



Revive & Sustain

WELLNESS

JOURNEY TO SELF-AWARENESS

SOCIAL EMOTIONAL LEARNING

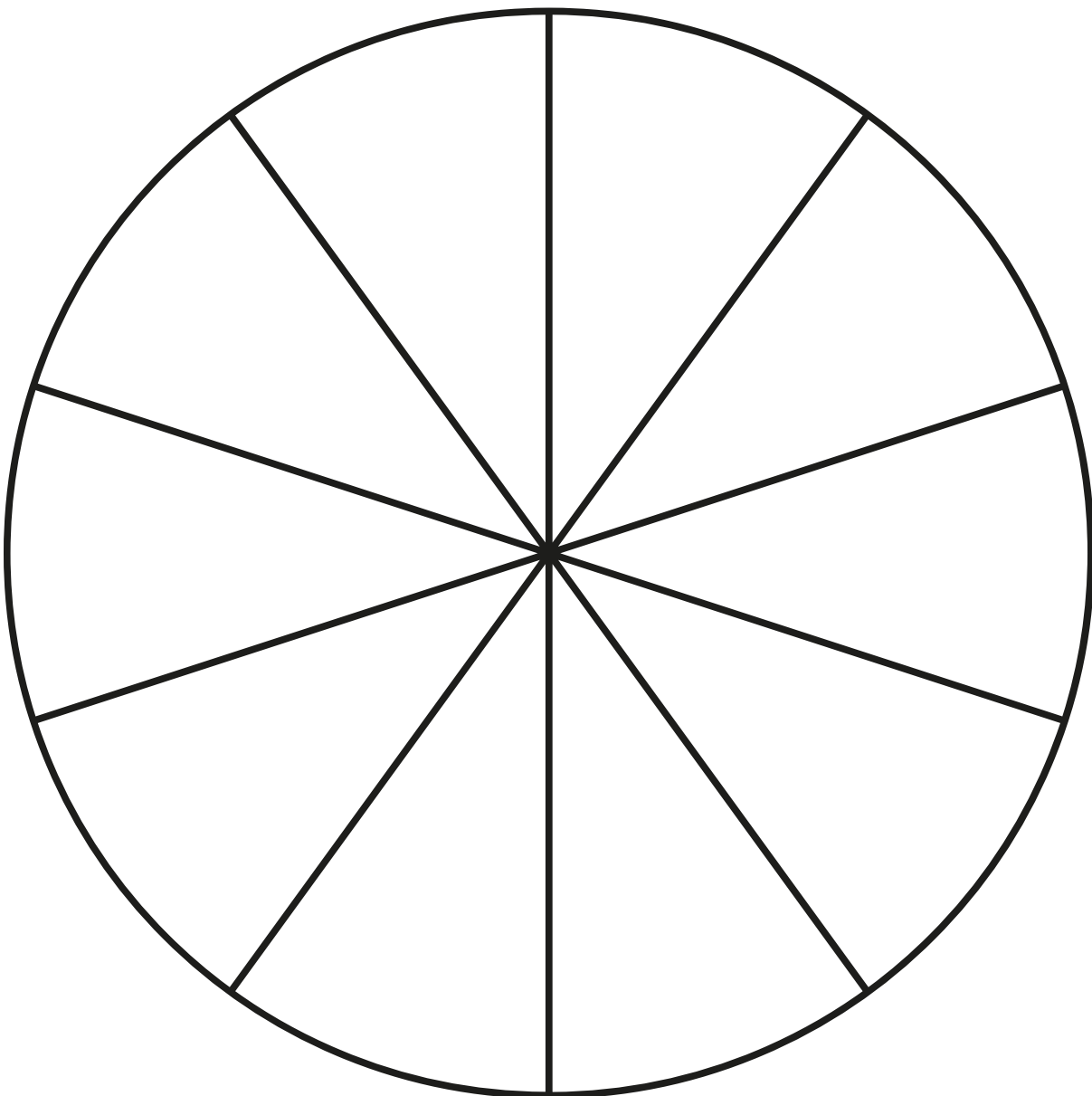


SELF-AWARENESS

EMOTION WHEEL

This activity can help develop a better understanding of your emotions

To create an emotion wheel, label each section with different emotions and colors. Recall a time when you felt each emotion and write down or draw the associated memory..

