Vision Board Processing Library

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

Vision Board Processing Workbook

30 guided, printable creative wellness experiences

Scan for affirmations and read-aloud support:

https://myreflectivecollective.com/affirmations.html Website tools: use the site translation/read tools or your browser translation feature to read in another language. Use the Reflection Reader/read-aloud tools when listening is easier than reading.

Inclusive use note: These activities are written for people of any gender, body, culture, language, ability, neurotype, relationship status, family structure, faith/spiritual background, or no-faith background. Change names, pronouns, images, rituals, colors, and examples so the page respects your life.

Scope: This workbook is educational wellness and creative reflection only. It is not therapy, art therapy, diagnosis, treatment, medical advice, legal advice, crisis care, or individualized safety planning. Skip, pause, or stop anything that feels activating. Use a qualified professional, trained advocate, crisis counselor, emergency support, or local resources when needed.

How To Use One Board

1 Choose one board that matches this moment. Do not try to do all of them at once. 2 Gather simple materials: paper, phone images, magazines, words, colors, nature items, music titles, or blank space. 3 Read the why, setup, and gather sections first. Let the activity teach you what it is for. 4 Follow the steps slowly. After each step, pause and notice one body cue, feeling, thought, or need. 5 Answer only the reflection questions that feel useful. Leave the rest blank. 6 Close with the grounding sentence or action. This helps the experience end with care. 7 Choose one tiny next step. The board is a tool, not a test.

Not therapy, diagnosis, treatment, medical care, crisis care, or individualized safety planning. If in immediate danger, call emergency services; in the U.S. or Canada call/text 988 for crisis support.

01. The Overwhelm Sorting Table

For the "everything is too much" feeling.

Learning focus: Overwhelm often improves when the brain can sort what is urgent, what is emotional, and what can wait. This board turns the mess into visible piles.

Beginner setup: Use a page divided into four boxes: Now, Soon, Not Mine, and Comfort.

Gather: Sticky notes, torn paper scraps, four colors, or a digital collage board.

Notice before you start Intention Permission

Body cue: I am making this board to learn, notice, support, I can skip, change, pause, simplify, ask for Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

- Put every pressure, worry, or task on its own small piece. Pause word:

Place each piece into one of the four boxes without explaining it. Pause word:

Add one image of comfort to the center, like tea, moss, a blanket, water, or a doorway. Pause word:

- Circle only one piece in Now. That is the only action the board asks from you today. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on This board is not proof I am stuck. It is Orient to the room. Name the date, one color, Add one flap, movable sticky note, slider line, information about what needs care, support, one sound, one body cue, and one next action color key, removable word, or blank space so choice, or a smaller next step. under two minutes. this board can change with me.

My kinder reframe:

Reflect

What am I treating as urgent that might only be loud?

What is actually mine to carry?

What support would make the Now box smaller?

What can wait until tomorrow, next week, or someone else is involved?

What does my body need before my brain keeps sorting?

What sentence would make this board less shaming?

Before After Takeaway

Intensity 0-10: _____ Intensity 0-10: _____ One sentence I want to keep:

Need: What shifted:

Grounding close: Put one hand on the page and say: "One thing at a time is still movement." Try next: Take one 2-minute action from the Now box.

Make it yours Daily phrase Support cue Draw one symbol, word, color, or tiny image Today I can practice: One person, place, sound, movement, or object from this board that you want to remember. that helps:

02. Panic Exit Map

For fear, panic, dread, or alarm.

Learning focus: Panic can make the body feel trapped. A visual exit map gives the nervous system cues for orientation, choice, and present-time safety.

Beginner setup: Draw a simple map with three exits: Body, Room, and Person.

Gather: A pen, one calming color, a phone screenshot, or photos of safe places.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Under Body, add images for exhaling, cold water, feet, or a steady chair. Pause word:

Under Room, add three details that prove where you are now. Pause word:

Under Person, add a safe contact, hotline, pet, ancestor, faith figure, or future self. Pause word:

Add a big arrow labeled "This feeling can move through me." Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What tells me I am in the present and not in the feared scene?

