

Restore Activity Series

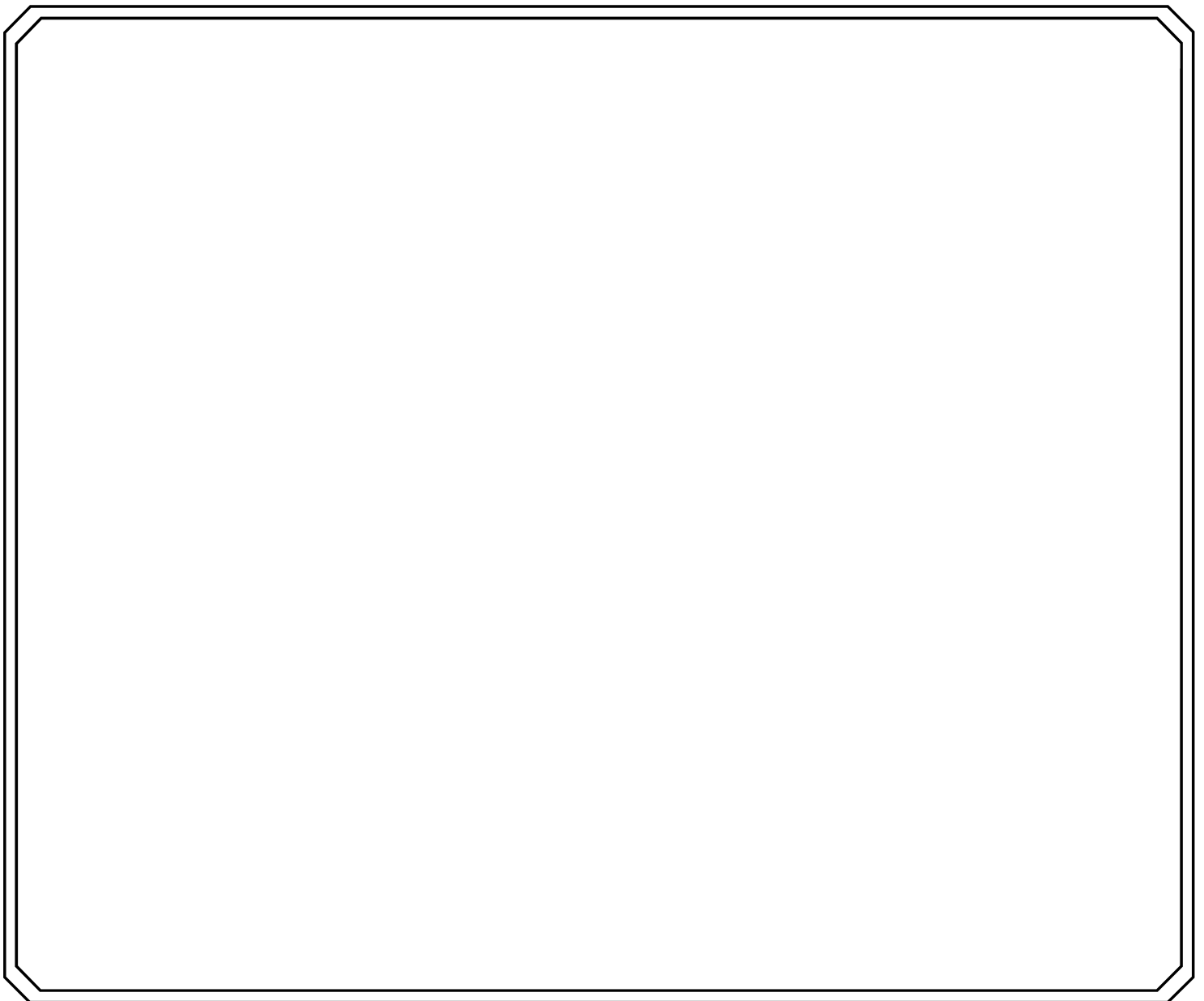
Protect Your Headspace



**Remove the Things
That Negatively Impact You**

You Get to Decide

This is another short but important one. You, and only you, get to decide what influences you. We are all surrounded by both positive and negative stimuli, but sometimes the negative seem more prevalent. Remove the negative and surround yourself with the positive. Use the space below to make note of the things you want less of or want to remove from your life.



You Get to Decide



Use the space below to make note of the things you want to add or want more of in your life as you begin to take better care of yourself.