



# MY FEEL GOOD PLAN

things I enjoy doing

Seven empty ovals arranged in two rows. The top row has two ovals, and the bottom row has five ovals. Each oval has short lines extending from its top, bottom, left, and right sides, suggesting they are meant to be connected to a larger grid or structure.

my favorite types of self care

A large rectangular area with a solid dark red border. Inside, there are seven horizontal dashed lines, providing a space for writing.

## MY FEEL GOOD FAVORITES

A grid of 12 empty rectangular boxes arranged in two columns and six rows. The boxes are outlined in a dark blue color.