What body cue usually shows panic is rising?

Which exit feels most possible: body, room, or person?

What should I not do when panic is loud?

What would help me lower pressure by five percent?

Who or what can remind me I do not have to do this alone?

Before After Takeaway

Need: What shifted:

Grounding close: Name the date, location, three colors, and one sound.

- Try next: Keep this board somewhere easy to see during panic aftercare.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

03. Then And Now Safety Board

For trauma reminders, triggers, or flashback-like moments.

Learning focus: Trauma reminders can blur past and present. This board gently separates then from now without forcing details or disclosure.

Beginner setup: Fold the page in half. Label one side Then and the other Now.

Gather: Neutral colors, grounding photos, textured paper, and a privacy envelope.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

On Then, use abstract shapes only. No details are required. Pause word:

On Now, add current-year clues: age, home base, supports, skills, exits, phone, keys, pets,

Pause word:

chosen people.

Draw a bridge across the middle labeled "I can return." Pause word:

Add one protective border around the Now side. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What present-day proof belongs on my Now side?

What details do I not need to revisit to care for myself?

What helps my body know the difference between memory and current danger?

What choice do I have now that I did not have then?

What boundary protects this board from becoming too much?

What support should I use if this activates me?

Before After Takeaway

Need: What shifted:

Grounding close: Cover or fold the Then side if needed. You are allowed to protect your pace.

- Try next: Pair with grounding, a safe person, or professional support if needed.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

04. Grief Weather Window

For loss, missing, remembrance, and waves of grief.

Learning focus: Grief changes shape. A weather board lets love, ache, numbness, anger, memory, and life exist in the same sky.

Beginner setup: Create a window with weather outside and one safe object inside.

Gather: Blue, gray, gold, rain shapes, photos, fabric, leaves, or handwriting.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

- Choose weather for today: fog, rain, thunder, wind, heavy clouds, or sun through clouds. Pause word:

Place one memory, name, symbol, or color in the sky. Pause word:

Inside the window, add one object of comfort or continuity. Pause word:

Leave one part unfinished on purpose. Grief does not need closure on demand. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What kind of weather is grief today?

What do I want to remember without explaining to anyone?

What part of me needs permission to be numb, angry, quiet, or tender?

What ritual could hold this wave for a few minutes?

What does continuing life look like without abandoning love?

What support do I need around anniversaries, reminders, or hard days?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "This wave can be here. I can be here too." Try next: Choose one gentle ritual: water, candle, walk, song, photo, or rest.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

05. Worth Evidence Wall

For self-worth when confidence is hard to believe.

Learning focus: Worth can feel invisible after shame, criticism, survival mode, or rejection. This board collects evidence that value is not the same as performance.

Beginner setup: Make three columns: I Am, I Do, I Deserve.

Gather: Photos, receipts of effort, affirming texts, values words, soft colors.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Under I Am, add identity words that are not achievements. Pause word:

Under I Do, add tiny evidence of care, effort, honesty, repair, or survival. Pause word:

Under I Deserve, add needs like rest, respect, food, privacy, joy, medical care, or friendship. Pause word:

- Put one believable affirmation across the bottom. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What would still be true about my worth on an unproductive day?

What effort has no one seen but me?

What need do I keep minimizing?

Whose voice do I want off this board?

What compliment can I make more believable by softening the wording?

What is one self-respect action I can practice this week?

Before After Takeaway

Need: What shifted:

Grounding close: Read one line out loud slowly. Change any word that feels fake.

- Try next: Copy the most believable line into your phone notes.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

06. Boundary Fence With Gates

For guilt, access, privacy, and saying no.

Learning focus: Boundaries are easier to understand when they are visible: some areas are open, some need permission, and some are private.

Beginner setup: Draw a garden fence with three gates: Open, Ask First, Closed.

Gather: Green paper, fence lines, keys, gate images, labels, or symbols.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Place easy yeses near Open. Pause word:

Place maybes, limited time, or conditions near Ask First. Pause word:

Place no, not now, private, unsafe, or too costly near Closed. Pause word:

Add one gatekeeper phrase you can actually say. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What do people currently access without asking?

Where do I confuse guilt with danger?

What limit would protect my energy, privacy, body, money, or healing?

Who respects gates and who pushes them?

What is one kind but clear sentence I can practice?

What consequence or exit helps the boundary become real?

Before After Takeaway

Need: What shifted:

Grounding close: Trace the Closed gate and say: "A limit can protect what is living." Try next: Practice one boundary sentence in writing before using it.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

07. Nervous System Care Menu

For days when one coping skill is not enough.

Learning focus: Different states need different supports. This board becomes a visual menu instead of a demand to calm down perfectly.

Beginner setup: Create a menu with four sections: Activate, Settle, Connect, Restore.

Gather: Small icons, food-menu layout, soothing images, movement words.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Under Activate, add options like stretch, walk, music, sunlight, or tidy one surface. Pause word:

Under Settle, add breath alternatives, pressure, warmth, sound, or dim light. Pause word:

Under Connect, add safe people, pets, community, faith, or nature. Pause word:

Under Restore, add sleep, food, water, medical care, less input, or quiet. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What state am I in most often lately?

Which support helps without forcing me to be calm?

What skill becomes annoying or unsafe when I am activated?

What sensory input helps: pressure, sound, light, temperature, texture?

What belongs on a low-energy version of this menu?

Who can help me use the menu when I forget?

Before After Takeaway

Need: What shifted:

Grounding close: Choose one menu item for 60 seconds. That counts.

- Try next: Take a photo of the menu and keep it in favorites.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

08. Rest Permission Slip

For guilt around stopping, pausing, or needing less.

Learning focus: Rest can feel unsafe if worth has been tied to output. This board makes rest concrete, protective, and responsible.

Beginner setup: Design a permission slip with a signature line from your caring self.

Gather: Soft colors, blanket images, moon, tea, pillows, blank space.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Write "Permission to..." at the top. Pause word:

Add 5 types of rest: sensory, emotional, physical, social, creative, spiritual, or mental. Pause word:

- Put one image for rest that is realistic, not fantasy-perfect. Pause word:

Sign the permission slip with today's date. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What am I afraid rest will say about me?

What kind of rest do I actually need, not what looks pretty online?

What can be unfinished and still okay for now?

What would enough rest change by five percent?

Who benefits when I never stop?

What is one short rest I can take without explaining it?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "Rest is care, not a character flaw." Try next: Set a timer for one song, one stretch, or five minutes of doing less.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

09. Future Self Without Pressure

For dreaming when goal-setting feels heavy.

Learning focus: A future board can become pressure. This version focuses on feelings, support, access, and values instead of proving success.

Beginner setup: Make a path with stepping stones, not a finish line.

Gather: Path images, small stones, values words, realistic support symbols.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Name the feeling you want more of: steady, free, connected, safe, creative, rooted. Pause word:

Create 5 stepping stones: support, skill, boundary, practice, help. Pause word:

Add one obstacle with compassion, not shame. Pause word:

Add one rest stop on the path. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

How do I want life to feel, not just look?

What support has to be included for this future to be humane?

What dream belongs to me, and what dream was assigned to me?

What is one tiny stone I can step on this month?

What pace would respect my body and real life?

What would make this board encouraging instead of pressuring?

Before After Takeaway

Need: What shifted:

Grounding close: Touch the rest stop and say: "My future is allowed to include care." Try next: Choose one stepping stone and make it smaller.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

10. Joy After Survival Mode

For reconnecting with pleasure, beauty, and play.

Learning focus: After stress, joy can feel unfamiliar or even suspicious. This board invites small joy without demanding constant positivity.

Beginner setup: Create a treasure shelf with tiny joys instead of big achievements.

