



Gratitude journaling

Write down three things you are grateful for today, no matter how big or small. Reflect on the positive feelings associated with these experiences.

Handwriting practice lines consisting of 20 horizontal dashed lines for writing.





Mindful Observation

Choose an everyday object or natural element such as a flower, a tree, or a cup of tea and describe it in detail. Use all your senses to explore it and note how it makes you feel.

A series of horizontal dashed lines for writing.





Emotional Awareness

Take a few moments to check in with your emotions. Write down how you are feeling right now, without judgment. Explore the sensations and thoughts connected to these emotions.

A series of horizontal dashed lines providing space for writing.





Mindful Breathing

Set aside five minutes for focused breathing. Write about your experience, noting how it felt to pay attention to your breath and any thoughts or distractions that arose.

Handwriting practice lines consisting of 20 horizontal dashed lines for writing.





Emotion Tracking

Create a daily emotion journal. Throughout the day, record your emotions and rate their intensity on a scale of 1 to 10. At the end of the week, review your journal and look for patterns or trends in your emotional experiences.

Handwriting practice lines consisting of multiple horizontal dashed lines for writing.





Emotion Action Plan

Develop an action plan for dealing with overwhelming emotions.

Outline steps you can take when you notice intense emotions rising.

*Consider both short-term coping strategies (e.g., deep breathing)
and long-term solutions (e.g., seeking therapy or practicing
mindfulness regularly).*

Handwriting practice lines consisting of multiple sets of horizontal dashed lines for writing.





Active Listening

Recall a recent conversation with someone important to you.

Describe how well you practiced active listening during that conversation. What did you do well, and what could you improve to become a more attentive and empathetic listener?

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle, bottom) for writing.





Boundary Setting

Think about a situation where you felt your boundaries were crossed or unclear. Write about the emotions you experienced and how you responded. Explore strategies for setting and maintaining healthy boundaries in your relationships.

A series of horizontal dashed lines for writing.





Conflict Resolution

Describe a recent interpersonal conflict you encountered. Reflect on how you handled the conflict and whether the outcome was positive or negative. Consider alternative approaches to conflict resolution that may lead to more effective results.

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for writing.





Empathy and Perspective-Taking

Choose someone in your life with whom you have a complex relationship. Try to view a recent interaction from their perspective.

Write about your understanding of their feelings and needs in that situation. How might empathizing with their viewpoint improve your relationship?

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines.





Self-Soothing Activities

Make a list of self-soothing activities that help you calm down and manage distress. Describe the sensations and emotions you experience when engaging in one of these activities. How can you incorporate more self-soothing practices into your daily life?

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle, bottom) for writing.





Creating a Distress Tolerance Plan

Develop a distress tolerance plan or toolbox. List various coping strategies, techniques, and self-soothing activities you can turn to when facing distress. Write about specific scenarios where each strategy might be most effective.

Handwriting practice lines consisting of multiple sets of horizontal dashed lines for writing.



