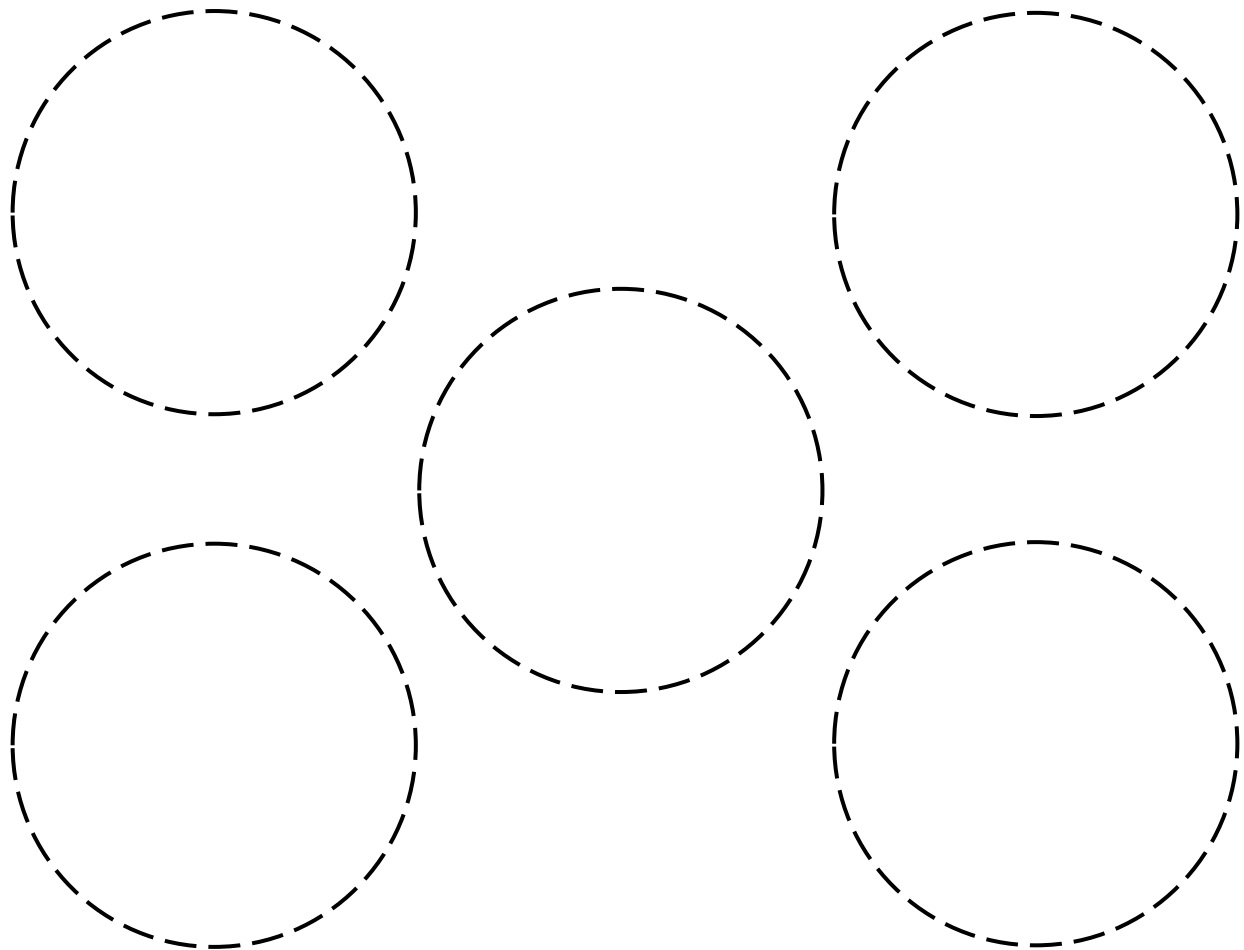


MINIMUM DAILY STONES

This Touchstone Journey offering is shared by Windows Facilitator, Teresa Smith from Being the Best Me. Teresa shares, "I was experiencing depression for some years. I was managing well until I made some life changes that caused me to relapse. I created what I call my Minimum Daily Function Stones to assist me in getting back on track. I'm excited to share this with you and invite you to name them whatever you like. My daily stones are: 1) Vitamins; 2) Exercise; 3) Self-care/get dressed; 4) 10 minutes of cleaning my surroundings; 5) Connect with my 5 senses. Each morning I put all five stones in my pocket. As I complete them, I put each into a basket. By the end of the day, my goal is to have all 5 in there."

Directions: 1) Notice what daily reminders you need throughout your day. 2) In the circles below, use words, images, symbols and colors represent your reminders. 3) Cut out each circle and laminate them clear tape so they are durable to carry with you. You can also use the circles as a template to create on real or glass stones. 4) Carry your stones and use them daily to help you keep on track!



"The art is the not just the stones but the lived journey of connecting deeply with ourselves and each other." – Cathy Salser, Founder, AWWB