

LET'S FIND SOME PEACE. MAKING SPACE FOR CLARITY.

Take a deep breath and let's begin!

WRITE DOWN EVERYTHING ON YOUR MIND,
FREE FORM OR JOT DOWN A BASIC LIST.

Don't hold back. Free yourself from the emotional labor you carry. Write it down and let it out! It doesn't have to make sense or be a complete thought.

LET'S FIND SOME PEACE.

MAKING SPACE FOR CLARITY.

WHAT ARE YOU WORRIED, ANGRY, SAD, SCARED FOR,
GRIEVING, FEARFUL, OR FEELING GUILTY ABOUT?

WHAT'S ON YOUR TO-DO LIST FOR
TODAY AND THE UPCOMING WEEK?

LET'S FIND SOME PEACE.
MAKING SPACE FOR CLARITY.

WHAT LOGISTICS DO YOU NEED TO PLAN FOR?

NAGGING THOUGHTS, IDEAS,
OR DESIRES?

Review what you've written and choose 3 things you can tackle today to find some relief. Circle them.

LET'S FIND SOME PEACE.

MAKING SPACE FOR CLARITY.

For each item you circled, write down:

- What kind of practical or emotional help do you need right now?
- Who from your circles of support can help you? In what ways?
- What resources can your baby's NICU make available to you and your family? Who on the floor will you talk to about your current needs?

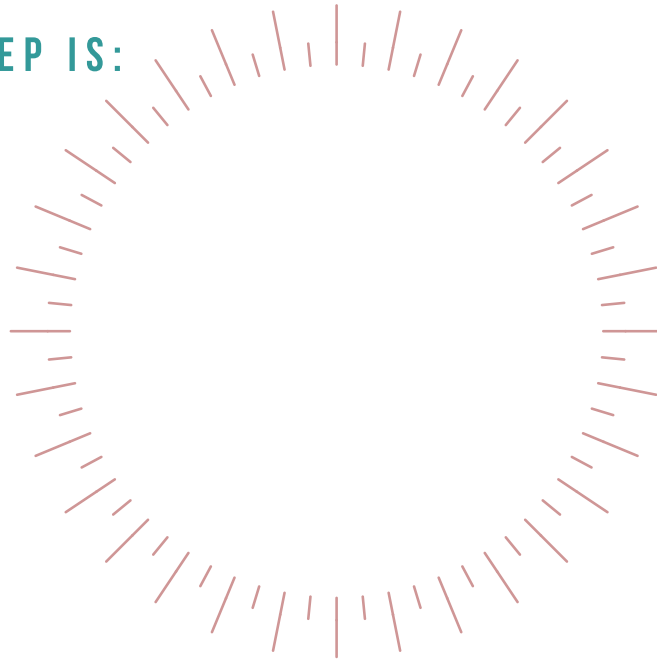
PRIORITY #1

PRIORITY #2

PRIORITY #3

LET'S FIND SOME PEACE.
MAKING SPACE FOR CLARITY.

MY NEXT BEST STEP IS:



ONE THING THAT IS
WORKING WELL FOR
ME RIGHT NOW:

