

# Return to YOU!

What, inside YOU, helps you to connect with or encourages healthy emotions you want to feel?

EMOTIONS	MENTAL	PHYSICAL	SPIRITUAL	RELATIONAL
1.				
2.				
3.				
4.				

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## SAMPLE

EMOTIONS	MENTAL	PHYSICAL	SPIRITUAL	RELATIONAL
<b>1. Confident</b>	Clarity Organized Creative/Ideas  - Slow Down - Look Around	Skincare routine Fun colorful make-up	Being outdoors Creating art/time for flow	Reach out to others Share ideas Honest/Open with thoughts
<b>2. Content</b>				
<b>3. Hopeful</b>				
<b>4. Find Humor in Situations</b>				

# Return to YOU!

You are Vibrant and Colorful!

RED (heart)

ORANGE (mind)

YELLOW (shine)

GREEN (core)

BLUE (values)

PURPLE (inspiration/creativity)

Listen to the meditation and complete the handout.

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You are Vibrant and Colorful!

## SAMPLE

**RED** (heart) I love the feeling of my dogs fur on my upperlip when I give him kisses on his forehead.

**ORANGE** (mind) I grow through challenge. When something isn't working, I take the time to live it, learn it and improve it.

**YELLOW** (shine) Observation - I love the seasons - fall is my favorite - I love the smell of dirt that comes with the rain in the spring...

**GREEN** (core) I am a consistent person. I am able.

**BLUE** (values) I am good enough - the courage to be imperfect...  
**TRY!** Always can learn. Eat meals together!

**PURPLE** (inspiration/creativity) I like watching others grow and succeed. - Inspires me!

Listen to the meditation and complete the handout.