Gather: Bright scraps, sensory images, music titles, food colors, jokes, nature photos.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Add five small joys that cost little or nothing. Pause word:

Add one joy you used to like before life got heavy. Pause word:

Add one new curiosity with no pressure to be good at it. Pause word:

Add one boundary that protects joy from becoming another task. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What beauty have I noticed recently, even for one second?

What joy feels safe enough to try?

What did survival mode make me forget I liked?

What would play look like if nobody graded it?

What guilt shows up when I enjoy something?

What community or music helps joy feel less alone?

Before After Takeaway

Need: What shifted:

Grounding close: Let one color be brighter than the rest.

- Try next: Schedule one tiny joy for less than ten minutes.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

11. Relationship Green Flags Map

For learning what safer connection can look like.

Learning focus: People often study warning signs but forget to name what safe connection feels like. This board builds a visual map of respect.

Beginner setup: Draw a map with roads named Respect, Repair, Choice, Ease, Honesty, and Care.

Gather: Road lines, houses, signs, green tones, words from healthy moments.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Place green flags along each road. Pause word:

Add one bridge for repair after conflict. Pause word:

Add one stop sign for a non-negotiable boundary. Pause word:

Add one home base image for how your body feels around safer people. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What does respect look like in behavior, not just words?

How does my body feel around someone safer?

What repair matters after mistakes?

Where do I need more choice, space, or slowness?

What pattern am I no longer romanticizing?

What kind of connection can I practice offering too?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "I can learn safety signals slowly." Try next: Write three green flags you want to notice this month.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

12. Belonging Constellation

For loneliness, community, and finding your people.

Learning focus: Belonging is not only one best friend or one room. It can be a constellation of small, repeated connections.

Beginner setup: Make a night sky with stars for different kinds of belonging.

Gather: Dark paper, stars, names, places, groups, online spaces, land, ancestors.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Create stars for safe people, possible people, places, interests, culture, nature, and future

Pause word:

community.

Draw brighter lines only where connection feels mutual enough. Pause word:

Leave some stars unnamed for connections you have not found yet. Pause word:

Add one message you could send without overexplaining. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

Where do I feel even one percent more myself?

What kind of belonging am I craving: fun, practical help, culture, grief, creativity, faith, activism, rest?

Who gets access to the real me slowly?

What community step feels low pressure?

What loneliness story might need a kinder reframe?

How can I belong to myself while I find more people?

Before After Takeaway

Need: What shifted:

Grounding close: Choose one star and breathe with it for three breaths.

- Try next: Send one simple low-pressure message or save one group to explore.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

13. Body Care Treaty

For body shame, pain, fatigue, or disconnection.

Learning focus: A treaty shifts the body from enemy to relationship. It asks what care, dignity, and support can look like today.

Beginner setup: Create a treaty document between You and Your Body.

Gather: Outline of a body, neutral colors, care symbols, medical/support reminders.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

- Write "My body is allowed to need..." at the top. Pause word:

Add care clauses: food, water, bathroom, rest, movement, medication as prescribed, warmth,

Pause word:

medical support, comfort.

Add one apology or appreciation if it feels supportive. Pause word:

Add one no-shame body boundary. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What has my body been trying to tell me?

What basic need do I delay or judge?

What body story came from someone else?

What kind of movement, stillness, or care feels respectful?

What support might require a provider or professional?

What would dignity look like today?

Before After Takeaway

Need: What shifted:

Grounding close: Place a hand where it feels okay and say: "My body deserves care." Try next: Meet one body need before doing another worksheet.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

14. Anger Signal Board

For anger, resentment, injustice, or irritation.

Learning focus: Anger often carries information about values, limits, grief, or protection. This board listens without letting anger choose every action.

Beginner setup: Make a signal tower with three lights: Protect, Name, Choose.

Gather: Red, amber, green, bold shapes, torn paper, boundary words.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Under Protect, add what anger may be guarding. Pause word:

Under Name, add the need or value underneath. Pause word:

Under Choose, add responses that match your values. Pause word:

Add a safe release image: walk, scribble, cold water, music, pause, support. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What is my anger protecting?

