



BrotherlyMind

List three things you like about yourself: Focus on your positive qualities, such as your determination, sense of humor, or resilience.

Write about three things you are grateful for today: It can be as simple as having a roof over your head, a good meal, or a supportive friend. Take a moment to reflect on the positive aspects of your life.

Express gratitude for the people in your life: Write about the people who support you, whether it's family, friends, or a therapist. Think about how they have helped you and why you appreciate them.

Write about a favorite memory: Choose a happy memory from your past and write about it in detail. Reflect on the positive emotions it brings up and why it's special to you.

Who are the best people in your life: Write about the people who support you, whether it's family, friends, or a therapist. Think about how they have helped you and why you appreciate them.

Write about something you overcame: Reflect on a difficult situation you faced and how you overcame it. Consider how this experience helped you grow and develop as a person.

Set a goal: Identify a new goal you want to achieve and write it down. Consider what steps you can take to achieve it and how it aligns with your personal values and sense of purpose.