



COMFORT CARDS INDEX

LIST (5) OF YOUR FAVOURITE MEMORIES	LIST (5) THINGS IN YOUR LIFE THAT YOU ARE GRATEFUL FOR
<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____	<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____
LIST (5) OF YOUR STRENGTHS / POSITIVE QUALITIES	LIST (5) OF YOUR ACCOMPLISHMENTS
<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____	<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____
LIST (5) OF YOUR GOALS	LIST (3) OF YOUR FAVOURITE PHYSICAL SELF CARE ACTIVITIES
<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____	<ol style="list-style-type: none">1. _____2. _____3. _____

**LIST (3) OF YOUR FAVOURITE
MENTAL SELF CARE ACTIVITIES**

1. _____
2. _____
3. _____

**LIST (3) OF YOUR FAVOURITE
EMOTIONAL SELF CARE ACTIVITIES**

1. _____
2. _____
3. _____

**LIST (3) OF YOUR FAVOURITE
SPIRITUAL SELF CARE ACTIVITIES**

1. _____
2. _____
3. _____

**LIST (5) THINGS YOU HAVE DONE
OR WOULD LIKE TO DO FOR OTHERS**

1. _____
2. _____
3. _____
4. _____
5. _____

LIST (10) POSITIVE AFFIRMATIONS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____