What boundary, value, loss, or unfairness is underneath?

What action would make things worse?

What response would future me respect?

What safe release helps the intensity move?

What repair or advocacy might be needed later?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "I can listen to the signal and still choose." Try next: Do one safe release before any big conversation.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

15. Decision Fatigue Compass

For too many choices and no clear next step.

Learning focus: Decision fatigue improves when choices are reduced. This board creates a compass based on values, capacity, timing, and support.

Beginner setup: Draw a compass with North: Values, East: Energy, South: Support, West: Timing.

Gather: Compass shape, arrows, small labels, one strong color.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Write the decision in the center. Pause word:

Under each direction, add only one clue. Pause word:

Cross out any option that violates safety, dignity, or real capacity. Pause word:

- Circle the option that is kindest and most doable, not perfect. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What value matters most here?

What does my current energy allow?

What support would change the decision?

What timing pressure is real and what is imagined?

What option protects my future capacity?

What would I choose if I did not need everyone to approve?

Before After Takeaway

Need: What shifted:

Grounding close: Put the pen down for 20 seconds before deciding.

- Try next: Make the next step reversible if possible.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

16. After The Hard Conversation Repair Board

For emotional aftercare after conflict or honesty.

Learning focus: Even necessary conversations can leave the body activated. This board separates what happened from what you need now.

Beginner setup: Use three panels: What I Said, What I Felt, What I Need Now.

Gather: Three colors, speech bubbles, tissues, water, grounding images.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

In What I Said, write only facts or one sentence. Pause word:

In What I Felt, use colors or shapes more than words. Pause word:

In What I Need Now, add repair, rest, clarity, distance, support, or next steps. Pause word:

Add one line that honors your courage. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What did I do that took courage?

What feeling is still in my body?

What do I need before I analyze the whole conversation?

What is mine to repair, and what is not mine to carry?

What boundary or follow-up would help?

What would I say to a friend after this conversation?

Before After Takeaway

Need: What shifted:

Grounding close: Drink water or unclench your jaw before reviewing the board.

- Try next: Wait until regulated before sending another message if possible.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

17. People-Pleasing Pattern Breaker

For over-giving, fawning, guilt, or automatic yes.

Learning focus: People-pleasing often started as protection. This board respects the old strategy while creating new choices.

Beginner setup: Create a split board: Old Protector and New Choice.

Gather: Two colors, old keys, new doors, scripts, permission words.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

On Old Protector, name what people-pleasing tried to protect: safety, belonging, approval, peace,

Pause word:

survival.

On New Choice, add options: pause, ask for time, say no, ask for help, tell the truth gently. Pause word:

Add one script you can use when pressured. Pause word:

Add one image of you staying with yourself. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What does my automatic yes protect me from feeling?

What do I lose when I abandon myself?

What is one safe pause phrase?

Who benefits from my over-functioning?

Where can I practice a small honest no?

What belonging does not require self-erasure?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "Thank you, old strategy. I am practicing choice." Try next: Use "Let me check and get back to you" once this week.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

18. Believable Hope Evidence Board

For hope that needs proof, not pressure.

Learning focus: Hope can be built from evidence: what survived, what helped once, what still grows, and what can be tried next.

Beginner setup: Make an evidence board with tiny proof cards.

Gather: Receipts of survival, nature images, supportive texts, small wins, seeds.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Add one proof that you have survived hard things. Pause word:

Add one proof that support has existed somewhere. Pause word:

Add one proof that change can happen slowly. Pause word:

Add one next experiment, not a promise. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What is one tiny sign that life is not only this pain?

What has helped even once?

What part of me is still trying?

What beauty or care did I almost dismiss?

What hope feels too big, and how can I shrink it?

What would be a realistic next experiment?

Before After Takeaway

Need: What shifted:

Grounding close: Let hope be the size of a seed.

- Try next: Choose one small proof to look for tomorrow.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

19. Cultural Roots And Ritual Board

For meaning, ancestry, faith, land, culture, and identity.

Learning focus: People often regulate through meaning, belonging, ritual, language, land, food, music, and memory. This board honors those supports.

Beginner setup: Draw roots under a tree, river, altar, kitchen table, or doorway.

Gather: Colors from culture or home, recipes, songs, prayers, fabrics, land images.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Add roots for people, places, practices, values, language, food, music, or faith. Pause word:

Add one branch for what you are growing now. Pause word:

Add one protective circle around anything private or sacred. Pause word:

Add a ritual that takes less than five minutes. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What has carried my people, family, culture, or spirit through hard seasons?

What practice helps me feel rooted without needing to explain it?

What do I want to reclaim, protect, or adapt?

What feels sacred enough to keep private?

What song, food, phrase, prayer, place, or object supports me?

How can I honor roots while choosing my own life?

Before After Takeaway

Need: What shifted:

Grounding close: Name one source of support out loud or silently.

- Try next: Do one small ritual: music, water, food, prayer, candle, land, or breath.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

20. Caregiver Oxygen Board

For parenting, caregiving, and being needed a lot.

Learning focus: Caregivers can disappear inside responsibility. This board makes the caregiver visible too.

Beginner setup: Draw two circles: Care I Give and Care I Need.

Gather: Family-friendly colors, schedule scraps, hands, cups, oxygen mask images.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Fill Care I Give with real tasks and emotional labor. Pause word:

Fill Care I Need with breaks, backup, food, sleep, adult support, provider help, or play. Pause word:

Draw arrows where support can come in. Pause word:

Add one minimum-care plan for heavy days. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What care am I giving that no one counts?

What need am I postponing until everyone else is okay?

Where can support enter, even imperfectly?

What is my minimum plan on a depleted day?

What expectation can be softened?

What would I tell another caregiver in my exact situation?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "My needs still matter while I care." Try next: Ask for, schedule, or name one specific support.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

21. Burnout Load Audit Board

For work stress, depletion, resentment, and shutdown.

Learning focus: Burnout is often about load, mismatch, recovery debt, and lack of control. This board makes the load visible without blaming the person.

Beginner setup: Create a scale with Load on one side and Recovery on the other.

Gather: Work words, calendar scraps, heavy/light images, red/yellow/green labels.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Add every load you can name: tasks, emotional labor, noise, commute, uncertainty, conflict. Pause word:

Add current recovery, even if tiny. Pause word:

Mark what is adjustable, what needs advocacy, and what needs support. Pause word:

Add one boundary, one recovery cue, and one conversation to consider. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What part of the load is invisible to others?

What recovery am I not getting enough of?

What can be reduced, delayed, delegated, or clarified?

Where do I need a boundary or workplace conversation?

What signs tell me I am nearing shutdown?

What would protect my capacity this week?

Before After Takeaway

Need: What shifted:

Grounding close: The problem is not that you are a machine with low battery. You are human.

- Try next: Choose one load-reduction action, however small.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

22. Neurodivergent Support Dashboard

For ADHD, autism, sensory needs, executive function, or different processing.

Learning focus: A dashboard can reduce shame by turning needs into visible supports instead of moral failures.

Beginner setup: Make a dashboard with widgets: Start, Sensory, Time, Transition, Recovery.

Gather: Icons, timers, color coding, checkboxes, texture, simple words.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Under Start, add the smallest way to begin. Pause word:

Under Sensory, add light, sound, texture, food, movement, pressure, or quiet needs. Pause word:

Under Time, add timer or visual clock supports. Pause word:

Under Transition, add a bridge activity. Under Recovery, add decompression. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What support helps my brain start without shame?

What sensory input helps or hurts today?

Where do transitions break down?

What instructions need to be visual, smaller, or external?

What recovery time do I need after social, work, or sensory load?