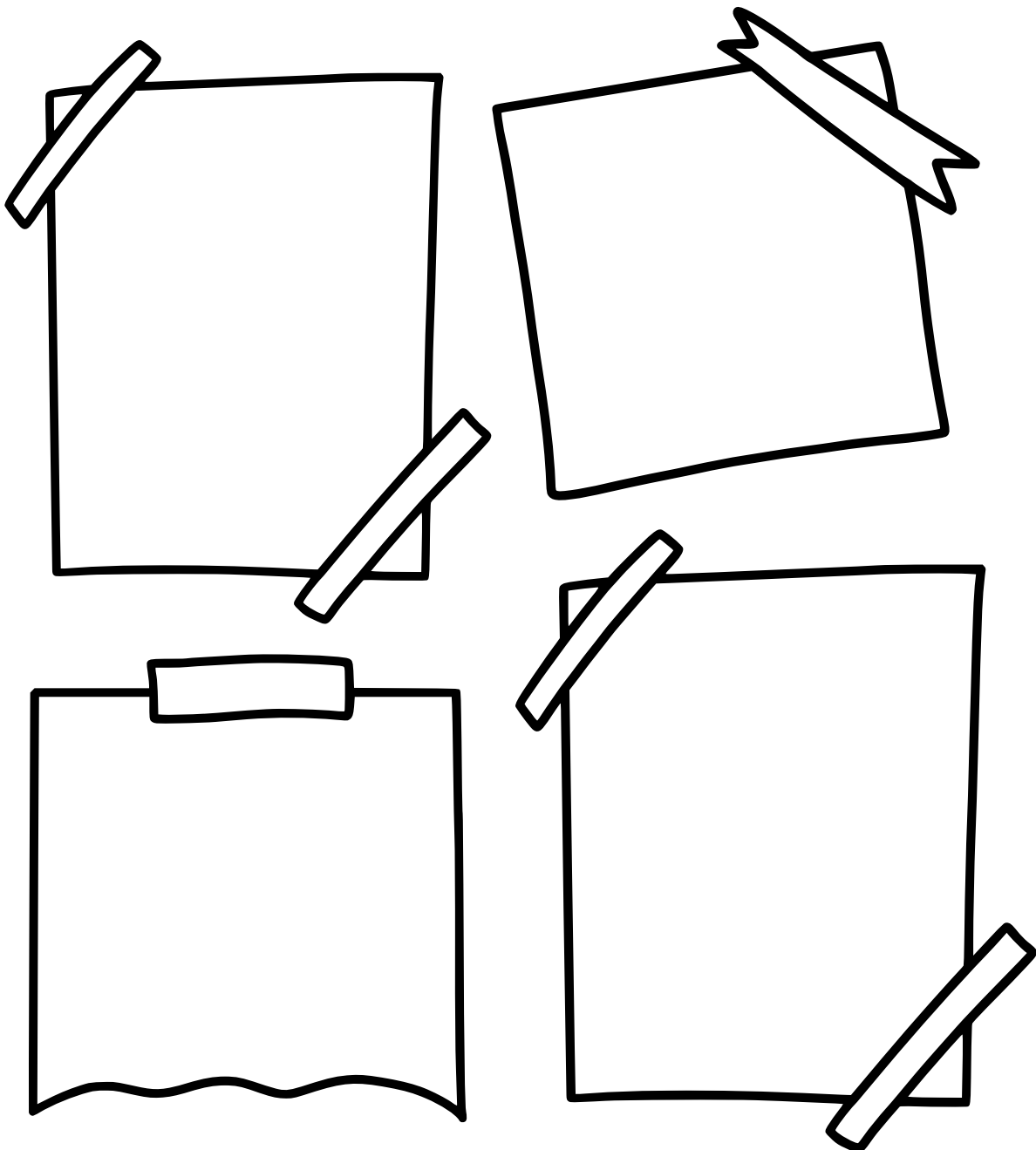


SELF-AWARENESS

VISION BOARD

Using Vision Boards as a Tool for Reflection and Goal-Setting

To create your own, sketch pictures and write words that represent your goals, hopes, and dreams for the future. This can allow you to reflect on your future desires and set achievable goals.



