

THINGS I NEED TO HEAL

- Purpose / Goal / Direction
- Vision
- Mentor / Community Support / Guidance
- Friendship / Companionship
- Patience
- Gratitude / Grace / Thankfulness
- Hope
- Recognition
- Good communication
- Cooperation
- Kindness
- Belonging
- Appreciation
- Acceptance
- Connection
- Respect
- Nurture

- Authenticity
- Honesty
- Creativity
- Transparency
- Commitment
- Rest and Sleep
- Solitude
- Peace
- Resilience / Perseverance
- Mutuality
- Laughter / Joy / Fun
- Play
- Presence
- Freedom
- Inspiration
- Choice / Autonomy
- Space
- Meaning
- Awareness
- Tenderness
- Inclusion
- Learning & Growth
- Self-Respect
- Healing
- Vision / Dreams
- To Grieve
- Love
- Consideration
- Empathy
- Community
- Understanding
- Trust
- Support
- Stability
- Safety
- Exercise
- Financial Security: Shelter, Food, Etcetera



THE TOOLBOX PROJECT

The 12 Tools

Tools for Learning • Tools for Life



Breathing Tool

I calm myself and check-in.



Listening Tool

I listen with my ears, eyes, and heart.



Personal Space Tool

I have a right to my space and so do you.



Garbage Can Tool

I let the little things go.



Please & Thank You Tool

I treat others with kindness and appreciation.



Patience Tool

I am strong enough to wait.

Courage Tool

I have the courage to do the "right" thing.



Quiet/Safe Place Tool

I remember my quiet/safe place.



Empathy Tool

I care for others. I care for myself.



Using Our Words Tool

I ask for what I want and need.



Taking Time Tool

I use time wisely.



Apology & Forgiveness Tool

I admit my mistakes and work to forgive yours.

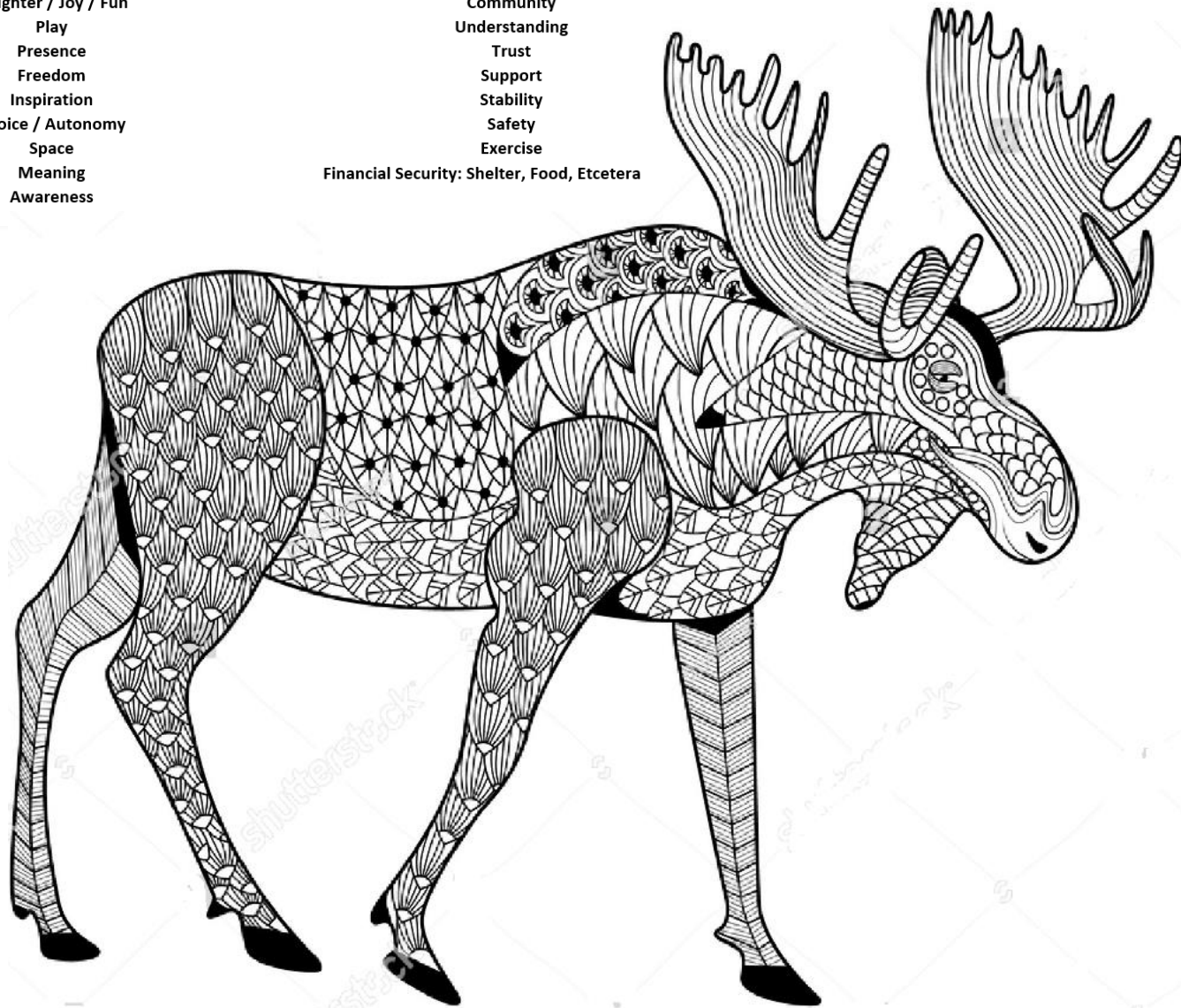


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