STEADY

How to use these cards

Pull one card each morning.

Read it, sit with it a moment, then put it back.

There's no right answer, just notice what comes up.

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

STEADY

01

Name one small thing today that went better than you expected.

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

What's one kind thing you'd say to a friend in your shoes, can you say it to yourself?

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

Notice right now: one thing you can see, one you can hear, one you can feel.

Just name them.

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

STEADY

04

What's one thing your body did for you today?

(Rested, walked, got you through a hard hour)

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

Finish this:
“I'm proud that I...”

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

Who came to mind today that you're grateful for?

You don't have to tell them,
just notice it.

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

What's one thing that's helping you stay steady this week?

A person, a habit, a small routine, anything counts.

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

What's one thing, big or small, you're looking forward to?

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

What's one thing you noticed about yourself today?

even a tiny one counts.

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org

If today had a colour, what would it be?

No need to explain why.

STEADY

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

klairepacks.org