What would support look like if I stopped calling it laziness?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "Support that fits my brain is valid." Try next: Turn one widget into a real reminder or visual cue.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

23. Evening Landing Pad

For bedtime anxiety, racing thoughts, and unfinished days.

Learning focus: Evenings can surface unresolved thoughts. A landing pad creates a place to set things down before sleep.

Beginner setup: Draw a landing pad with three zones: Set Down, Soothe, Tomorrow.

Gather: Moon, dark blue, soft yellow, list paper, calming images.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Put unfinished thoughts in Set Down. Pause word:

- Put body supports in Soothe: warmth, water, medicine as prescribed, low light, sound, stretch. Pause word:
- Put only one realistic item in Tomorrow. Pause word:

Add a closing phrase for the day. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What am I trying to solve too late at night?

What can be held until morning?

What does my body need to downshift?

What thought keeps circling, and where can I park it?

What would make sleep feel safer or more possible?

What is one kind thing about how I got through today?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "The day can be incomplete and still end." Try next: Move one task to tomorrow and stop adding to the list.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

24. Creative Voice Studio

For reconnecting with expression, preference, and identity.

Learning focus: Creative identity can go quiet under stress. This board invites preference back without requiring talent or performance.

Beginner setup: Design a tiny studio with shelves labeled Sounds, Colors, Words, Movements, Images.

Gather: Paint swatches, song titles, phrases, doodles, magazine cutouts, textures.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

- Put one thing you genuinely like on each shelf. Pause word:

Add one thing you used to like and may want to revisit. Pause word:

Add one experiment that has no outcome requirement. Pause word:

Add a sign that says "No grading here." Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What do I like when nobody is evaluating me?

What part of my voice has been quiet?

What color, sound, or texture feels like mine?

What would I make if it did not need to be useful?

What creative practice could help me feel more present?

What audience, if any, feels safe for this expression?

Before After Takeaway

Need: What shifted:

Grounding close: Choose one mark, word, or sound and let it be enough.

- Try next: Make something tiny for three minutes.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

25. Starting Over Soft Launch

For new chapters, rebuilding, recovery, or beginning again.

Learning focus: Starting over is easier when it is treated like a soft launch instead of a dramatic reinvention.

Beginner setup: Create a launch board with Version 1.0, Not Yet, Supports, and First Week.

Gather: Doorways, sunrise, checklist, gentle colors, blank labels.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Name what this new chapter is about in plain words. Pause word:

- List what does not need to be fixed immediately. Pause word:

Add support people, routines, tools, and recovery needs. Pause word:

Create a First Week panel with only three tiny actions. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What am I beginning without shaming what came before?

What can stay unfinished while I stabilize?

What support makes this beginning more realistic?

What expectation would make me quit too soon?

What would version 1.0 look like, not the final version?

How can I celebrate beginning before results appear?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "A soft beginning is still a beginning." Try next: Do one First Week action today.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

26. Privacy And Protection Mandala

For safety, digital boundaries, and what stays yours.

Learning focus: Some reflection needs privacy. This board helps separate what can be shared, what needs support, and what belongs only to you.

Beginner setup: Draw three circles: Public, Trusted, Private.

Gather: Mandala circles, locks, keys, veils, neutral colors, personal symbols.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Place shareable ideas in Public. Pause word:

Place support needs in Trusted. Pause word:

Place sacred, unfinished, or unsafe-to-share material in Private. Pause word:

Add one digital safety reminder if needed. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What do I want to keep just for myself?

Who has earned trusted access?

What should not go online or into a public conversation?

Where do I need a safer device, safer browser, or advocate?

What privacy boundary would help me reflect more honestly?

What is the difference between secrecy and protection here?

Before After Takeaway

Need: What shifted:

Grounding close: Cover the Private circle with your hand and say: "I decide access." Try next: Move one private note somewhere safer if needed.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

27. Inner Critic Courtroom

For harsh self-talk, blame, and mental arguments.

Learning focus: The inner critic often presents opinions like facts. This board lets you examine the evidence with compassion.

Beginner setup: Create a courtroom with Critic, Evidence, Kind Witness, and Fair Ruling.

Gather: Index cards, speech bubbles, neutral colors, stamp shapes.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

- Write one critic statement exactly as it appears. Pause word:

Add evidence for and against it without exaggerating. Pause word:

- Let the Kind Witness speak as someone who cares about you. Pause word:
- Write a fair ruling that is honest and less cruel. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What is the critic accusing me of?

What facts are missing from the accusation?

What context matters?

What would a kind witness say?

What responsibility can I take without attacking myself?

What ruling helps me learn and keep dignity?

Before After Takeaway

Need: What shifted:

Grounding close: Read the fair ruling, not the accusation.

- Try next: Turn the ruling into one believable affirmation.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

28. Safe Place Sensory Blueprint

For building a calming corner, travel kit, or mental refuge.

Learning focus: A safe place becomes easier to access when it includes sensory details and realistic supports.

Beginner setup: Design a room, corner, garden, porch, car kit, or pocket kit.

Gather: Textures, colors, scent words, sound choices, lighting, comfort objects.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Choose the location or kit type. Pause word:

Add sensory supports for sight, sound, touch, smell, taste, and temperature. Pause word:

Add one exit and one connection option. Pause word:

Add a note for what to remove: clutter, noise, pressure, screens, certain conversations. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What sensory detail helps me settle fastest?

What makes a space feel unsafe or overstimulating?

What can I realistically change in my current environment?

What comfort object or sound could travel with me?

What boundary protects this space?

Who can know about this safe place or kit?

Before After Takeaway

Need: What shifted:

Grounding close: Imagine stepping into the blueprint for three breaths.

- Try next: Set up one real part of the space today.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

29. Values To Action Bridge

For feeling lost, stuck, or disconnected from purpose.

Learning focus: Values become grounding when they are connected to small behavior. This board turns big ideals into tiny actions.

Beginner setup: Draw a bridge from Value to Today.

Gather: Bridge images, action words, value cards, arrows.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

- Choose three values, such as care, freedom, honesty, justice, creativity, faith, rest, learning,

Pause word:

family, or dignity.

For each value, add one tiny action that takes less than ten minutes. Pause word:

Add one obstacle that makes values harder to practice. Pause word:

Add one support that makes the bridge easier to cross. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

Which value feels most alive right now?

What tiny action would express that value today?

What value am I living even in survival mode?

What obstacle needs compassion instead of shame?

Who or what supports this value?

What action is too big and needs to be made smaller?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "A small action can still be values-based." Try next: Do one bridge action before the end of the day.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps:

30. Community Care Exchange

For giving and receiving support without overextending.

Learning focus: Community care works best when needs, offers, limits, and reciprocity are visible.

Beginner setup: Make a market table with four baskets: I Can Offer, I Need, I Cannot, We Can Build.

Gather: Basket shapes, community images, names, resource links, simple icons.

Notice before you start Intention Permission

Feeling word: release, protect, or choose: support, or stop.

Energy: low / medium / high

Make It: Guided Steps

Fill I Can Offer with realistic support, not self-sacrifice. Pause word:

Fill I Need with practical, emotional, creative, or informational support. Pause word:

Fill I Cannot with limits. Pause word:

Fill We Can Build with shared rituals, groups, resources, or mutual aid ideas. Pause word:

Mini Intervention Boxes

Reframe Skill / intervention Interactive add-on

My kinder reframe:

Reflect

What do I offer naturally without abandoning myself?

What support do I need but struggle to ask for?

What limit keeps community care sustainable?

Who shares care instead of only taking it?

What small ritual could build belonging?

What resource could help more than one person?

Before After Takeaway

Need: What shifted:

Grounding close: Say: "Receiving can be part of community too." Try next: Ask for or offer one specific, realistic thing.

Make it yours Daily phrase Support cue from this board that you want to remember. that helps: