

Month Four

Thought Starters for Activity

Cut out toxic people in your life	Let it go and be free	Ignore negative comments
Cut out toxic people in your life	Give yourself time	Stay calm
Nurture meaningful relationships	Don't complain	It's on you to make the best of what you have
Is this person really helpful to me in a positive way?	Mistakes teach me new lessons	Engage in activities that bring you joy
Challenges make me grow	This too shall pass	I will take things one day at a time
Be a friend to have a friend	If I say or do a hurtful thing, I seek to repair the hurt	I can move past this moment
