

Pray: "Lord, send down the Holy Spirit to guide me through this work."

What lessons did you learn yesterday?

What's the plan for today? *Food, leaving the house, activities, naps, screen time, etc.*

Top 3 feelings you want to feel today:

Nourish your body & stay calm

How will you take care of your body and your mental health today?

What tools will you use to calm down when you feel upset?

What skill(s) are you and/or your kids working on today? *Write how you will incorporate this today.*

Listen to the Lord *Sit quietly for a few minutes and ask the Lord what He wants to share with you.*

Go Forth in Prayer *Ask for a Gift of the Holy Spirit and anything else you want to pray for.*
