Happy Quarantine's Day to my family support:

YOU MAKE ME FEEL…

THANK YOU FOR…

Love, me.

Happy Quarantine's Day to my positive friend:

YOU MAKE ME FEEL…

THANK YOU FOR…

Love, me.

Happy Quarantine's Day to my mentors:

YOU MAKE ME FEEL…

THANK YOU FOR…

Love, me.

Happy Quarantine's Day to someone who helps me with my healthy activities:

YOU MAKE ME FEEL…

THANK YOU FOR…

Love, me.
Happy Quarantine’s Day to my generosity:

YOU MAKE ME FEEL...

I WILL PRACTICE GENEROSITY WITH...

TOGETHER WE WILL...

Love, me.

Happy Quarantine’s Day to my spirituality:

I AM GRATEFUL FOR...

I FEEL SPIRITUAL WHEN...

Love, me.

Happy Quarantine’s Day to my medical access:

I WILL DO THESE THINGS FOR MY BODY:

BECAUSE THEY MAKE ME FEEL...

Love, me.

Happy Quarantine’s Day to someone who helps me with my mental health:

YOU HELP ME FEEL...

THANK YOU FOR...

Love, me.