



Soak it up!

A WEEKLY WORKSHEET TO HELP YOU TURN

YOUR FACE TO THE SUN

LIST 3 THINGS YOU'RE PROUD OF

LIST 3 THINGS YOU'RE EXCITED ABOUT

LIST 3 THINGS YOU'RE GRATEFUL FOR

Pick one thing from each list and soak it up. Examples of how you can soak it up are: post on social media, tell a friend or family member about it, look at pictures or videos of that event, make a piece of art that reminds you of it, if possible do it again, make a journal entry about it, or any other way to celebrate these things.

*Animals
Amplified*