

My To-Do's Align with My To Be

To-Do's



HANG THE LIGHTS



PREPARE MEAL



WRAP PRESENTS



CLEAR CLUTTER



TRIM THE TREE

To Be

BE THE LIGHTS

BE NOURISHMENT

BE PRESENT

BE CLEAR ABOUT MY NEEDS

**BE A TREE PLANTED BY THE
RIVERS OF WATER**

From my Soul Care Safety Plan My Top (3) Sensory Breaks

TAKE A 5 MIN NATURE WALK

DO BUBBLE BREATHWORK PRAYER

GO COLOR



My To-Do's Align with My To Be

To-Do's	To Be
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From my Soul Care Safety Plan My Top (3) Sensory Breaks

