

What do I need today?

G R A T I T U D E L O V E M A P B
P X U K D T R O J H V M Q I I O H
N Z F O R G I V E N E S S Y M F Q
K S M O S N K J W C F N T R A G Z
J T E P Q G M O B S Z P K E G T Q
J X D F Q C E Y J E N I A S I R D
F R I E N D S C Y W X P R T N U B
F X T O C O M P A S S I O N A S U
R M A L P A E X E C J C B D T T P
X T T G J E U M F O H D A F I A A
V I I E V D J Z Z M E L L K O V T
P O O U J F J X I F K Q A F N H I
E T N N D N V I M O Q E N G W D E
A H A R M O N Y U R S H C S J L N
C N U R T U R E S T M T E S S R C
E B S W Y D P S I O C E D V N U E
B Y O W K C X E C L A U G H T E R

imagination

forgiveness

compassion

meditation

gratitude

patience

laughter

friends

balance

nurture

comfort

harmony

music

trust

peace

rest

love

joy