My Personal Tool Box

I'm creating this emotional tool box so that I am ready to choose love and positivity next time I feel down.

5 things I can do that don't require money or

transportation are:
1.
2.
3.
4.
5.
That time I was upset and took a walk it made me feel:
is someone I can always
call and have a good, positive conversation with.

Some qualities I really appreciate about myself are:

