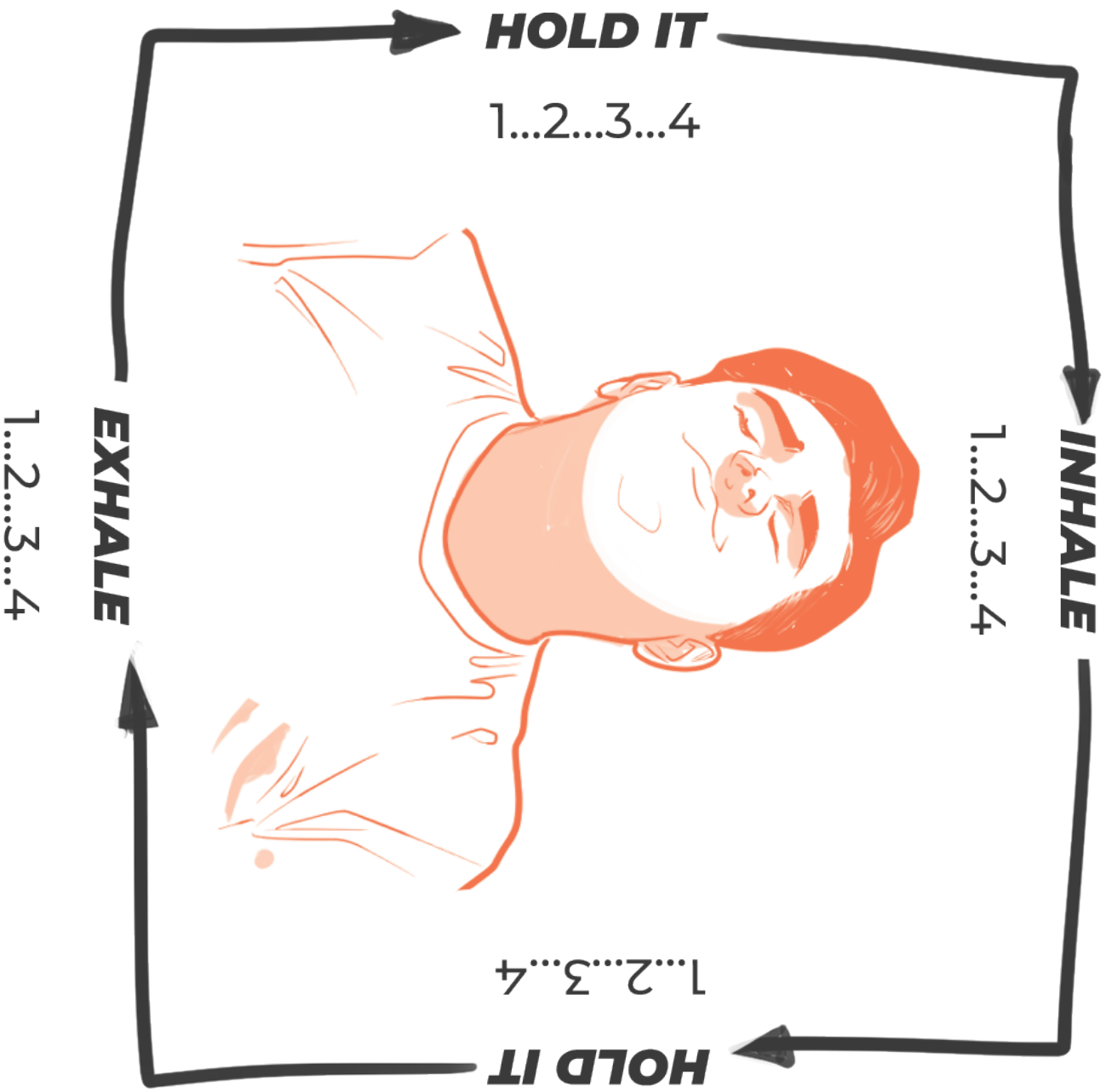
MY VISION BOARD

Get ready to put your dreams, goals, and vision into the universe! This vision board template can help you visualize what's really important to you.



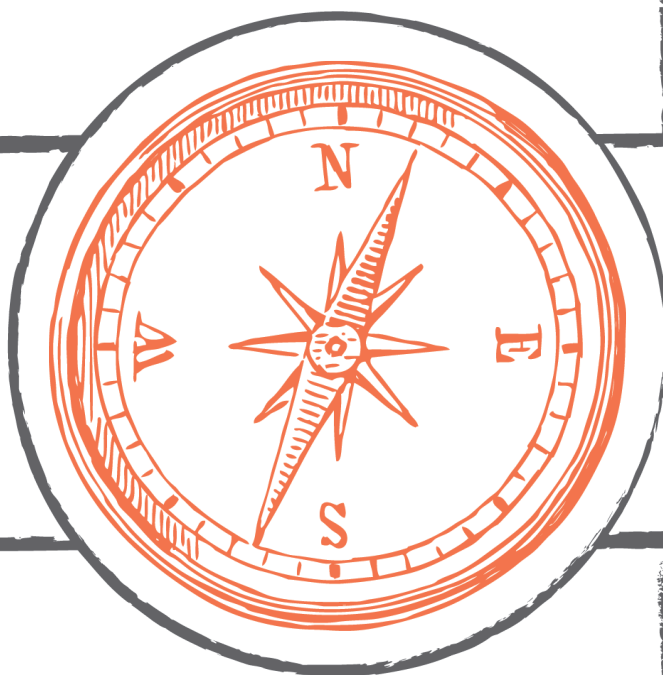
SQUARE BREATH

Using a square breath—four seconds of breathing in through the nose, a four-second hold, four seconds of breathing out through the mouth, and another four-second hold—can help you feel calmer and more focused.



MY MANTRAS

You can use this compass graphic to draft your personal mantras. You don't need to fill in every field, but try to come up with at least six ideas. And you can edit these mantras until they feel right to you. Then they'll become part of your personal creed.





MY MINI-ADVENTURE WISH LIST

This simple template helps you brainstorm your wish list of mini-adventures to take with family and friends. Keep it somewhere you can see it and remind yourself of the plans you have in store!

- | | |
|-----------|-----------|
| 1. _____ | 13. _____ |
| 2. _____ | 14. _____ |
| 3. _____ | 15. _____ |
| 4. _____ | 16. _____ |
| 5. _____ | 17. _____ |
| 6. _____ | 18. _____ |
| 7. _____ | 19. _____ |
| 8. _____ | 20. _____ |
| 9. _____ | 21. _____ |
| 10. _____ | 22. _____ |
| 11. _____ | 23. _____ |
| 12. _____ | 24. _____ |

BIG ADVENTURES WISH LIST



THE PREFERENCE PENDULUM

The Preference Pendulum reminds us that while things are hard sometimes, most days—and most experiences—are like a ball on a pendulum that constantly swings back and forth between what we do and don't prefer. When it's swinging toward the unpreferable and you're feeling sad or overwhelmed, try to remember that it *will* swing back the other way before too long.