SELF-AWARENESS

GRATITUDE LIST

Practice Gratitude by Creating an Alphabetical List

Taking the time to reflect on the things you are grateful for can have a positive impact on your life. One way to do this is to create a gratitude list using every letter of the alphabet.

A _____
B _____
C _____
D _____
E _____
F _____
G _____
H _____
I _____
J _____
K _____
L _____
M _____

N _____
O _____
P _____
Q _____
R _____
S _____
T _____
U _____
V _____
W _____
X _____
Y _____
Z _____

SELF-AWARENESS

AFFIRMATION LIST

Improving Self-Talk with Affirmations

To promote positive self-talk, take a look at the following affirmations.

1. I am loved and valued just the way I am.
2. I am capable of achieving my goals.
3. I am creative and can use my imagination to solve problems.
4. I am kind and treat others with respect.
5. I am responsible for my choices and actions.
6. I am grateful for the blessings in my life.
7. I am confident and believe in myself.
8. I am a good friend and make a positive impact on others.
9. I am resilient and can overcome challenges.
10. I am unique and have something special to offer the world.

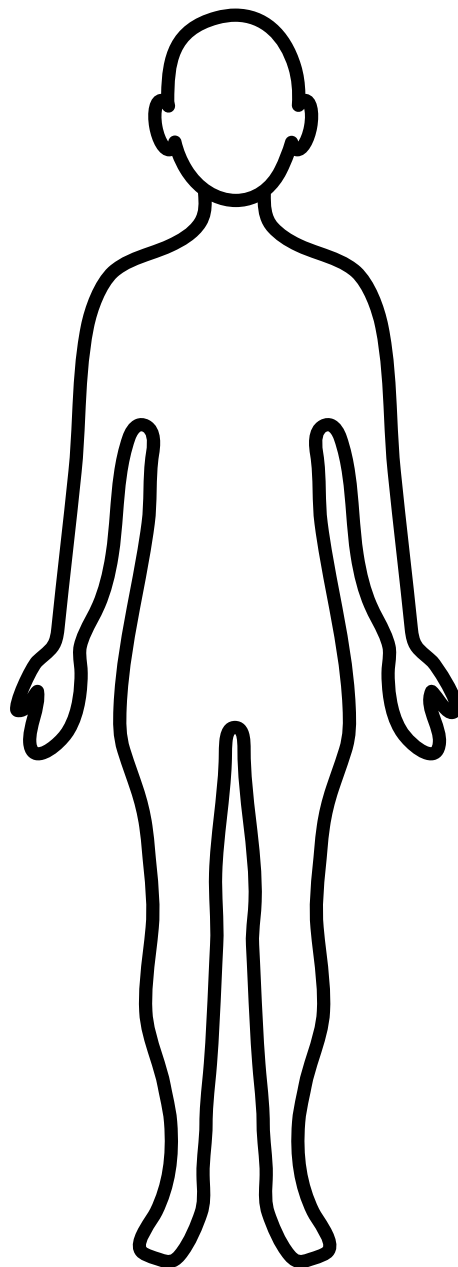
Create affirmations that are unique to you and your needs.

A large, empty rectangular box with a black border, intended for the user to write their own affirmations.

SELF-AWARENESS

STRENGTHS AND CHALLENGES

Personal growth often begins with reflection on our strengths and challenges. Write your strengths and challenges around the body outline. Identify something you excel at and something you find difficult, and share and discuss them with a loved one. Then, encourage each other to think about ways to build on strengths and overcome challenges.



SELF-AWARENESS

YOUR AFFIRMATIONS

Create a Self-Portrait with Positive Affirmations

Make a self-portrait and surround it with words of affirmation to boost your self-confidence and positivity.

