

# The Small Things That Are Yours

Notice the small preferences and habits that are yours and nobody else's.

## WHEN TO USE THIS

Use this on a day when you feel like you have disappeared into other people's needs.

This is a small page on purpose. Nothing here has to be important.

Things you like that are yours. A song, a mug, a route home, a food.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Which one have you not had in a while?

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When could you have it this week?

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*These are small, and they are still yours. That is the point of the page.*