

The image features a teal background with clusters of pink cherry blossoms in the corners. The text is centered in a black serif font.

Rebuild your
mindset
with self love

Welke kleine stappen kan ik nemen die mijn situatie verbeteren

A worksheet for writing small steps to improve a situation. The page has a light blue background with a central vertical column of horizontal lines. The left side of the column is divided into three colored sections: light yellow, light green, and light blue. The right side of the column is a solid light blue. There are clusters of pink and white cherry blossoms in the corners.

