

SMALL THINGS COUNT

To help you slow down, notice small moments, and reconnect with what's quietly supporting you. No fixing. No pressure. Just noticing.



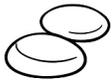
One small thing that helped me this week



One moment that felt calm or comforting



One thing that made me smile (even briefly)



Something I did that I'm proud of, even if it felt small



One thing that felt hard, and one thing that helped



Something I noticed today that I usually overlook
