

## Brain

Thinking • Learning • Feelings • Sleep

I am thankful my Brain...

## Body

Food • Water • Breathing • Energy

I am thankful my Body...

## My 4B Tracker

Draw or write your answer.

## Behavior

Habits • Routines • Choices • Actions

I am thankful my Behavior...

## Bonds

Family • Friends • Safe People • Love

I am thankful my Bonds...

# Finding InnerFlow

A Journey to Balance

